



Squad Limits and Match Day Policy

2025/25 Season

Principles

At Limehouse Laces, every girl is a valued member of our club. We are committed to offering all players fair opportunities to train and compete in matches to ensure their development throughout the season. As players progress through the club, we balance individual growth with team development. Competitive matches are crucial for fostering a sense of progression and achievement within the team. While we do not hold trials and welcome players of all abilities, all new joiners will participate in training on Wednesdays. However, to be eligible for league matches, players must demonstrate proficiency in core football skills. This process is transparent and continuously reviewed. If more players are available for a league match than the squad limit allows, we will follow the selection criteria outlined below. Our aim is to ensure every squad member plays at least 50% of the match time in a field position, with goalkeepers not counted as field players.

Why we have a squad limit and match day policy?

Limehouse Laces aims to provide a high standard of playing opportunities for our players. However, given limited resources, we cannot accommodate everyone who wishes to join. This policy ensures that each player has equal opportunities to develop their skills through training sessions and league matches.

Squad Limits and Waiting Lists

Due to the capacity of our training venue, we are implementing squad size limits to ensure sufficient space and attention for each player

Squad Limits are as follows

U11s - 14 Players

U13s - 16 Players (Up to 18 at Coach/ Manager discretion)

U15s - 20 Players (Up to 22 at Coach/ Manager discretion)

U18s - 20 Players (Up to 22 at Coach/ Manager discretion)

If a player consistently misses training or games, we will discuss the situation with the player and their parents, working together on an action plan for regular attendance. Persistent absence may result in the release of a squad place to a player on the waiting list.



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Waiting List

Players will be added to the waiting list in the order of their enquiry, and it will be managed impartially by the club chair.

Match Day Selection Method

1. Players will only be eligible for inclusion in the league squad if all the following are in place:

- Limehouse Laces Online Membership Form has been completed
- FA Online Registration (with FAN and photo) has been completed.
- Membership Fee (plus League Fee) paid or Sponsored Place agreed with Treasurer
- Core football skills checklist has been signed off by coach.

2. Match day squad size

- 7v7: 12 player squad to attend each match, allowing for 5 substitutes.
- 9v9: 14 player squad to attend each match, allowing for 5 substitutes.
- 11v11: 16 player squad to attend each match, allowing for 5 substitutes.

3. Method

The manager will request player availability on Sunday evening, with confirmation required by 5 pm on Tuesday. If more players confirm than squad places allow, the coach and manager will select the squad based on the following criteria:

- Attendance at training (rolling 4-week register).
- Effort and concentration during training.
- Commitment to attend both home and away games.
- Player ability and confidence, in consideration of the opposition's strength and the team's progress.

4. Fairness: We use a rota system to ensure fairness, so over the course of a season, each player will be selected roughly in proportion to their attendance and availability. Players not selected will be informed with care and consideration, and the coach will explain the decision to both the player and their parent/guardian upon request.

Match Day Playing Time

Coaches aim to give each player in the match squad a minimum of 50% playing time in a field position (excluding goalkeeper). However, playing time may be less than this if certain factors arise specifically late arrival, and the player's effort, attitude and behaviour during the match.



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Additional playing time over 50% will be at the discretion of the coach and manager and will be influenced by: The strength of the opposition, attendance and effort in training, the flow of the game, and the player's effort and attitude during the match.

This approach ensures that playing time is fairly allocated while taking into account individual contributions and team dynamics.

Addressing Concerns About Fair Treatment

At Limehouse Laces, we are committed to creating a supportive and fair environment for all players. If a parent or guardian feels that their child has been treated unfairly regarding selection, playing time, or other matters, we encourage them to follow this process

Initial Discussion: First, approach the coach directly after training or at an agreed-upon time to discuss the concern. We aim for open communication, and coaches will explain their decisions and listen to your perspective.

Formal Follow-Up: If the issue is not resolved after this conversation, parents can contact the club chair to discuss their concerns further. The chair will work with the coach, player, and parent to reach a fair and transparent resolution.

We encourage all parents to support the club's focus on individual development, fairness, and team progress, and to raise concerns respectfully and constructively.