U4, U5, & U6 Programs (4v4)

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. For example, if a player shows up before the game starts, they should play 50% of the total game time. Likewise, if a player shows up at halftime, they must play at least 50% of the second half of the game.

Substitutions: Should occur at the quarter breaks or when a player is hurt.

*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: U4 = 4-minute quarters U5 = 5-minute quarters U6 = 7-minute quarters

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

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

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 okay, 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.) AND **U6 players** should push back to the mid-line for the opposing teams' goal kicks to give some space and prepare them for the Build Out Line rules at the U7 age group.
- 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 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!!

U7 & U8 Programs (5v5)

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. For example, if a player shows up before the game starts, they should play 50% of the total game time. Likewise, if a player shows up at halftime, they must play at least 50% of the second half of the game.
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. Players entering the field should do so at the mid-field point of the sideline and the player coming off the field should leave the field of play before other one 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 okay, but if they are playing the player first, it is a foul. Please explain calls to players.

*Kickoffs are indirect kicks – a team cannot score directly from a kickoff.

Build Out Lines (BOL): 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 midfield to the attackers.
- When the goalkeeper has the ball in his/her hands during play, the opposing team must move behind the BOL.
- Once the opposing team is behind the build-out line, the goalkeeper can release the ball by passing the ball with their feet, (NOT dribbling), throwing, or rolling the ball to any teammate.
- It is the keeper's decision if they decide to play the ball early. The goalkeeper releasing the ball from possession does not have to wait for the opposing players to move behind the build-out line if there is an advantage for his/her team. After all players are behind the BOL, the keeper has 6 seconds to release the ball.
- PUNTS, BOUNCING the ball, and DROP KICKS are not allowed by the keeper. The penalty for this is an indirect kick for the opposing team at the spot of the offense.
- Once they've moved behind the BOL, the opposing team may re-cross the BOL and resume play as normal after the goalkeeper (1) drops or places the ball to dribble or pass, (2) releases possession of the ball by rolling the ball, or (3) releases possession of the ball by throwing the ball.
- On Goal Kicks, the ball is live once it is kicked.
- SUMMARY: The ball is live once it is released by the keeper.

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.** Coaches must stay on their sideline between the midfield line near their bench to the buildout line closest to their bench. DO NOT step on the field, even during a stoppage in play, unless you are called on by the referee. No coaching from behind the goal. 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 referee a half of the field to complete the contest. All spectators, coaches and players will support the refs' decisions and show professionalism at all times.

Injuries: If a player is injured, the coach should get the attention of the referee to stop the play when appropriate. The game should be stopped immediately if a head injury is suspected. **Once the referee stops the play, the coach may enter the field to check on the player.** 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-U16 teams, a goal differential of no more than 5 goals will be kept officially on gotsoccer.com. (A 8-1 score will be recorded as 6-1.) ***If a team scores and makes a goal differential of 6 goals or more, the team that is losing will get to take a penalty kick at that time.** Verify this new rule with your referee BEFORE the game begins.
If you find yourself in a place where the score difference is 5 or more goals, here are some options for your team:

- 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, or players can only attempt to score with their left foot.

U9 & U10 Programs (7v7)

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. For example, if a player shows up before the game starts, they should play 50% of the total game time. Likewise, if a player shows up at halftime, they must play at least 50% of the second half of the game.
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. Players entering the field should do so at the mid-field point of the sideline and the player coming off the field should leave the field of play before other one enters.

Game and field size

Duration of Game: 25 minute halves Breaks: 5 minutes at half time and 1-minute water breaks around the 10-15 minute mark after game start and halftime while the clock still runs 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 okay, but if they are playing the player first, it is a foul. Please explain calls to players.

*Kickoffs are indirect kicks – a team cannot score directly from a kickoff.

Build Out Lines (BOL): 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 midfield to the attackers.
- When the goalkeeper has the ball in his/her hands during play, the opposing team must move behind the BOL.
- Once the opposing team is behind the build-out line, the goalkeeper can release the ball by passing the ball with their feet, (NOT dribbling), throwing, or rolling the ball to any teammate.
- It is the keeper's decision if they decide to play the ball early. The goalkeeper releasing the ball from possession does not have to wait for the opposing players to move behind the build-out line if there is an advantage for his/her team. After all players are behind the BOL, the keeper has 6 seconds to release the ball.
- 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.
- Once they've moved behind the BOL, the opposing team may re-cross the BOL and resume play as normal after the goalkeeper (1) drops or places the ball to dribble or pass, (2) releases possession of the ball by rolling the ball, or (3) releases possession of the ball by throwing the ball.
- On Goal Kicks, the ball is love once it is kicked.
- SUMMARY: The ball is live once it is released by the keeper.

