

PLAYING TIME POLICY

At VI Wave, we are committed to our players getting equal playing time as much as possible, in line with Canada Soccer's Long Term Player Development model.

The Learn to Train Age Band (U13-U14)

1. For Phase 1 & 2, the players will play at least 50% of total playing time averaged out over the course of the season. This could be, for example:
 - a. 50% every match
 - b. 36% one game and then 64% in another
 - c. Any other combinations resulting in a minimum of 50%
2. During playoffs, playing time is adjusted to a minimum of 30% of total playing time.

The Train to Compete Age Band (U15-U16) - (same as above)

1. For Phase 1 & 2, the players will play at least 50% of total playing time averaged out over the course of the season. This could be, for example:
 - a. 50% every match
 - b. 36% one game and then 64% in another
 - c. Any other combinations resulting in a minimum of 50%
2. During playoffs, playing time is adjusted to a minimum of 30% of total playing time.

The Compete to Win Age Band (U17-U18)

1. For Phase 1 & 2, the players will play at least 30% of total playing time averaged out over the course of the season. This could be, for example:
 - a. 30% every match
 - b. 60% one game and no playing time in another
 - c. Any other combinations resulting in a minimum of 30%
2. During playoffs, playing time is adjusted to a minimum of 20% of total playing time.

Equal playing time, for any age group, should reflect an equal level of commitment from players. This includes (not limited to):

- Attendance at training sessions and previous games
- Effort level at training sessions and games
- General level of engagement

Coaches should make every effort to help a player maximize their attendance and efforts at training before reducing game time. Any questions regarding playing time should follow the VI Communication Protocol - Chain of Command.