

US Soccer's Player Development Initiatives for 9 v 9 in Cal North

**A resource for parents, coaches and referees
supporting the growth and improvement of
grassroots soccer in Cal North**

Birth Year Registration Chart

	U6 6 years old and younger	U7 7 years old and younger	U8 8 years old and younger	U9 9 years old and younger	U10 10 years old and younger	U11 11 years old and younger	U12 12 years old and younger
2016-17 Season	Born in 2011	Born in 2010	Born in 2009	Born in 2008	Born in 2007	Born in 2006	Born in 2005
2017-18 Season	Born in 2012	Born in 2011	Born in 2010	Born in 2009	Born in 2008	Born in 2007	Born in 2006

	U13 13 years old and younger	U14 14 years old and younger	U15 15 years old and younger	U16 16 years old and younger	U17 17 years old and younger	U18 18 years old and younger	U19 19 years old and younger
2016-17 Season	Born in 2004	Born in 2003	Born in 2002	Born in 2001	Born in 2000	Born in 1999	Born in 1998
2017-18 Season	Born in 2005	Born in 2004	Born in 2003	Born in 2002	Born in 2001	Born in 2000	Born in 1999

Small-Sided Games Chart

	U6 6 years old and younger	U7 7 years old and younger	U8 8 years old and younger	U9 9 years old and younger	U10 10 years old and younger	U11 11 years old and younger	U12 12 years old and younger
Field Size Ranges (yards)	Length 25-35 Width 15-25	Length 25-35 Width 15-25	Length 25-35 Width 15-25	Length 55-65 Width 35-45	Length 55-65 Width 35-45	Length 70-80 Width 45-55	Length 70-80 Width 45-55
Maximum Goal Size (feet)	Height 4 Width 6	Height 4 Width 6	Height 4 Width 6	Height 6.5 Width 18.5	Height 6.5 Width 18.5	Height 7 Width 21	Height 7 Width 21
Ball Size	3	3	3	4	4	4	4
Players	4v4 No GK	4v4 No GK	4v4 No GK	7v7 GK	7v7 GK	9v9 GK	9v9 GK
Game Time (minutes)	4x10	4x10	4x10	2x25	2x25	2x30	2x30
Offside	No	No	No	Yes	Yes	Yes	Yes

9 v 9 Standards

Mandated starting August 1, 2017

9v9 Player Development Philosophy

Coaches should have the age appropriate license issued by U.S. Soccer

The training-to-game ratio should be 2-3 training sessions per game played

Rosters should include no more than 16 players

Players should participate in no more than 30 games per calendar year and in no more than one game per day

Every player should play a minimum of 50% of the time in each game

9v9 Player Development Philosophy

Results and standings should not be recorded

Players should have a minimum of 2 rest days per week during the season along with planned breaks from organized soccer during the calendar year

Any travel should be limited to day trips with limited allowances for overnight stays

Events (ex: tournaments, showcases, festivals, etc.) should provide a predetermined number of games with no advancement, placement games or champions

9v9

Concussion Initiative

Per U.S. Soccer's Concussion Initiative, if a player is suspected to have a head injury the referee is instructed to stop play to allow for treatment/evaluation as needed

If the player leaves the field of play for additional evaluation, a substitution can be made in that moment

The player with the suspected head injury may not return to the game unless a Health Care Professional (HCP) or Certified Athletic Trainer (ATC) has cleared the player

Any coach or parent insisting on returning the player to the game without approved clearance will result in the referee ending the game

9v9

Concussion Initiative

Deliberate heading is not allowed

If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense

If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred

In a controlled and individual environment (where heading is an isolated skill being taught away from any form of opposition or other aspects of the game), the use of lightweight balls (foam, balloon, etc.) would be acceptable for teaching heading technique

