

## U4, U5, & U6 Program (4v4)

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### Description

Players on the field: 4v4 with NO goalies

Roster Size: 6-8

Ball size: 3

Practices: no longer than 30 minutes per week

Referees: Coach-Referees (ONE per team on the field)

Minimum playing time: 50% each game upon player arrival, except when injured.

Substitutions: Both Teams substitute at stoppage of play. Player should leave the field of play before other enters.

\*This is a Recreational and Developmental league. The goal is to have fun and introduce them to soccer.

**WE DO NOT KEEP SCORE AT THIS AGE.**

### Game and field size

Duration of Game: 1-minute-per-age-group quarters

\*\*Do not stop the time if the ball goes out of bounds or for a goal scored. Time is continually running during game play.

Breaks: 2 minutes between quarters; 5 minutes at half time

U4 = 4 minute quarters

U5 = 5 minute quarters

U6 = 6 minute quarters

20 x 30 yards recommended (Ours will be slightly smaller); 6' wide x 4' high goal

3-yard radius center circle; Goal kicks are taken inside the arc and players must be 5 yds from the ball

### Laws: FIFA except

- No tripping, pushing, or slide tackling. There will be some physical play; as long as they are playing the ball first it is ok, but if they are playing the player first it is a foul.
- U4 & U5: Kick-in or Dribble-in, NO throw-in
- U6: Throw-ins only (Work on this at practice: The player stands behind the out-of-bounds line. Both feet stay on the ground. Ball is thrown over the head. U6 players should work on this at games, but it should not inhibit the flow of the game, so keep the ball in motion.)
- Once the ball crosses completely over the boundary line, blow the whistle to stop play.
- No direct kicks – no penalty kicks
- No offside calls
- No Goal Keeper. No “camping-out” a player in front of the goal; player should stay out of arc in front of the goal when the ball is not in the arc.
- Opposing players must be 10 yards from the ball on goal kicks, corner kicks and free kicks.
- Teams do not switch sides.

**Sidelines:** Coaches and players for both teams are located on the same sideline. Parents should not sit on the on the players' sideline. Players are easily distracted by their parents. Clean up your bench area before leaving after your game.

**Referees:** Each team will provide a volunteer referee/coach on the field. One coach, assistant coach or parent is allowed on the field to referee the game per team. One coach/referee should keep track of the clock. Referees explain various calls/rules to players during game play as a teaching aid. This is a great opportunity to reinforce the rules of the game for both teams.

**Concept:** The approach in development for this age group is building on basic motor skills such as walking, running, and changing direction. A smaller space will help them to develop those skills while providing more interaction with the ball. The only focus is making sure the players have fun.

**\*Respect weaker teams:** All players should have the opportunity to score during games. In the last 1-2 quarters, consider pulling your players into a corner at kickoff and allowing the weaker team an opportunity to run down the field a bit before allowing your team to attack. We do not keep score at this age and it's a thrill for ANY player to get a goal. What an ego boost!!

### Description

Players on the field: 5v5; 4 on the field and 1 goalie

Roster Size: 7-9

Ball size: 3

Min # players on field: 4

Referees: 1 center referee assigned to game

Practices: recommend 60 mins per week

Minimum playing time: 50% each game upon player arrival, except when injured.

Substitutions: Normal substitutions allowed at goal kicks and at any stoppage of play with permission of the Referee. Both teams may substitute prior to a throw-in if the team in possession is substituting. Player should leave the field of play before other enters.

### Game and field size

Duration of Game: 10 minute quarters

Breaks: 2 minutes between quarters; 5 minutes at half time

49 minutes total time

25 x 40 yards; 12' wide x 6' high goal

6-yard radius center circle; 2-foot radius corner arcs

Goal kicks are taken inside the goal area arc

**Laws: All FIFA Rules apply including Offsides except for Heading and Slide tackling. Heading the ball is NOT allowed at this age. No slide tackling.** There will be some physical play; as long as they are playing the ball first it is ok, but if they are playing the player first it is a foul. Please explain calls to players.

