

Player Pick up/ Playing up Guidelines

You can only pick up enough players to give you one (1) spare (including any picked up player).

Players may only be picked up from one age group lower in your gender only and from your Club. ie Girls U16 may pick up from Girls U14 but Girls U18 may not pick up from Girls U14. NOTE: U14 cannot pick up from U12 as U12 are Small Sided/Mini and do not have ID cards.

A U11-18 game can be legally played with 7 players on one team.

If not enough players show up and a team has to forfeit, we encourage coaches to then mix the players up and at least have a scrimmage. The official and field are already booked so you may as well allow those present to get some touches on the ball and have some fun. This is also suggested if a coach knows in advance they will be short players. Let those that are there play!

You must get the U14-18 player card from the other coach (NOTE: A coach is not required to let their player play up).

Each player can only play up a total of three times in any age group. (NOTE: per age group, not per team, in an age group).

You cannot pick up players for Kelowna Cup, Super-8 Soccerfest or Mini Jamboree games.

All players must be registered in house. (No select players).

Picked up players must not miss their own scheduled game to play in the other division.

Please follow these rules they are you protect you, the players and the clubs. It also stops players from stacking teams.

If you are caught cheating for any reason then you will forfeit the game in question and may be subject to Discipline.