

RECREATIONAL Guide for Coaches, Referees, Parents and Players – SRYSC – 2009

	U-6	U-7	U-8	U-10	U-12	U-14	U-16
Players on the field	3	4	5	8	11	11	11
Max players on team	7	8	9	12	15	16	18
Min # to start game	2	3	4	7	9	9	9
Length of game (min)	40	40	40	50	60	70	80
Each half (min)	20	20	20	25	30	35	40
Half time break (min)	5	5	5	5	5	5	5
Ball size	3	3	3	4	4	5	5
Max field size (yds)	25 x 30	25 x 35	30 X 45	40 X 60	60 X 120	80 X 120	80 X 120
Suggested goal size, h x w (ft)	4 x 6	4 x 6	6 x 18	7 x 21	8 x 24	8 x 24	8 x 24
Uniform	Shinguards, cleats, blue & white socks, blue shorts, blue & white reversible SRYSC jersey with logo						

Overtime for ties - Regular Season	None - games can end in a tie
Overtime for ties - Play Offs/ Tournament	<p>U-10 10 minutes overtime. Switch sides of field at 5 minutes. If still tied, play 5 minute periods of sudden death until 1 team wins. No shoot-outs.</p> <p>U-12 and U14 20 minutes overtime. Switch sides of field at 10 minutes. If still tied, play one 10 minute sudden death period. If still tied, then 5 v 5 shoot-out. If still tied, sudden death shoot-out. If still tied, then flip coin.</p>

	U-6	U-7	U-8	U-10	U-12	U-14	U-16
League trophies based on play-offs	None	None	None	None	by Inter-league	by Inter-league	by Division
Participant Awards	All players receive a club pin, medal, or ribbon for participating.						
Standings - Interleague Reporting	3 points for a win, 1 point for each tie						
Tiebreaking Rules for end of regular season	<p>Winning coach calls in score by Sunday night. U12 and higher.</p> <p>If 2 teams have same # of points at end of season, tie breaker is resolved as follows:</p> <ol style="list-style-type: none"> 1. Winner head to head 2. Least goals scored against (total reg season) 3. Goals scored, but only up to 3 per game (Don't run up scores!) 4. Least Red Cards 5. If still tied, a play-off game 						

Additional Info	U-6 and U-7	U-8	U-10	U-12/ U-14/ U-16
	Coach allowed on field 1st half. No goalie. No score kept. No direct kicks. No slide tackles. No play-offs. Shoot from outside when up by 3 or more goals.	Goalie is a sweeper/keeper who is also a field player - can use hands in front of the goal. No score kept. No direct kicks. Indirect kicks OK. Shoot from outside when up by 3 more goals.	Off-sides enforced. Indirect, direct and penalty kicks OK. When goalie controls ball, players can't touch goalie. NO slide tackles.	Standard FIFA rules. (except ball and field size for U12.) Inter-league play-offs. Player cards required for Interleague and Division and Tournaments.

Honoring the Game

Gets to the ROOTS of positive play

Respect for:

R Rules

- Refuse to bend the rules to win
- Honor the letter **and** the spirit

O Opponents

- A worthy opponent is a gift that brings out our best
- “Fierce and Friendly” (no demonizing)

O Officials

- Show respect even when disagree
- Never add fuel to the fire

T Team Mates

- Never do anything to embarrass our team

S Self

- Live up to our own standards even when others don't!
- Courage

(Excerpt from Positive Coaching Alliance – Double-Goal Coach Workshop)

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