

Structure of U10 Leagues in D3

There are 2 distinct platforms:

The first is a Recreation league for those affiliates that sponsor recreation programs. Many of these programs are small and as such have problems finding opponents to compete against. Within their club the numbers are so small that they are forced to put a wide range of ages together on the same field in order to find any level of competition.

The second is a Competitive league with many of the same components of other age groups in the D3 league. All players within this group would be registered as competitive players and would be given the same privileges that competitive soccer allows. There is a precedent for the U10 level since D1 has a league in place. The reason to this point for its existence is similar to the reason why Recreation groups in D3 find it hard to compete with outside groups because there are too few players within a single area.

Fields:

The minimum/maximum field sizes would be as follows:

Length: 65-70 yards

Width: 44-50 yards

Goals: 6 x 18-7 x 21 feet

Field: Variances from traditional field lines and offside law (see attached). Note the hash marks that have been added on the 6 yard line in the middle of the goal.

Competitive:

All players in the competitive division must register as competitive players with IYSA

Roster size: Recommended 10 players, maximum 12 per game

Club pass: From registered pool of players

Roster: Clubs may choose either to register a specific team or may use game day rosters from their pool of players in that age group.

Play ups: The Competitive Division is “Age Pure”. Only players who are advanced 1 year in school (4th grade) may play up with proof when the roster is submitted to IYSA office.

No player may participate in more than 1 game per day except by prior agreement in writing from the IYSA and the opposing team.

No scores or standings will be published

Frequency of training:

Number of practices per week:

IYSA does not mandate minimum and maximum practice opportunities (unlike NCAA), but US Soccer and USYS both have recommendations that IYSA feels are appropriate. For this age “Best Practices” recommends 60-75 minutes per session. Frequency is no more than 2 practices per week, one of which could be with the Club “Academy” program.

Club pass: For teams NOT using the pool system the club pass may be used with a maximum of 2 players per game. In the event that a team is unable to field a team without adding more club pass players the opposing must agree prior to the game. IYSA must be notified by email prior to the game also.

No recreation registered player may play in a competitive league game.

Development component of the League:

This league is designed to provide a good experience for all players. It is intended that there will be a developmental environment rather than a win at all costs league. Attached is a format that IYSA is strongly encouraging. Coaches should converse prior to the game and come to an agreement on the way they will play.

For instance by agreeing to withdraw players beyond the first broken line the team taking a goal kick will be encouraged to build from the back.

Also, through the addition of the hash mark the team taking the goal kick will be encouraged to place the ball close to that mark rather than in the corner of the box. In this way the kick may be safely taken both right and left without compromising the risk of giving away a goal.

Game/Playing Rules:

The game shall consist of 2 x 30 minute halves

Players on the field: 7 vs. 7 including a keeper **(We would comply with any US Soccer mandate on numbers of players on the field).**

Squad size: 7(minimum)-12 players for any game

There is unlimited re entry but it is encouraged that players experience extended periods of play.

Offside only occurs in the forward section of the field marked by a broken line. It is not at the half line of the field.

The kick off is at the mark in the center of the field and all players must begin in their half of the field and the opposition must be outside of the circle.

Keepers may not punt the ball beyond the forward broken line without the ball bouncing. In the event this happens the game will be restarted with an indirect kick at the broken line.

Substitutions may be made on a team's own throw in or when the opponent is subbing, after a goal is scored and on any goal kick. They may also be substituted at any time in the event of an injury. Each team may sub in equal numbers at that time.

Referees:

There will be a center referee. A club linesman will be provided by each team. Their responsibility will be to indicate the ball in and out of play.

Special Competitive rules of play:

Initially all divisions of this league will be considered equal and developmental and as such any player movement will be considered “lateral”.

1. This league is age pure; (see exception)
2. No standings will be kept
3. Slaughter rule will be in effect. The game will be called at any time after half time if the differential in the score is 6.
4. No team may register with less than 7 players on the official roster
5. No player may play in recreation games regardless of age
6. A player may “club pass” to the Select level but no more than 1 year above U10

Rationale:

1. Despite the fact that the expectation is that clubs will pick their teams with an emphasis on evenness, rather than A, B C, etc. the best U10 year old players will be selected to that pool of players. They will be selected through a tryout process.
2. The level of player will focus on talented U10 players.
3. Playing time will be maximized by the size of the squad.
4. Talented players will be given an opportunity to become leaders.
5. Talented players will be on the field rather than on the bench.
6. Physical variance will be less of a factor, particularly because large numbers of players entering puberty at the same time
7. Recreation leagues afford players the opportunity to play up, but are guaranteed 50% playing time regardless of their level of play. Players will not be forced to change teams numerous times because of the small-sided IYSA rules or the high school season (8th-9th grades)

Recreational league:

This league will not change substantially from those that are already in place. Recreation rules for IYSA Recreation players will apply. In essence the following are rules governing Recreation Soccer:

1. Player may not be selected through tryouts. However, they may be “placed” through various methods of evaluation.

2. No player may be refused a position on a team based on ability.
3. Players must play a minimum of 50% playing time per game.
4. There are no cuts

Number of practices per week:

IYSA does not mandate minimum and maximum practice opportunities (unlike NCAA), but US Soccer and USYS both have recommendations that IYSA feels are appropriate. For this age “Best Practices” recommends 60-75 minutes per session. Frequency is 1 practice per week, plus 1 **optional** if the Club has an “Academy” program.

Comment: To become a soccer player takes time, over many years; the process is a marathon rather than a sprint. Also, the way we learn needs to be taken into account. Efficient learning and retention occur with practice over time, i.e. 2 hours per week over 6 months rather than 6 hours a week over 2 months.

Structure:

Field size:

The minimum/maximum field sizes would be as follows:

Length: 65-70 yards

Width: 44-50 yards

Goals: 6 x 18-7 x 21 feet

Players on the field: 6 vs. 6 or 7 vs. 7 including a keeper

Squad size: 7-12 players at any time

Game length: 2 x 25 minute halves **or 2 x 30 minutes**

Age groups:

There will be 2 options for the breakdown of age groups.

The age groups will be as follows:

1. U6, U8, U10, U12, U14, U16 and U19
2. U6, U7, U8, U9, U10, U11, U12, U13, U14 , U15, U16 & U19

Rationale:

This flexibility allows individual clubs to choose the option that best suits their player base. For instance, if they have large numbers of players single year groups may be best, but when numbers are light, by combining 2 year groups they can provide sufficient

players and a close age range that allows for each player to be comfortable in that environment. It also allows for players who are in different year groups, but potentially the same year group in school to play together. **An exception to the cutoff date based on the player's grade in school may also be a positive variance from the traditional cut off date. This will be discussed shortly.**

Structure and make up of teams:

Teams should be reconfigured annually so that no group of players remains together beyond the fall and spring seasons. It is expected that some players will remain together more than 1 year, but a percentage of change needs to be established. In this way there will be no “stacking” of teams and no ready made competitive team will have been in place prior to the competitive environment. The “stacking” is seen as counter productive in the long terms for a number of reasons.

Playing up:

IYSA has recently approved new “Play up Rules”. Please refer to these for further information.

IYSA believes the following are NOT good reasons for playing a player up an age group”

1. The parents want him to be “challenged”.
2. One of the parents is a coach for the team.
3. The player has a sibling on the team.