



OTTAWA CARLETON FUTSAL LEAGUE

Box 601- 900 Greenbank Rd Nepean, K2J 4P6 Ontario Canada

www.futsalottawa.com.

2011-2012 FUTSAL Indoor Season

Team Instructions

Welcome to the 2010-2011 FUTSAL Season. The following information is being provided in order to ensure a safe and exciting season of indoor soccer. Please ensure that the following rules are adhered to by the players, coaches, managers and parents.

Coaches:

You are responsible for ensuring that your players meet the dress code,, are on time to start each game, and is familiar with the basic rules of the game. Also, please assume the responsibilities of the Manager if the team does not have one. If you have any questions concerning the rules or the dress, please address them to your Coordinator. Please note that the OCFL Constitution and By-Laws are available on the Web Site. <http://www.futsalottawa.com>

Managers:

Your are responsible for assisting the coaches in ensuring that the players are on time for every game, and passing on messages on game cancellations, changes of dates and locations, and any practice sessions (youth only) arranged by the coaches.

Players:

It is the responsibility of players: to be on time for each game; to notify the manager or coach(s) if a game will be missed; to be properly dressed for each game; and to conduct oneself appropriately on and off the playing surface.

Dress:

Players are to wear proper numbered shirt (provided by the LEAGUE), shorts, shin pads covered by a tall (soccer) sock, and appropriate playing shoes. Any indoor soccer or running shoe which will NOT leave scuff-marks on the gym floors are acceptable. Players are encouraged to acquire appropriate indoor soccer shoes if at all possible. Playing shirts MUST be tucked into the pants while playing, and NO long pants of any kind are to be used, EXCEPT by the goalie. The goalie MUST wear a shirt that is different in colour from that being worn by players on either of the teams playing. An appropriate "goalie shirt" is recommended. Note: NO watches or neck chains, body piercing are to be worn while playing. These could constitute hazzards while playing, causing potential cuts, scratches and scrapes, or being lost or broken.

Gymnasium:

The gymnasium is to be kept clean at all times.

Rules: The following rules will be enforced:

1. With the exception of a personal water bottle, eating and drinking are NOT allowed in the gymnasium. If a team is to play twice on the same day and need to have a snack between games, any eating and drinking must be done in the hallways.
2. Wet shoes (if raining outside), and snow (in winter) are not to be introduced on the gym floor. Water on a gym floor is a hazard, and can cause dangerous slips and falls.
3. All wet shoes and boots are to be left in the hallways, NOT on the gym floor.
4. Regulation FUTSAL numbered shirts MUST be worn during the game. Any player wearing a NON-regulation shirt will NOT be allowed to play in the game.
5. NO playing with soccer balls what so ever is allowed in the hallways of the schools. This is important - our gym permits could be revoked!

Coaches & Managers:

1. All players MUST be properly registered with the LEAGUE (OCFL) in order to play any game for any team. NO one-time substitutions, or additional non-registered players, will be allowed to play in any game. Teams are allowed to register new players, up to a maximum of 14, up to January 31, 2010. After February 1st, 2010 all teams are fixed - that is, you must provide a complete list of players on your team at that point and no further players will be allowed.
2. All players are to arrive at the gym 15 min BEFORE the scheduled start of the game.
3. If the team is playing the first schedule game of the day, you are responsible for ensuring that the goal equipment and nets are properly erected BEFORE the scheduled start time.
4. If the team is playing the last schedule game of the day, you are responsible for ensuring that the goal equipment and nets are dismantled and stored in the assigned proper place IMMEDIATELY following the game. The goal equipment must NOT be left anywhere else but their assigned storage place.

5. "Each team", is responsible for providing a printed game sheet from the website to the Referee.

6. A maximum of 12 players are allowed to play in any game.

7. Before you leave the gym, please ensure that no pieces of clothing are left in the gym, and any food or drink container is disposed of properly.

8. FUTSAL practise balls are available for purchase by each team at \$35.00 each please contact the equipment manager Oscar Arrieta @ (613) 843-8272. The game ball will be supplied by the referee.

9. Please use the website www.futsalottawa.com to obtain schedules, scores, standing and so on. This avoids any unnecessary phone calls.

10. We intend to communicate extensively by email so if you have a dependable email address/contact for your team. If you have not already done so, please email us at futsalreg@futsalottawa.com with that info.

Members/team & supporters:

1. Because some gymnasiums are constructed in such a way that everyone is forced to walk across the playing surface to any seating that might be available, parents and spectators are being asked NOT to wear any footwear that will leave water (rain or snow) on the playing surface. A wet gym floor is extremely hazardous and could cause injury from slips and falls. ALL wet footwear are to be left outside the gymnasium.

2. The coaches/Managers are in charge and are responsible for the teams once the player reports to the team.

3. Please remain in the assigned area for spectators. Many gyms are not designed to accommodate spectators, and may not have appropriate seating or standing areas for you to watch the game. The referee will have the last word if spectators are allowed, and where in the particular gymnasium they can sit or stand. In general, only the players and coaching staff are allowed in the gym.

FAIR PLAY CODES

For Coaches

1. I will teach my athletes to play fairly and to respect the rules, officials and opponents.
2. I will ensure that all athletes get equal instruction, support and playing time.
3. I will not ridicule or yell at my athletes for making mistakes or for performing poorly. I will remember that children play to have fun and must be encouraged to have confidence in themselves.
4. I will make sure that equipment and facilities are safe and match the athlete's ages and abilities.
5. I will remember that children need a coach they can respect. I will be generous with praise and set a good example.
6. I will obtain proper training and continue to upgrade my coaching skills.

For Parents

1. I will not force my child to participate in sports.
2. I will remember that my child plays sport for his or her enjoyment, not for mine.
3. I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
4. I will teach my child that doing one's best is as important as winning, so that my child will never feel defeated by the outcome of a game/event.
5. I will make my child feel like a winner every time by offering praise for competing fairly and trying hard.
6. I will never ridicule or yell at my child for making a mistake or losing a competition.
7. I will remember that children learn best by example. I will applaud good plays/performances by both my child's team and their opponents.
8. I will never question the official's judgment or honesty in public.
9. I will support all efforts to remove verbal and physical abuse from children's sporting events.

10. I will respect and show appreciation for the volunteer coaches who give their time to provide sport activities for my child.

For Spectators

1. I will remember that children play sport for THEIR enjoyment. They are not playing to entertain me.

2. I will not have unrealistic expectations. I will remember that child athletes are not miniature professionals and cannot be judged by professional standards.

3. I will respect the official's decisions and I will encourage participants to do the same.

4. I will never ridicule and athlete for making a mistake during a competition. I will give positive comments that motivate and encourage continued effort.

5. I will condemn the use of violence in any form and will express my disapproval in an appropriate manner to coaches and league officials.

6. I will show respect for my team's opponents, because without them there would be no game.

7. I will not use bad language, not will I harass athletes, coaches, officials of other spectators.