

League Format

Age	Game Format	Preferred Roster	Minimum Field Size	Ball
U-4	3v3 no goalkeepers	6-7 players	30x22	3
U-5	3v3 no goalkeepers	6-7 players	30x22	3
U-6	4v4 with goalkeepers	8-9 players	30x22	3
U-7	4v4 with goalkeepers	8-9 players	30x22	4
U-8	4v4 with goalkeepers	8-9 players	30x22	4
U-9	6v6 with goalkeepers	10-12 players	60x45	4
U-10	6v6 with goalkeepers	10-12 players	60x45	4
U-11	8v8 with goalkeepers	12-14 players	60x45 (BCSC), 80x55 (PLEX)	4
U-12	8v8 with goalkeepers	12-14 players	60x45 (BCSC), 80x55 (PLEX)	4
U-13	7v7 with goalkeepers	12-14 players	60x45	5
U-14	7v7 with goalkeepers	12-14 players	60x45	5
U-15	7v7 with goalkeepers	12-14 players	60X45	5
U-16	7v7 with goalkeepers	12-14 players	60X45	5

• The GRPD/PGSA reserves the right to combine age divisions and genders when appropriate and necessary.

Games and Practices – Weekly Schedule

- U-6 through U-16 will practice and play midweek (Monday Thursday) and Saturdays for a total of 8 games.
- U4-U5 will play on Saturdays for a total of 6 games.
 - 2/19 Coaches' Meeting River Park North at 6:30 pm
 - 2/25 Coaching Clinic H. Boyd Lee Park at 6:30 pm
 - 3/1 First Day of Practice at Bradford Creek Soccer Complex (BCSC)
 - Week of 3/3 Practice
 - 3/8 Practice at BCSC
 - Week of 3/10 Practice
 - 3/15– First Day of Games at BCSC
 - Week of 3/17 Practice
 - 3/22 Games at PGSA
 - \circ Week of 3/24 Practice
 - o 3/29 Games at BCSC
 - Week of 3/31 Practices
 - 4/5 Games at PGSA
 - Week of 4/7 Games (U6-U16 only)/Practices at BCSC
 - o 4/12 Games at BCSC
 - Week of 4/14 Games (U6-U16 only) / Practices at BCSC
 - 4/19 No Games
 - Week of 4/21 Practices
 - 4/26 Games, Conclusion of Regular Season at BCSC
 - Week of 4/28 Single Elimination Tournament (Ages U8-U16)

Substitution Patterns:

Remember- Participation for All!

Substitutions are done on the fly for the younger age groups so time is not wasted. Remember that the clock runs during subs. We want as much playing time as possible for the kids!



Modified League Rules

Age	Duration of Game	Fouls	Off Sides	Corner Kicks	Penalty Kicks	Substitutions	Slide Tackling	Coach on Field
quarters	indirect				During Play	Allowed		
U-5	4 8-minute	All	No	Yes	No	Any Time	Not	Yes
	quarters	indirect				During Play	Allowed	
U-6	4 8-minute	All	No	Yes	No	Any Time	Not	Yes
	quarters	indirect				During Play	Allowed	
U-7	4 12-minute	All	No	Yes	No	Any Time	Not	Yes
	quarters	indirect				During Play	Allowed	
U-8	4 12-minute	All	No	Yes	No	Any Time	Not	Yes
	quarters	indirect				During Play	Allowed	
U-9	25-minute	By FIFA	No	Yes	Yes	At Any	Not	No
	halves					Stoppage	Allowed	
U-10	25-minute	By FIFA	No	Yes	Yes	At Any	Not	No
	halves					Stoppage	Allowed	
U-11	25-minute	By FIFA	Yes	Yes	Yes	At Any	Allowed	No
	halves					Stoppage		
U-12	25-minute	By FIFA	Yes	Yes	Yes	At Any	Allowed	No
	halves					Stoppage		
U-13	25-minute	By FIFA	Yes	Yes	Yes	At Any	Allowed	No
	halves					Stoppage		
U-14	25-minute	By FIFA	Yes	Yes	Yes	At Any	Allowed	No
	halves					Stoppage		
U-15	25-minute	By FIFA	Yes	Yes	Yes	At Any	Allowed	No
	halves					Stoppage		
U-16	25-minute	By FIFA	Yes	Yes	Yes	At Any	Allowed	No
	halves	-				Stoppage		

• Each player is only permitted to play one quarter (U6-U8) or one half (U9-U16) as a goalie.

• Each player must play at minimum half the match. No player may play the entire game unless there are no subs available.

