

Non-Traveling Teams (U5 – U8)

U5/U6

Team T-Shirt included in cost

Size 3 ball-not included

Parents must purchase - ball, black shorts, black socks, shin guards, and soccer shoes

Program runs 5 weeks in the fall and 5 weeks in the spring -

Friday Games

Practices times are up to your child's coach.

Very Important Rules to Remember:

BALL - size 3

Number of players - 3v3 (NO GOALKEEPER)

EQUIPMENT – Shin guards (must be covered by stockings)

Duration of the game - 4 quarters of 8-minutes each. 2-minute break between quarters and a 5-minute half-time

Kick in, goal kick, corner kick and free kick - opponents should be 4 yards from the ball until is in play

KICK OFF - a goal cannot be scored directly from kick off

NO THROW IN

U7/U8

Team T-shirt included in cost

Size 3 ball-not included

Parents must purchase - ball, black shorts, black socks, shin guards and soccer shoes

All games are refereed by licensed referees, not coaches!

Parents must sit on opposite sides from the parents and children must remain with their teams.

Program runs 6 weeks in the fall and 6 weeks in the spring –

Saturday morning games

Practices times are up to your child's coach.

Very Important Rules to Remember:

BALL – size 3

Number of players – 5v5

EQUIPMENT – Shin guards (must be covered by stockings)

Duration of the game – 4 quarters of 12-minutes each. 2-minute break between quarters & a 5-minute half-time

NO heading the ball.

Goal kick, corner kick and free kick - opponents should be 4 yards from the ball until is in play

Throw in – a goal cannot be scored directly from a throw-in

KICK OFF – a goal cannot be scored directly from kick off

Traveling Teams (U9 – U15)

U9 co-ed

Children will need a size 4 ball, shin guards and soccer shoes.
Uniforms (shirt, short and socks) are included with your registration.
Games on Saturdays and possible Sundays
Children play 7V7 with a goal keeper
NO heading the ball.
1-2 Practices for 1-1 ½ hours each time; assigned by coach

U10 all girls

Children will need a size 4 ball, shin guards and soccer shoes
Uniforms (shirt, short and socks) are included with your registration.
Games are on Saturdays and possible Sundays
Children play 7V7 with a goal keeper
NO heading the ball.
1-2 Practices for 1-1 ½ hours each time; assigned by coach

U10 co-ed

Children will need a size 4 ball, shin guards and soccer shoes
Uniforms (shirt, short and socks) are included with your registration.
Children play 7V7 with a goal keeper
Games on Saturdays and possible Sundays
NO heading the ball.
1-2 Practices for 1-1 ½ hours each time; assigned by coach

U11 co-ed

Children will need a size 4 ball
Uniforms (shirt, short and socks) are included with your registration.
Children play 9v9 with a goal keeper
Games on Saturdays and possible Sundays
NO heading the ball.- until players are 11 years of age.
1-2 Practices for 1-1 ½ hours each time; assigned by coach

U12 all girls

Children will need a size 4 ball
Uniforms (shirt, short and socks) are included with your registration.
Children play 9v9 with a goal keeper
Games on Saturdays and possible Sundays
Heading the ball is allowed for players 11 and older, but practice time should be limited.
1-2 Practices for 1-1 ½ hours each time; assigned by coach

U12 co-ed

Children will need a size 4 ball
Uniforms (shirt, short and socks) are included with your registration.
Children play 9v9 with a goal keeper
Games on Saturdays and possible Sundays
Heading the ball is allowed for players 11 and older, but practice time should be limited.
1-2 Practices for 1-1 ½ hours each time; assigned by coach

U13 co-ed

Children will need a size 5 ball

Uniforms (shirt, short and socks) are included with your registration.

Children play 11v11 with a goal keeper

Games on Saturdays and possible Sundays

Heading the ball is allowed for players 11 and older, but practice time should be limited.

1-2 Practices for 1-1 ½ hours each time; assigned by coach

U14/15 co-ed

Players will need a size 5 ball

Uniforms (shirt, short and socks) are included with your registration.

Children play 11v11 with a goal keeper

Games on Saturdays and possible Sundays

Heading the ball is allowed for players 11 and older, but practice time should be limited.

1-2 Practices for 1-1 ½ hours each time; assigned by coach

U14/15 all girls

Players will need a size 5 ball

Uniforms (shirt, short and socks) are included with your registration.

Children play 11v11 with a goal keeper

Games on Saturdays and possible Sundays

Heading the ball is allowed for players 11 and older, but practice time should be limited.

1-2 Practices for 1-1 ½ hours each time; assigned by coach