

# Formats of Play

Recreational League  
2020 through 2007



# 4v4 - 2020 & 2019 Birth-Years

## 32mins

4x8 minutes quarters with 2-minute breaks for water in games.

All games will take place starting at 11:30AM through 6:30 PM @ the Cajun Industries Soccer Complex

- Size 3 Soccer Ball
- Blue and/or Gray Jersey
- Shin-Guards, covering socks
- Soccer Cleats (no Baseball/Football)
- Plenty of Water

## 8 Players

Maximum Roster Size, typically each team has 6-8 players

Players are rostered by current/future schools within their own gender i.e. Boys & Girls

- Volunteer Head Coach **REQUIRED**
- Head & Assistant Coaches children placed together
- 1-practice per week on the day of the Head Coaches choosing

## Small Sided

Games with 4 players per team and no Goalkeepers

Maximizing player contact time without the need for idle players standing in/in-front of goals

- 50% playing time for all players
- Quick restarts from Coaches with Balls in their hands for novice players
- Certified Coaches with Health & Safety, Concussion and Police Checks

# 4v4 - 2018 Birth-Year

## 36mins

3x12 minutes thirds with 2-minute breaks for water in games.

All games will take place starting at 11:30AM through 6:30 PM @ the Cajun Industries Soccer Complex

- Size 3 Soccer Ball
- Blue and/or Gray Jersey
- Shin-Guards, covering socks
- Soccer Cleats (no Baseball/Football)
- Plenty of Water

## 8 Players

Maximum Roster Size, typically each team has 6-8 players

Players are rostered by current/future schools within their own gender i.e. Boys & Girls

- Volunteer Head Coach **REQUIRED**
- Head & Assistant Coaches children placed together
- 1-practice per week on the day of the Head Coaches choosing

## Small Sided

Games with 4 players per team and no Goalkeepers

Maximizing player contact time without the need for idle players standing in/in-front of goals

- 50% playing time for all players
- Pass/Dribble in restarts for players on the sidelines
- Certified Coaches with Health & Safety, Concussion and Police Checks

# 5v5 - 2017 Birth-Year

## 45mins

3x15 minute thirds with 5 minute break for water in games.

All games will take place starting at 11:30AM through 6:30 PM @ the Cajun Industries Soccer Complex

- Size 3 Soccer Ball
- Blue and/or Gray Jersey
- Shin-Guards, covering socks
- Soccer Cleats (no Baseball/Football)
- Plenty of Water

## 10 Players

Maximum Roster Size, typically each team has 8-10 players

Players are rostered by current/future schools within their own gender i.e. Boys & Girls

- Volunteer Head Coach **REQUIRED**
- Head & Assistant Coaches children placed together
- 1-practice per week on the day of the Head Coaches choosing

## Goalkeepers

Teams will include ALL players involved playing Goalkeeper

Players who play 1-full half in goal will play 1-full half outfield

- 50% playing time for all players
- Throw-ins from the sideline
- Referee officiating games
- Certified Coaches with Health & Safety, Concussion and Police Checks

# 7v7 - 2016 & 2015 Birth-Years

## 50mins

2x25 minute halves with 5/10 minute break for water in games.

All games will take place starting at 11:30AM through 6:30 PM @ the Cajun Industries Soccer Complex

- Size 4 Soccer Ball
- Blue and/or Gray Jersey
- Shin-Guards, covering socks
- Soccer Cleats (no Baseball/Football)
- Plenty of Water

## 14 Players

Maximum Roster Size, typically each team has 10-12 players

Players are rostered by current/future schools within their own gender i.e. Boys & Girls

- Volunteer Head Coach **REQUIRED**
- Head & Assistant Coaches children placed together
- 1-practice per week on the day of the Head Coaches choosing

## Goalkeepers

Teams will include ALL players involved playing Goalkeeper

Players who play 1-full half in goal will play 1-full half outfield

- 50% playing time for all players
- Throw-ins from the sideline
- Referee officiating games
- Certified Coaches with Health & Safety, Concussion and Police Checks

# 9v9 - 2014 & 2013 Birth-Years

## 60mins

2x30 minute halves with 5/10 minute break for water in games.

All games will take place starting at 11:30AM through 6:30 PM @ the Cajun Industries Soccer Complex

- Size 4 Soccer Ball
- Blue and/or Gray Jersey
- Shin-Guards, covering socks
- Soccer Cleats (no Baseball/Football)
- Plenty of Water

## 18 Players

Maximum Roster Size, typically each team has 14-16 players

Players are rostered by current/future schools within their own gender i.e. Boys & Girls

- Volunteer Head Coach **REQUIRED**
- Head & Assistant Coaches children placed together
- 1-practice per week on the day of the Head Coaches choosing

## Goalkeepers

Teams will include ALL players involved playing Goalkeeper

Players who play 1-full half in goal will play 1-full half outfield

- 50% playing time for all players
- Throw-ins from the sideline
- Referee officiating games
- Certified Coaches with Health & Safety, Concussion and Police Checks

# 11v11 - 2012-2010 Birth-Years

## 70mins

2x35 minute halves with 5/10 minute break for water in games.

All games will take place starting at 9:00am through 6:30 PM @ the Cajun Industries Soccer Complex either on Saturday or Sunday

- Size 5 Soccer Ball
- Blue and/or Gray Jersey
- Shin-Guards, covering socks
- Soccer Cleats (no Baseball/Football)
- Plenty of Water

## 22 Players

Maximum Roster Size, typically each team has 18-22 players

Players are rostered by current/future schools within their own gender i.e. Boys & Girls

- Volunteer Head Coach **REQUIRED**
- Head & Assistant Coaches children placed together
- 1-practice per week on the day of the Head Coaches choosing

## Full Field

Teams of this age will play on a full-field with 11v11 goals

Players in this age group will be based with similar age players in Middle School

- 50% playing time for all players
- Throw-ins from the sideline
- Referee officiating games
- Certified Coaches with Health & Safety, Concussion and Police Checks

# 11v11 - 2009-2007 Birth-Years

## 80mins

2x40 minute halves with 5/10 minute break for water in games.

All games will take place starting at 11:30AM through 6:30 PM @ the Cajun Industries Soccer Complex

- Size 5 Soccer Ball
- Blue and/or Gray Jersey
- Shin-Guards, covering socks
- Soccer Cleats (no Baseball/Football)
- Plenty of Water

## 22 Players

Maximum Roster Size, typically each team has 18-22 players

Players are rostered by current/future schools within their own gender i.e. Boys & Girls

- Volunteer Head Coach **REQUIRED**
- Head & Assistant Coaches children placed together
- 1-practice per week on the day of the Head Coaches choosing

## Full Field

Teams of this age will play on a full-field with 11v11 goals

Players in this age group will be based with similar age players in Middle School

- 50% playing time for all players
- Throw-ins from the sideline
- Referee officiating games
- Certified Coaches with Health & Safety, Concussion and Police Checks