

## Information Student League

The student league is set up for individual registrations with the goal of meeting with students. It's possible to play together with friends in a team. Another goal is to make the entry of this league as low as possible, normally in the regular competition you need to have a full team to register. We hope the team in which you play brings opportunities to make friends and, in the future, even to enter the regular competition with your team.

### General

- If you want to communicate with us, you can reach us on [competities@uscsport.nl](mailto:competities@uscsport.nl).
- During the student league there will always be a competition leader available. This can be Louis, Anthony, Marcel or Oussama. We have an office at the end of the hall next to sports hall 1.
- We stimulate you to make a WhatsApp group with your team members to keep in contact. That way you can keep each other informed when somebody cannot make it to the game or is injured for example. If a team doesn't have enough players, then you can make a request in the USC whatsapp on 0652364771, people who like to fill in will contact you directly. Adding yourself to this group is voluntary.
- When you log in with your account on the USC website or app, you can reserve for training and you can see the upcoming matches, scores, and standings. Just click on competitions after login and choose what you want to see.

### Facility

- Wear proper sportswear, and shoes that are only used indoors and don't leave marks on the floor.
- Don't eat and drink or leave garbage in the sports hall. An enclosed bottle of water is of course allowed to bring along.
- You can take your bags and coats inside the sports hall, but we prefer you use a locker, you can find these in the changing rooms downstairs. If you decide to bring your stuff, please make sure you store it properly at the side of the sports hall.
- If anything is damaged or there's a problem, please report this to the competition leader at the spot or e-mail as soon as possible.
- We will provide all the materials for the matches, scoring forms can be filled in after the match by both teams. We will keep track of the scores and outcomes.

### Training

- Training is on Tuesday from 17:45-18:45. Maximum of 20 reservations per training. Training is always in sports hall 1.
- The training will change every week in the period of 10 weeks.
- Please note that if you reserve a spot for training and you can't attend, cancel your reservation. If you don't cancel and don't show up, you will get a 1<sup>st</sup> warning. If it happens again, you must pay a "no show" fee.

## **Matches**

- Be sure you know when and where you must play, be on time. Make sure you are in and ready to play 15 minutes before the match starts!
- Matches will be played for 2x20 minutes per game.
- Both teams will referee the game they play, from each team 1 person on either side of the field. You can switch people during the match, but make sure it's clear who is refereeing. Please make sure you know the rules, you got these in the 1<sup>st</sup> mail we send you.
- We will play 5 vs 5, 4 on the field and 1 goalkeeper. You can also switch this during the match. All substitutions are decided by the team itself. Please mind doing this as fair as possible. For example, you can change every 5 minutes, 10 minutes or per half.
- USC will provide football vests to distinguish the teams, away team will wear the vests.