



## **Getting Inspired to Play Soccer FAQ**

### **What is Soccer (football)?**

- Soccer is a sport played by two even teams (maximum of eleven players per team), where each player may use only their feet (except for the Goalkeeper that may also use their hands) to kick, head, or chest, a round ball into their opponent's goal. The team scoring the most goals qualifies as the winner of the match (game). If the score is tied at the end of regulation time, the result is a tie. This is unless a penalty shootout is required to declare a winner.

### **How many people play Soccer (football)?**

- Soccer maintains a participation rate of approximately 250 million participants worldwide. The FIFA World Cup, which is the most renowned international Soccer competition, is the most widely viewed sporting event in the world. Providing endless excitement with many emotional and dramatic highs and lows, soccer keeps the spectator on the edge of their seat.

### **Who is Soccer for?**

- Soccer provides programming options for any age, ability, or fitness level. From Physical Literacy (Fundamental Movement Skills) programs for our youngest participants, to Walking Soccer for our most senior participants, the sport of soccer can include everyone.

### **What are the fees to participate in Soccer?**

- Soccer is a sport where participants can play with friends in the park, register in local Recreational/Community Leagues, participate in travel programs, and/or dedicated High-Performance programs. Associated Soccer fees for the variety of programs provided, are usually lower to play in local leagues but increase when travel or higher-level training & competition is added.
- Historically, soccer has been labelled a 'cheap' sport in North America and referred to as recreational in nature. This is especially true in Canada, where indoor sports capture the attention of a large portion of the population. Although this label is starting to change with the introduction of Indoor Soccer Leagues, Futsal, and Professional leagues like the Canadian Professional League (CPL) and Major League Soccer (MLS) which is now over two decades old, ongoing education is still required.
- It is important to note that Soccer should be more appropriately labelled as an affordable sport, where all members of the family can participate. With substantial equipment, safety, certification, and facility standards being required to be met by modern Soccer Clubs, the level of product and service provided for dollar spent is unmatched by most other activities.



### **What equipment is required to play Soccer?**

- Soccer only requires Soccer specific footwear and a pair of shin-pads (slip-in or slide-on), to officially play in an organized League. Goalkeepers also require a pair of gloves and a special jersey that is a different color than the field players.
- Footwear can be purchased that is relatively inexpensive or can cost in the hundreds of dollars. Often cheaper shoes are a better option for growing players, as they usually don't carry the extra marketing costs associated with more expensive products.

### **Can I take my participation in Soccer to another level?**

- There are many higher-level options for the participant that wants more out of the game. There are High-Performance Youth Leagues, Semi-Professional and Professional options, alongside National and Olympic level competition.
- Athletes desiring playing at these levels, require many hours of Athlete-specific and Sport-Specific training. Dedicated Coaches, Trainers and Sport Science experts that have education and experience in specific areas, can provide the teachings one needs to be identified and recruited for higher levels.

### **Is there a disability-soccer option?**

- Associations across Canada are opening up their doors and introducing programming options that are designed specifically for disabled participants. This is an area we are currently reviewing and looking to add to the Club's repertoire of programs.

### **Is there a family option?**

- There are options for Youth, Adult, and Senior participants. Unfortunately, although many times Youth and Adult Soccer is operated by separate entities, there are some Clubs that provide playing options for everyone. These Clubs are sometimes referred to as 'Cradle-to-Grave' Clubs.
- Some organizations provide Family Fun days throughout the year and encourage families to get out together and enjoy the beautiful game.

### **How do I Coach Soccer and what is required?**

- Whether you have never played the game or have played at the highest levels, there are many ways to support the game as a coach.
- Soccer has evolved over the past few years and today there are mandatory minimum certifications that coaches must have attained when working with youth.
- In 2021, Coaches must have a valid criminal record check/vulnerable sector check and have completed the online Respect in Sport Course. This is the minimum requirement to coach in 2021.
- Coaches wishing to coach at higher levels (Competitive League/Academy) are required to advance their Theory and Technical coach certifications.



### **How do I Referee Soccer and what is required?**

- Refereeing soccer is a great way to be part of the game in Canada, stay fit, give back to the community and support local soccer players, and make some extra money doing something you enjoy.
- New Referees start with our youngest participants and work their way up to coaching higher level matches. There are refresher courses provided each spring and referee mentors that give support and feedback to young referees.
- Unfortunately, referees will not be used in our Club Leagues in 2021, but opportunities to get involved in refereeing will be available in Spring 2022.

### **How do I take part in the game of Soccer?**

- Take a look around our website at [pgysa.bc.ca](http://pgysa.bc.ca) and review the Indoor and Outdoor programming options we provide for all level of youth participant. We would love to help answer any questions you may have. Feel free to contact our office staff by phone, email, or drop by the office in person.