



2025 Soccer for Life

Women's Rec (Born 2006 or earlier)

1975 Clements Rd
Pickering, Ontario
905-831-9803
www.pickeringfc.ca

The Soccer for Life Program for Women's Rec is open to all female players born in 2006 or earlier regardless of experience and skill level.

Here is what the Soccer for Life Women's Rec Program at the Pickering FC looks like. For more information email admin-rec@pickeringfc.ca.

The Pickering FC Women's Recreational Soccer is:

- An opportunity for players to be active and continue to play soccer with a game each week.
- Allowing newcomers to the game to experience playing soccer in a team environment.
- Teams are built:
 - A list of players submitted by a team captain
 - Team built through individual registrations who do not have a connection to a team
 - All players are welcome regardless of skill and/or experience

Team Registration fee:

- Teams supply their own uniforms and equipment
- The Pickering FC will provide teams with a team fee taking into account program costs and the fact that teams will be supplying their own uniforms and equipment
- 14 regular season games plus a minimum of one playoff games.
- Team fee is based on a minimum of 17 players. Additional fee for each player above 17.

In the Individual Player Registration fee:

- Uniform of jersey, shorts and socks.
- Teams are provided with warm up balls and a game ball.
- 14 regular season games plus a minimum of two playoff games.

Teams will play one game a week

- Sunday evenings – no games on Sundays of long weekends.
- Season starts Sunday, May 25 / Year End Playoffs Sunday, September 28.
- If there is an odd number of teams in the division a game will be scheduled for Friday night so that no teams will have a Sunday bye nor play two games on a Sunday.
- Game start times are 6:30 pm/8:15 pm
- Game fields, subject to change, are: Kinsmen 3 and Kinsmen 2 – both fields have lights.
- Schedules are available from team captain, www.pickeringfc.ca and the team app
- Players are encouraged to get the team app by downloading the Sports Engine App from the App Store and then selecting the team app. Players can select the team app once they are assigned to a team.

Game Format

- Full field, 11 players vs 11 players, 45-minute halves (90-minute games)
- Year End games will be 80-minutes or less based on max of 180-minutes max allowed per day
- Throw ins and Offside
- Games guided by FIFA Laws of the Game
- Scores and Standings recorded

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 1st / 2nd Year match Official)

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