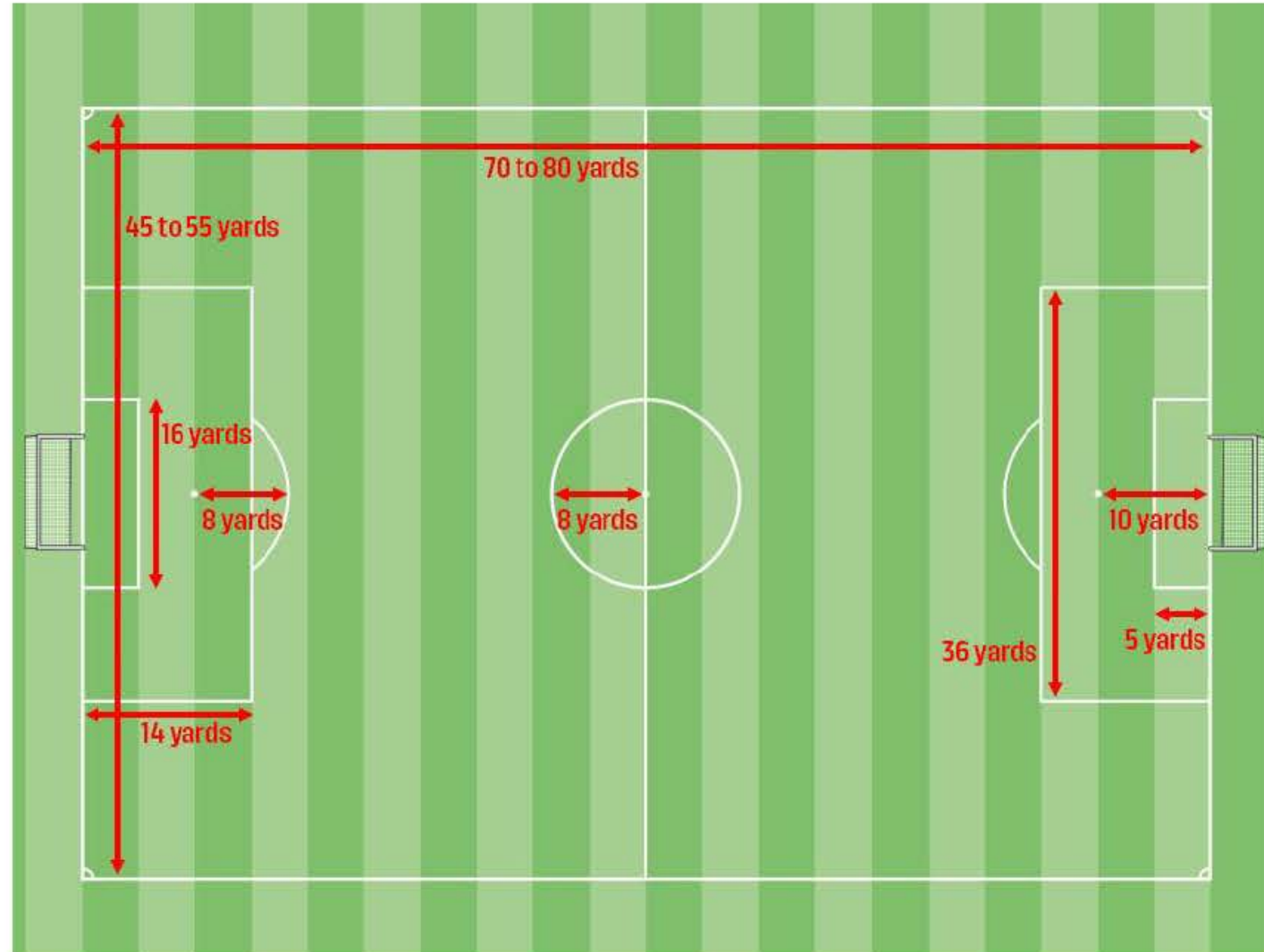
9v9 Standards of Play

Modified Laws of the Game

Law 1 – Field of Play

- 70-80 yards (length)
- 45-55 yards (width)
- Goals should be no larger than 7 feet (height) x 21 feet (width)
- A 6.5 feet (height) x 18.5 feet (width) goal is recommended based on the age and ability of the players
- Diagram contains recommended field markings and dimensions

9v9 Standards of Play



9v9 Standards of Play

Modified Laws of the Game

Law 2 – Ball

- Size 4

Law 3 – Number of Players

- 9v9 (8 field players and 1 goalkeeper)
- Game may not start or continue if there are less than 6 players on a team
- Substitutions are unlimited and can occur at any stoppage

9v9 Standards of Play

Modified Laws of the Game

Law 5 – Referee

- Minimum certification as a U.S. Soccer Grade 9 Referee

Law 6 – Other Match Officials

- Used at the discretion of the competition authority

9v9 Standards of Play

Modified Laws of the Game

Law 7 – Duration of the Match

- 2 halves
- 30 minutes halves
- 10 minute halftime
- No added time

9v9 Standards of Play

Standard Laws of the Game

Law 4 – Players’ Equipment

Law 5 – The Referee

Law 8 – Start and Restart of Play

Law 9 – Ball In and Out of Play

Law 10 – Method of Scoring

Law 11 – Offside

Law 12 – Fouls and Misconduct*

Law 13 – Free kicks

Law 14 – Penalty Kick

Law 15 – Throw-in

Law 16 – Goal kick

Law 17 – Corner kick

*With the exception of deliberate heading