

Rested Player Policy

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Purpose

This policy seeks to maximise the playing time of each player on a game day.

Usage and Application

Coaches of a team may wish to use this policy from time to time but will only do so when parent/guardian responses to game availability requests indicate there will be greater than 3 non-starting players available (e.g. in a 9v9 game when greater than 12 players have indicated availability).

Coaches, at their discretion, may choose to disapply the policy even when the number of players available indicate it should be used (e.g. in friendly games).

Where a player is 'rested' but is then subsequently asked to play in the game (e.g. if a player in the match day squad is injured/ill), but is unable to do so, this will be counted as an instance of being 'rested'.

Where a player is notified by a parent/guardian as not available for a game, this will not be counted as an instance of being 'rested'.

Where a player is requested to play for another team within the club on a matchday (e.g. an U12 squad member plays for the U13 team), this will not be counted as an instance of being 'rested'.

Communication

For each game, coaches will confirm in the relevant parent WhatsApp group at least 2 full days before the game (e.g. by Wednesday for a Saturday game), either:

- All available players are in the match day squad, or
- confirm the list of players in the match day squad.

Fairness

Coaches will keep a record of 'rested' players and ensure that, over a full season, players are 'rested' equally. Coaches will make this information available to parents/guardians.