**Build Out Lines:** <https://www.youtube.com/watch?v=sY408eOnAW4>

- The spirit of this rule is to encourage the U7- U10 teams to learn how to play the ball forward from the first third. Traditionally keepers have been able to just punt the ball across the midway line which was a detriment to the players learning how to progress the ball forward from defense to mid field to the attackers.
- When the goalkeeper has the ball in his/her hands during play, the opposing team must move behind the build-out line until the ball is released from the goalkeeper's possession.
- Once the opposing team is behind the build-out line, the goalkeeper can release the ball by passing (NOT dribbling), throwing, or rolling the ball to a teammate. (PUNTS, BOUNCING the ball, and DROP KICKS are not allowed from the keeper. The penalty for this is an indirect kick for the opposing team at the spot of the offense.)
- After the ball is released from the goalkeeper's possession, the opposing team may cross the build-out line and play resumes as normal.
- On Goal Kicks, the ball must be kicked before the opposing team can cross the build out line to attack the ball.
- The goalkeeper releasing the ball from possession or the player taking the goal kick does not have to wait for the opposing players to move behind the build-out line.

**Offside:** The build-out line shall be used as the line to determine offside. Players cannot be penalized for an offside offense between the halfway line and the build-out line. Players can be penalized for an offside offense between the build-out line and goal line.

**Sidelines:** Coaches and players for both teams are located on the same sideline. Parents should not sit on the on the players' sideline **nor behind the goals**. Clean up your bench area before leaving after your game.

**Referees:** There will be an assigned referee from the club. If a ref is not present, then the two teams will identify an individual from each team to ref a half to complete the contest. All spectators, coaches and players will support the refs' decisions and show professionalism at all times.

**Injuries:** If a coach enters the field to check an injured player, the player must leave the field. Coaches should try to re-enter the player, if possible, to maximize playing time for each player. Do not abuse. Both teams are allowed to substitute at the stoppage of play with Referee permission.

**Concept:** The approach in development for this age group is building on basic motor skills such as walking, running, and changing direction. A smaller space will help them to develop those skills while providing more interaction with the ball. This is also a transition year incorporating goal keepers, throw-ins, and the use of build-out lines. The focus first is on the player's individual skills, and secondly, on the team play or tactics.

**\*Respect weaker teams. Don't allow your best players to run up the scores.**

For U7-U14 teams, we have an updated sportsmanship rule. Only a goal differential of no more than 5 goals will be kept officially on [gotsoccer.com](http://gotsoccer.com). (A 8-1 score will be recorded as 6-1.)

Here are some options if you find yourself in a place where the score difference is 5 or more goals:

- Make your team stronger by allowing weaker players a chance on offense.
- Tell players who have scored that they can't cross the mid-line.
- Play one player (or 2 players) shorter than the other team.
- Make up rules for your team like you can only shoot on the goal if the ball is volleyed in the air or passed 6 times without being touched by the other team.

**Once a game has an 8 goal differential, any additional goals scored by the winning team will not count and the game will restart with the defensive team taking a goal kick.** Verify this new rule with your referee BEFORE the game begins.

**Description**

Players on the field: 7v7; 6 on the field and 1 goalie

Roster size: 9-11

Ball size: 4

Min # on field: 5 (to prevent forfeit)

Referees: 1 center referee assigned to game

Practices: recommend 90 mins to 2 hours per week

Minimum playing time: 50% each game upon player arrival, except when injured.

Substitutions: Normal substitutions allowed at goal kicks and at any stoppage of play with permission of the Referee(s).

Both teams may substitute prior to a throw-in if the team in possession is substituting. Player should leave the field of play before other enters.

**Game and field size**

Duration of Game: 25 minute halves

Breaks: 5 minutes at half time

55 minutes total time

30 x 47 yards recommended; 12' wide x 6' high goal; 6-yard radius center circle; 2-foot radius corner arcs

Goal area 6 yards from each goal post and 6 yards into field of play joined by a line parallel to the goal line.

