



Squad Limits and Match Day Policy

2023/24 Season

Principles

- Every girl is a valued member of the club and should have a fair opportunity to train and play in matches, so that their skills and match play develop over the season.
- As girls advance through the club, individual development needs to be balanced with team development. Games need to be generally competitive for the girls to feel that their team is progressing.
- We have no trials and welcome players of all abilities. All new joiners will take part in training on Wednesdays. However, in order to be considered for league matches new joiners must demonstrate they have mastered core football skills. This is a transparent process and progress is continuously reviewed. We will provide opportunities for extra skills sessions after scheduled Wednesday training sessions and on Saturday mornings, when possible.
- For each league match if there are more available players than squad places, selection for matches will follow the method set out below.
- Coaches aim to give each member of the match squad a minimum of 50% match time in a field position (Goal Keeper will not count as a field position).

Why we have a squad limit and match day policy?

At Limehouse Laces, we want to continue to provide a good standard of playing opportunities to our players. However, we do not have the resources to accommodate everyone who wishes to join our club. We have therefore introduced this policy to ensure each member has an equal opportunity to develop their abilities through training sessions and League match play.

Squad Limits and Waiting Lists

We are reaching capacity at our training venue so are introducing maximum sizes for training squads to ensure we have adequate space and girls get sufficient attention.

Squad Limits are as follows

U12s - 15 Players

U13s - 15 Players

U16s - 20 Players

U18s - 20 Players



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If girls are not attending training and games regularly we will discuss with parents and girls why that is and develop an action plan for regular attendance. If absence is persistent we will follow our procedure and potentially free up a place for a girl on the waiting list, if there is one.

Waiting List

Girls will be added to the waiting list in order of enquiry.

The waiting list will be managed by the club chair to ensure impartiality.

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

For each match the manager will request availability on Sunday evening from eligible players.

Availability must be confirmed by 5pm on Tuesday. If there are more available players than squad places the coach and manager will determine the composition of the squad from those players who have confirmed. This will be determined using the following criteria:

- Attendance at training on a rolling 4 week register
- Effort and concentration in training
- Attendance and availability for both home and away games
- Player ability and confidence. (This will be considered in the context of the strength of the opposition and the team's progress throughout the season).

4. Fairness

- A rota system will also be used to ensure the process is fair to all players so that over the course of a season each player will have been selected roughly in proportion to their attendance at training and matches.



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- The coach will deal with those omitted each week in a careful and considerate manner and, if requested, will explain the decision to the player and their parent/guardian.

Match Day Playing Time

- Coaches aim to give each member of the match squad a minimum of 50% match time in a field position (Goal Keeper will not count as a field position)
- Additional time will be determined at the discretion of the coach and manager taking into account the strength of the opposition/ attendance and effort at training etc.