



Player Rotation Policy

RLWSC's policy is that each player should be given equal time on the field, regardless of their skills or lack of. This is captured in the Club's Code of Conduct which every player and parent/guardian agreed to abide by as a condition of registering to play with RLWSC.

"Avoid overplaying the talented player, the less developed players need and deserve equal time."

It is demoralising for players to spend large chunks of time on the bench and equally embarrassing for those players who stay on the field, knowing their friends/team mates are missing the fun of being on the field. Having the same starting team each week should also be avoided.

Guide to Player Rotation (excluding goalie)

PLAYING TIME (minutes per game)			No of Reserves				
AGE Group	Game Duration	Players on Field	1	2	3	4	5
U6-U7	30	4	24	20	17		
U8 & U9	40	6 + GK	34	30	27	24	
U10-U11	50	8 + GK	44	40	36	33	
U12	50	10 + GK	45	42	38	36	33
U13 - U14	60	10 + GK	55	50	46	43	40
U15-U16	70	10 + GK	64	58	54	50	47
U21 & AA	90	10 + GK	82	75	69	64	60

BENCH TIME (Minutes per game)			RESERVES				
AGE Group	Game Duration	Players on Field	1	2	3	4	5
U6-U7	30	4	6	10	13		
U8 & U9	40	6 + GK	6	10	13	16	
U10-U11	50	8 + GK	6	10	14	17	
U12	50	10 + GK	5	8	12	14	17
U13 - U14	60	10 + GK	5	10	14	17	20
U15-U16	70	10 + GK	6	12	16	20	23
U21 & AA	90	10 + GK	8	15	21	26	30

Guide to Player Rotation (excluding goalies for 1st & 2nd half)

Some teams reward the volunteer for goalie by giving them a full game on the field during the other half of the match. In that case – the bench time is shared by the number of players on the field minus two.

PLAYING TIME (minutes per game)			No of Reserves				
Game Duration	Players on Field		1	2	3	4	5
U6-U7	30	4	24	20	17		
U8 & U9	40	5 + GK 1st & 2nd half)	33	29	25	22	
U10-U11	50	7 + GK 1st & 2nd half)	44	39	35	32	
U12	50	9 + GK 1st & 2nd half)	45	41	38	35	32
U13 - U14	60	9 + GK 1st & 2nd half)	54	49	45	42	39
U15-U16	70	9 + GK 1st & 2nd half)	63	57	53	48	45
U21 & AA	90	9 + GK 1st & 2nd half)	81	74	68	62	58

BENCH TIME (Minutes per game)			RESERVES				
AGE Group	Game Duration	Players on Field	1	2	3	4	5
U6-U7	30	4	6	10	13		
U8 & U9	40	5 + GK 1st & 2nd half)	7	11	15	18	
U10-U11	50	7 + GK 1st & 2nd half)	6	11	15	18	
U12	50	9 + GK 1st & 2nd half)	5	9	13	15	18
U13 - U14	60	9 + GK 1st & 2nd half)	6	11	15	18	21
U15-U16	70	9 + GK 1st & 2nd half)	7	13	18	22	25
U21 & AA	90	9 + GK 1st & 2nd half)	9	16	23	28	32

Some teams may elect to roster a player or two off each week if they are finding that bench time is too long. However, most teams find that with girls from different schools, sickness etc, etc that it is rare to have a full team at any game.

Reserves:	% of bench time for given no of RESERVES				
	1	2	3	4	5
U6-U7	20%	33%	43%		
U8 & U9	17%	29%	38%	44%	
U10-U11	13%	22%	30%	36%	
U12 - AA	10%	18%	25%	31%	36%