



# 2025 Soccer for Life

1975 Clements Rd  
Pickering, Ontario  
905-831-9803  
[www.pickeringfc.ca](http://www.pickeringfc.ca)

U15 (2010, 2011, 2012 YOB)  
U18 (2007, 2008, 2009 YOB)

The Soccer for Life Program is open to all players in the U15/U14/U13 and U18/U17/U16 age divisions regardless of experience and skill level as the program will provide players with the opportunity to learn the skills of soccer through games and practices.

Here is what the Soccer for Life Program at Pickering FC looks like. For more information email [admin-rec@pickeringfc.ca](mailto:admin-rec@pickeringfc.ca).

## Recreational Soccer is:

- An opportunity for players to be active twice a week with a game and a practice
- Learning to play the game through games and practices.
- Playing in a team setting, making new friends and having fun.
- **Coaches are volunteers** – can be a parent, older sibling, or a university/high school student.
  - Coaches are provided with an information manual from the PFC and have access to through admin help, coaching tips and practice drills.
  - Remember: your child is learning to play the game and the coach is also learning their role as the coach of the team.

## In the registration fees players receive:

- Home and away jersey in the PFC colours, shorts, socks, individual picture and an award at the end of the season. The coach is responsible for receiving these items from the Club and the distribution of these items to the players.
- The coach will be in contact with parents prior to the start of the season to introduce themselves and provide information on uniform pick up and the schedule.
- Team receives practice balls and a game ball.
- Games, practices and year end event.

U13/U14/U15 – Players born in 2010, 2011, and 2012 – will turn 13, 14 or 15 in 2025

U16/U17/U18 – Players born in 2007, 2008, and 2009 – will turn 16, 17 or 18 in 2025

Teams will play one game a week and will have one 1-hour practice a week.

- 14 games during the season plus playoff games at the Year End Event
  - U13/U14/U15 Year End Event – September 6
    - Teams will play a minimum of 2 games in the playoffs
    - Finalists will receive trophies/non finalists will receive medals
  - U16/U17/U18 Year End Event – August 27
    - Teams will play a minimum of 2 games in the playoffs
    - Finalists will receive trophies/non finalists will receive medals
- Season starts week of May 26 to May 30.

## Game and Practice Nights – subject to change

	Age Division	Game Night	Practice Night
U15's	U13/U14/U15 Boys	Tuesday 6:30/8 pm	Thursday 6:30 pm
U15's	U13/U14/U15 Girls	Thursday 6:30/8 pm	Tuesday 6:30 pm
U18's	U16/U17/U18 Coed	Wednesday 6:30/8:15 pm	Monday 6:30 pm

## Game Fields – subject to change

<b>Boys &amp; Girls U13/U14/U15 2010, 2011, 2012 YOB</b>	<b>Coed U16/U17/U18 2007, 2008, 2009 YOB</b>
Dunmoore (Whites Rd/Petticoat Creek Conservation Area – field has lights)	Dunmoore (Whites Rd/Petticoat Creek Conservation Area – field has lights)
Adams Park (Port Union Road – Interlock with West Rouge SC)	Adams Park (Port Union Road – Interlock with West Rouge SC)

## Practice Fields – Subject to Change

<b>Boys &amp; Girls U13/U14/U15 2010, 2011, 2012 YOB</b>	<b>Coed U16/U17/U18 2007, 2008, 2009 YOB</b>
Dunbarton High School Amberlea Park (Highbush PS) St Mary's Catholic SS (Whites Road)	Dunbarton High School Amberlea Park (Highbush PS)

Schedules are available from the coach, PFC Website [www.pickeringfc.ca](http://www.pickeringfc.ca) and the team app

Parents are encouraged to get the team app – download the Sports Engine App from the app store & then select the team app which will be available once a player has been assigned to a team.

## Game Formats

<b>Boys &amp; Girls U13/U14/U15 2010, 2011, 2012 YOB</b>	<b>Coed U16/U17/U18 2007, 2008, 2009 YOB</b>
<ul style="list-style-type: none"><li>• 35-minute halves – 70-minute games</li><li>• Year End games will be 70-minutes or less based on a maximum of 150 minutes allowed for the Year End Day</li><li>• 11 players v 11 players including goalkeeper</li><li>• 15-17 players on team</li><li>• Throw ins</li><li>• Offsides</li><li>• Games guided by FIFA Laws of the Game</li><li>• Scores and standings recorded</li></ul>	<ul style="list-style-type: none"><li>• 45-minute halves – 90-minute games</li><li>• Year End games will be 80 minutes or less based on a maximum of 180 minutes allowed for the Year End Day</li><li>• 11 players v 11 players including the goalkeeper</li><li>• 15-19 players on team</li><li>• Throw ins</li><li>• Offsides</li><li>• Games guided by FIFA Laws of the Game</li><li>• Scores and standings recorded</li></ul>

Match Officials are assigned to games by the Pickering FC Assignor. All Match Officials are registered with Ontario Soccer and have completed the appropriate Ontario Soccer Course.

When possible, the PFC will assign a crew of a Head Match Official (senior Match Official) and two Assistant Match Official (senior Match Official and/or 1<sup>st</sup> / 2<sup>nd</sup> Year match Official)

First and second year match officials are provided with ongoing education and mentoring through the Pickering FC's Match Official Development Program.