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.** Coaches must stay on their sideline between the midfield line near their bench to the buildout line closest to their bench. DO NOT step on the field, even during a stoppage in play, unless you are called on by the referee. No coaching from behind the goal. 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 referee a half of the field to complete the contest. All spectators, coaches and players will support the refs' decisions and show professionalism at all times.

Injuries: If a player is injured, the coach should get the attention of the referee to stop the play when appropriate. The game should be stopped immediately if a head injury is suspected. **Once the referee stops the play, the coach may enter the field to check on the player.** 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

***Respect weaker teams.** **Don't allow your best players to run up the scores.**
For U7-U16 teams, a goal differential of no more than 5 goals will be kept officially on gotsoccer.com. (A 8-1 score will be recorded as 6-1.) ***If a team scores and makes a goal differential of 6 goals or more, the team that is losing will get to take a penalty kick at that time.** Verify this new rule with your referee BEFORE the game begins.
If you find yourself in a place where the score difference is 5 or more goals, here are some options for your team:

- □ 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, or players can only attempt to score with their left foot.

U11 – U12 Programs (9v9)

Description

Players on the field: 9v9; 8 on the field and 1 goalie Roster size: 11-13 Ball size for U11/12: 4
Min # on field: 6 (to prevent forfeit) Referees: 1 center referee assigned
Practices: recommend 2-3 hrs per week
Minimum playing time: 50% each game upon player arrival, except when injured. For example, if a player shows up before the game starts, they should play 50% of the total game time. Likewise, if a player shows up at halftime, they must play at least 50% of the second half of the game.
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. Players entering the field should do so at the mid-field point of the sideline and the player coming off the field should leave the field of play before other one enters. No substitutions will be allowed for a player ordered from the field by the referee due to misconduct.

Game and field size

Duration of Game: 30-minute halves Breaks: 5 minutes at half time and 1-minute water breaks around the 10-15 minute mark after game start and halftime while the clock still runs 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 and Slide tackling. Heading the ball is NOT allowed at this age. NO slide tackling. Punts, bouncing the ball, and drop kicks are permitted by the goalkeeper.

*Kickoffs are indirect kicks – a team cannot score directly from a kickoff.

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.** Coaches must stay on their sideline between the midfield line near their bench to the buildout line closest to their bench. DO NOT step on the field, even during a stoppage in play, unless you are called on by the referee. No coaching from behind the goal. 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 player is injured, the coach should get the attention of the referee to stop the play when appropriate. The game should be stopped immediately if a head injury is suspected. **Once the referee stops the play, the coach may enter the field to check on the player.** 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 intellect.

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

***Respect weaker teams. Don't allow your best players to run up the scores.**
For U7-U16 teams, a goal differential of no more than 5 goals will be kept officially on gotsoccer.com. (A 8-1 score will be recorded as 6-1.) ***If a team scores and makes a goal differential of 6 goals or more, the team that is losing will get to take a penalty kick at that time.** Verify this new rule with your referee BEFORE the game begins.

If you find yourself in a place where the score difference is 5 or more goals, here are some options for your team:

- □ 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, or players can only attempt to score with their left foot.

U13 + Programs (11v11)

Description

Players on the field: 11v11; 10 on the field and 1 goalie Roster size: 11-13 Ball size for U13+: 5

Min # on field: 7 (to prevent forfeit) Referees: 1 center referee assigned

Practices: recommend 2-3 hrs per week

Minimum playing time: 50% each game upon player arrival, except when injured. For example, if a player shows up before the game starts, they should play 50% of the total game time. Likewise, if a player shows up at halftime, they must play at least 50% of the second half of the game.

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. Players entering the field should do so at the mid-field point of the sideline and the player coming off the field should leave the field of play before other one enters. No substitutions will be allowed for a player ordered from the field by the referee due to misconduct.

Game and field size

Duration of Game: 30-minute halves Breaks: 5 minutes at half time and 1-minute water breaks around the 10-15 minute mark after game start and halftime while the clock still runs 65 minutes total time

Laws: All FIFA Rules apply including Offsides. Heading allowed for U13 and older.

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.** Coaches must stay on their sideline between the midfield line near their bench to the buildout line closest to their bench. DO NOT step on the field, even during a stoppage in play, unless you are called on by the referee. No coaching from behind the goal. 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 player is injured, the coach should get the attention of the referee to stop the play when appropriate. The game should be stopped immediately if a head injury is suspected. **Once the referee stops the play, the coach may enter the field to check on the player.** 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-U16 teams, a goal differential of no more than 5 goals will be kept officially on gotsoccer.com. (A 8-1 score will be recorded as 6-1.) ***If a team scores and makes a goal differential of 6 goals or more, the team that is losing will get to take a penalty kick at that time.** Verify this new rule with your referee BEFORE the game begins.

If you find yourself in a place where the score difference is 5 or more goals, here are some options for your team:

- □ 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, or players can only attempt to score with their left foot.