**Laws: All FIFA Rules apply including Offsides except for Heading and Slide tackling. Heading the ball is NOT allowed at this age. No slide tackling.** There will be some physical play; as long as they are playing the ball first it is ok, but if they are playing the player first it is a foul. Please explain calls to players.

**Build Out Lines:** <https://www.youtube.com/watch?v=sY408eOnAW4>

- The spirit of this rule is to encourage the U7- U10 teams to learn how to play the ball forward from the first third. Traditionally keepers have been able to just punt the ball across the midway line which was a detriment to the players learning how to progress the ball forward from defense to mid field to the attackers.
- When the goalkeeper has the ball in his/her hands during play, the opposing team must move behind the build-out line until the ball is released from the goalkeeper's possession.
- Once the opposing team is behind the build-out line, the goalkeeper can release the ball by passing (NOT dribbling), throwing, or rolling the ball to a teammate. (PUNTS, BOUNCING the ball, and DROP KICKS are not allowed from the keeper. The penalty for this is an indirect kick for the opposing team at the spot of the offense.)
- After the ball is released from the goalkeeper's possession, the opposing team may cross the build-out line and play resumes as normal.
- On Goal Kicks, the ball must be kicked before the opposing team can cross the build out line to attack the ball.
- The goalkeeper releasing the ball from possession or the player taking the goal kick does not have to wait for the opposing players to move behind the build-out line.

**Offside:** The build-out line shall be used as the line to determine offside. Players cannot be penalized for an offside offense between the halfway line and the build-out line. Players can be penalized for an offside offense between the build-out line and goal line.

**Sidelines:** Coaches and players for both teams are located on the same sideline. Parents should not sit on the on the players' sideline **nor behind the goals**. Clean up your bench area before leaving after your game.

**Referees:** There will be an assigned referee from the club. If a ref is not present, then the two teams will identify an individual from each team to ref a half to complete the contest. All spectators, coaches and players will support the refs' decisions and show professionalism at all times.

**Injuries:** If a coach enters the field to check an injured player, the player must leave the field. Coaches should try to re-enter the player, if possible, to maximize playing time for each player. Do not abuse. Both teams are allowed to substitute at the stoppage of play with Referee permission.

**Concept:** The approach in development for this age group is increasing speed and agility. More space to move in control of the ball and face 1v1 situations.

**Team Organization:** While the development of the individual player is the priority, an individual plays games as part of a team model. These formations are consistent with, and specific to, the player development objectives at the respective age groups and focused on the attacking elements of the game.

- 2-3-1 formation designed to develop passing and movement of the ball
- 3-2-1 formation designed to promote forward runs and 1v1 situations

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Here are some options if you find yourself in a place where the score difference is 5 or more goals:

- Make your team stronger by allowing weaker players a chance on offense.
- Tell players who have scored that they can't cross the mid-line.
- Play one player (or 2 players) shorter than the other team.
- Make up rules for your team like you can only shoot on the goal if the ball is volleyed in the air or passed 6 times without being touched by the other team.

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## U11 & U12 Programs (9v9)

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### Description

Players on the field: 9v9; 8 on the field and 1 goalie

Roster size: 11-13

Ball size: 4

Min # on field: 6 (to prevent forfeit)

Referees: 1 center referee assigned to game, 2 Assistant Referees

Practices: recommend 2-3 hrs per week

Minimum playing time: 50% each game upon player arrival, except when injured.

Substitutions: Normal substitutions allowed at goal kicks and at any stoppage of play with permission of the Referee(s).

Both teams may substitute prior to a throw-in if the team in possession is substituting. Player should leave the field of play before other enters.

### Game and field size

Duration of Game: 30 minute halves

Breaks: 5 minutes at half time

65 minutes total time

47 x 75 yards recommended; 18.5' wide x 6.5' high goal

8-yard radius center circle; 2-foot radius corner arcs

Goal area 6 yards from each goal post and 6 yards into field of play joined by a line parallel to the goal line.

