

League Match Tips and Rules

- MUST show up 1hr before league match begins. Period!
- Respect the club and its members
- Do NOT bring in fast food to a health club
- Bring water, food, and snacks to keep your energy
- Bring homework or things to do while waiting
- Players are not allowed to leave the club until they are completely finished AND they get permission from a coach
- Matches are 1 game to 11 – make sure to warm up properly
- Secure items INSIDE your bag at all times
- Support your team by rooting for them while they play
- All games are self-ref
- HAVE A GREAT TIME!

Parents

- Cheer for your players after the rally. Do not cheer or talk while they are playing.
- Do not influence the match or be disrespectful to the other players or parents (even if they do)
- These players are high school players. They are not professionals. Mistakes happen.
- Refing will be done by the players ONLY