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**Playing Time Guidelines for League and Tournaments (reviewed March 2020)**

<b>U10-U14</b>	<b>50% of every game</b>	<b>Start 25% of league games</b>
<b>U15 and above</b>	<b>33% of every game</b>	<b>Coach discretion</b>

Minimum playing time percentages apply provided that a satisfactory adherence to the following factors has been met:

- Attendance at team training sessions and games
- Work rate/effort at team training sessions
- Attitude/behavior toward teammates, coaches, opponents and officials

**State Cup Exception:** During State Cup games, coaches may use their discretion with regard to minimum playing time guidelines in order to afford the team the best possible chance of being successful, given an understanding of the team dynamic. However, each player **MUST** receive the opportunity to play and make an impact on the game.

**Playing Time for Goalkeepers:**

It is optimal for a coach to split time with two GK's. If this is not possible then each GK should be given the opportunity to play full games.

**State Cup Exception:** During State Cup, the coach reserves the right to stay with one GK in a game by game basis, however, the coach **MUST** communicate with the player and family prior to doing so.

**PLAYING TIME DISCUSSION PROTOCOL**

Players and parents have the right to discuss their concerns about playing time and the coaches have the responsibility to address concerns from players and parents with clear and concise direction as to what the player needs to focus on in order to earn more playing time.

However, it is not appropriate for a player or parent to approach a coach before, during, or immediately after a game regarding playing time concerns. If a parent wishes to discuss a player's playing time, the parent should make an appointment with the coach to discuss his or her concerns via a phone call, email or a face-to-face meeting at a later date.

If a coach is approached by a parent before, during or immediately after a game, the coach should ask the parent to make an appointment at a later date to discuss the issue.

If a coach refuses to meet with the parent to discuss playing time, the parent should bring this issue to the attention of the Director of Coaching to facilitate the conversation.