1. Governing Rules

Play will be governed by FIFA rules with the following modifications. FIFA Laws of the Game can be found at <u>www.ussoccer.com/referees</u>. It is the responsibility of the coaches and referees to understand the modification for their age group or matches.

2. Equipment

- A. <u>Shoes</u> Athletic shoes must be worn by all participants and must have a one-piece molded bottom. Shoes with metal cleats or hard nylon cleats will not be permitted. Shoes with cleats screwing into the shoe will not be permitted. Shoes with toe cleats (baseball) will not be allowed.
- B. <u>Shin guards</u> ARE REQUIRED. NO SHINGUARDS-NO PLAY!
- C. <u>Earrings & Piercings</u> will not be allowed. THERE WILL BE NO EXCEPTIONS TO THIS RULE.

3. Start of Play

- A. For the kickoff, the ball is placed in a stationary position on the center spot. The referee gives a signal for the kick-off and a player of the team kicking off, and then takes a place kick.
- B. Opposing players must be outside the center circle and remain on their own half of the field until the ball is kicked.
- C. The ball must be kicked into the opponents half of the field during the kickoff.
- D. The kicker must not play the ball a second time on the kickoff until it has been played or touched by another player.

4. Ball In and Out of Play

- A. The ball is out of play when it has completely crossed the sideline or end line.
 - i. U4- U5 will put the ball back into play by a kick-in.
 - ii. U6-U8 will put the ball back into play by a throw in. Violations will be called for incorrect technique and player will re-throw.
 - iii. U9-U16 will put the ball back into play by a throw in. Violations will be called for incorrect technique.
- B. If the ball completely crosses either end line (except between the goalpost and under the crossbar) it is put back into play by:
 - i. Goal Kick if offensive team kicked the ball out of play
 - ii. Corner Kick if defensive team kick the ball out of play

5. Free Kicks

- A. Indirect free kick are awarded for technical offenses. A goal cannot be scored directly from an indirect free kick. It must touch one player before a goal can count.
 - i. Indirect kick offenses: kicker playing the ball after they kick it off, free kick. Goal kick, fair charge on the ball when neither is playing the ball, obstruction, dangerous play, violating goalkeeper restrictions.
- B. Direct free kicks are awarded for penal offenses. A goal can be scored directly from the kick.
 - i. Direct kick offenses: kicking, striking, tripping, jumping at an opponent (or attempting these acts), handling, pushing, dangerous charging and slide tackling (if not allowed)
 - U4-U8 players must be 4 yards from player that is taking the indirect or direct kick

U9-U16 players must be 8 yards from player that is taking the indirect or direct kick.

6. Scoring

A. One point is scored for the kicking team when the ball completely passes over the end line, between the goal post and under the crossbar.

7. Tie Game

A. During the regular season, ties will stand. During the tournament Golden Goal will determine the winner. One overtime period will be played at half the time for one quarter or half. After one overtime period, a shootout will determine the winner.

8. Ejections

A. Please refer to the Coaches Handbook and the "Coaches Code of Conduct" section.

Tournament Rules

During the post season tournament for age groups U8-U16, regular season rules will apply in addition to age group specific overtime rules which are listed below.

U8 Age Group

Overtime will be played at half the time of one quarter (6 minutes), with the winner being determined by golden goal. If neither team scores, a second overtime period will be played at half the time of one quarter, with the winner being determined by golden goal. In the event both overtime periods are played without a player scoring, a penalty shoot-out will determine the winner.

- Procedure for penalty shoot-out:
 - Any 3 players are eligible for the shoot-out. Teams will take turns from the penalty mark until each has taken 3 kicks or one team has outscored the other and the score is out of reach.
 - It is *not* required that the same player act as goalkeeper throughout the shoot-out.
- If the game remains tied after the penalty shoot-out, the game will go into sudden death.
 - Sudden Death: One player is chosen per team, if one player scores and the other player does not score then the match is complete. If either player scores or neither players score, the next round of sudden death will continue until a winner has been decided.

<u>U10 – U16 Age Groups</u>

Overtime will be played at half the time of one half (12 ½ minutes), with the winner being determined by golden goal. If neither team scores, a penalty shoot-out will determine the winner.

- Procedure for penalty shoot-out:
 - Only players who were on the field at the end of the overtime period are allowed to participate in the shoot-out. Teams will take turns from the penalty mark until each has taken 5 kicks or one team has outscored the other and the score is out of reach.
 - It is *not* required that the same player act as goalkeeper throughout the shoot-out.
- If the game remains tied after the penalty shoot-out, the game will go into sudden death.
 - Sudden Death: One player is chosen per team, if one player scores and the other player does not score then the match is complete. If either player scores or neither players score, the next round of sudden death will continue until a winner has been decided.