

## **SSC Travel Playtime & Practice Rules**

The Sparta Soccer Club offers the opportunity for young athletes to play soccer at either the recreation or travel level. These two levels of play should be chosen based on the commitment of both parents and the skill level of the child.

Travel teams require a significantly higher time and financial commitment than recreation teams. When playing at this level, it is expected that players attend all games and practices. Typically, travel teams practice two evenings each week, with most games scheduled on Sundays. Travel soccer is two season commitment – fall and spring. There are ten games in each season with the possibility of playing in at least one tournament each season. Indoor winter training is offered between seasons.

Coaches and trainers must balance player development while fielding a competitive team. Playing time will be influenced by practice attendance, practice performance and attitude, and game attendance. As such, coaches may reduce playing time for poor attitude and performance, as well as not attending practices or games. Parents are notified prior to the game when any such decisions are made.

It is SSC's mission to ensure that when players are selected for a travel team, they have sufficient ability to play and contribute to the success of the team. Through dedication to practice and diligence in learning, all players should develop and earn the opportunity to actively participate in every game.

*All players in "Elite" status travel teams should receive 25% playing time over the course of the season. Elite status must be requested by a coach and approved by the SSC Board of Directors.*

### **Div 06      U8      50 minute games**

All players on teams in Flights 1 through 3 should receive 35% playing time over the course of the season. An average of 17 minutes per game must be played.

All players on teams in all remaining Flights should receive 50% playing time over the course of the season. An average of 25 minutes per game must be played.

### **Div 05      U9 & U10      60 minute games**

All players on teams in Flights 1 through 3 should receive 35% playing time over the course of the season. An average of 21 minutes per game must be played.

All players on teams in all remaining Flights should receive 50% playing time over the course of the season. An average of 30 minutes per game must be played.

**Div 04            U11 & U12    70 minute games**

All players on teams in Flights 1 through 3 should receive 35% playing time over the course of the season. An average of 24 minutes per game must be played.

All players on teams in all remaining Flights should receive 50% playing time over the course of the season. An average of 35 minutes per game must be played.

**Div 03            U13 & U14    80 minute games**

All players on teams in Flights 1 through 3 should receive 35% playing time over the course of the season. An average of 28 minutes per game must be played.

All players on teams in all remaining Flights should receive 50% playing time over the course of the season. An average of 40 minutes per game must be played.

**Div 02 & Div 01                    U15 & U16    U17 & U18                    90 minute games**

There are no playing time requirements for these divisions.

*While these are rules for coaches and trainers, there may be times when they are not followed. We encourage parents to discuss this with the head coach. If there is still no resolution, parents are encouraged to discuss the situation with our Director of Coaches.*