

Fall Soccer Cheat Sheet

- Age Groups are broken up as follows: U-6, U-8, U-10, U-12, U-14
 - The “U” stands for “under” (i.e. – under 6, under 8, under 10)
 - Child must be 5 or younger on August 1st of this year to play in U-6; 7 or younger on August 1st to play U-8, etc.
 - Children CAN play in an older age group if they want
 - 3 year olds are allowed with parents’ consent

- Practices are on Monday, Tuesday, OR Thursday night (1 night only. Any additional practices scheduled by the coach are optional.)
 - Practices are 1 hour long.
 - U-6 practices are held at 6 o’clock ONLY.
 - Coaches choose the practice night at the COACHES MEETING.
 - Coaches will also receive rosters at the coaches meeting and call parents the following day.

- Players will be provided with a jersey, shorts, socks and a trophy at the end of the season.

- The season consists of 7-8 games.
 - U-6 games are held on Saturday @ 9:30 OR 10:30am or Friday night @ 6:00pm.
 - U-8 games may be held on Thursday or Friday night @ 6:00 or 7:00pm.
 - U-10 games are held on Friday nights @ 6:00 or 7:00pm or Saturday mornings.
 - U-12 and U-14 games are held on Saturday and will involve some away games.

- Parents should provide cleats (no metal) and shin guards.
 - They are available at Wal-mart or Hibbett.
 - These items are RECOMMENDED but not REQUIRED for U-6 and U-8. They are MANDATORY for U-10, U-12, U-14.

- Rules
 - U-6 plays 4 on 4 with no goalie. Coaches are on the field and no score is kept. Quarters are 9 minutes, stopping at 4 ½ minutes for subs.
 - U-8 plays 5 on 5 with a goalie. Coaches are on the field and no score is kept. Quarters are 10 minutes, stopping at 4 ½ minutes for subs.
 - U-10 plays 8 on 8 with a goalie. Referees are provided. Play two 25 minute halves, subbing in the middle of each and at halftime.
 - U-12 rules and schedules are determined by GYSA