**Laws: All FIFA Rules apply including Offsides except for Heading. No heading the ball is allowed at this age.**

**Sidelines:** Coaches and players for both teams are located on the same sideline. Parents should not sit on the on the players' sideline **nor behind the goals**. Clean up your bench area before leaving after your game.

**Referees:** There will be an assigned referee from the club. If a ref is not present, then the two teams will identify an individual from each team to ref a half to complete the contest. All spectators, coaches and players will support the refs' decisions and show professionalism at all times.

**Injuries:** If a coach enters the field to check an injured player, the player must leave the field. Coaches should try to re-enter the player, if possible, to maximize playing time for each player. Do not abuse. Both teams are allowed to substitute at the stoppage of play with Referee permission.

**Concept:** The approach in development for this age group is increasing coordination, balance, and visual awareness. Increasing the number of players requires faster decision making, aids in developing partnerships, and game intelligence.

**Team Organization:** Formations should be designed to continuing the attacking elements and introduce basic defensive team concepts

- 3-2-3 formation designed to provide space in midfield area and provide multiple attacking positions up front
- 3-3-2 formation designed to understand basic defensive organization and promote build up play

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Here are some options if you find yourself in a place where the score difference is 5 or more goals:

- Make your team stronger by allowing weaker players a chance on offense.
- Tell players who have scored that they can't cross the mid-line.
- Play one player (or 2 players) shorter than the other team.
- Make up rules for your team like you can only shoot on the goal if the ball is volleyed in the air or passed 6 times without being touched by the other team.

**Once a game has an 8 goal differential, any additional goals scored by the winning team will not count and the game will restart with the defensive team taking a goal kick.** Verify this new rule with your referee BEFORE the game begins.

## U13 & Older Programs (11v11)

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### Description

Players on the field: 11v11; 10 on the field and 1 goalie

Roster size: 13-16

Ball size: 5

Min # on field: 7 (to prevent forfeit)

Referees: 1 center referee assigned to game, 2 Assistant Referees

Practices: no longer than 3 hours per week

Minimum playing time: 50% each game upon player arrival, except when injured.

Substitutions: Normal substitutions allowed at goal kicks and at any stoppage of play with permission of the Referee(s).

Both teams may substitute prior to a throw-in if the team in possession is substituting. Player should leave the field of play before other enters.

### Game and field size

Duration of Game: 35 minute halves

Breaks: 5 minutes at half time

75 minutes total time

75 x 112 yards recommended; 24' wide x 8' high goal

10-yard radius center circle; 2-foot radius corner arcs

Goal area 6 yards from each goal post and 6 yards into field of play joined by a line parallel to the goal line.

### Laws: All FIFA Rules apply

**Sidelines:** Coaches and players for both teams are located on the same sideline. Parents should not sit on the on the players' sideline **nor behind the goals**. Clean up your bench area before leaving after your game.

**Referees:** There will be an assigned referee from the club. If a ref is not present, then the two teams will identify an individual from each team to ref a half to complete the contest. All spectators, coaches and players will support the refs' decisions and show professionalism at all times.

**Injuries:** If a coach enters the field to check an injured player, the player must leave the field. Coaches should try to re-enter the player, if possible, to maximize playing time for each player. Do not abuse. Both teams are allowed to substitute at the stoppage of play with Referee permission.

### **\*Respect weaker teams. Don't allow your best players to run up the scores.**

For U7-U14 teams, we have an updated sportsmanship rule. Only a goal differential of no more than 5 goals will be kept officially on [gotsoccer.com](http://gotsoccer.com). (A 8-1 score will be recorded as 6-1.)

Here are some options if you find yourself in a place where the score difference is 5 or more goals:

- Make your team stronger by allowing weaker players a chance on offense.
- Tell players who have scored that they can't cross the mid-line.
- Play one player (or 2 players) shorter than the other team.
- Make up rules for your team like you can only shoot on the goal if the ball is volleyed in the air or passed 6 times without being touched by the other team.

**Once a game has an 8 goal differential, any additional goals scored by the winning team will not count and the game will restart with the defensive team taking a goal kick.** Verify this new rule with your referee BEFORE the game begins.