

U8 and U10 SMALL SIDED PLAY

CDYSL Outdoor Season

PROCEDURES AND RULES OF PLAY

ADOPTED BY THE LEAGUE, April 7, 2004 and
Amended by the Games Committee May 25 to Reflect
Eastern NY Rulings for U10 Play
Additional Minor Changes adopted Jan. 12, 2005
U10 Rules Amended adopted June 12, 2008

Sponsored by the CDYSL Games Committee

This document has been reviewed and approved by the Games
Committee and the Executive Committee (3-4-04).
The Rules Committee reviewed an earlier draft.

Comments and questions to
Bruce Dudek (bdudek2@nycap.rr.com) or
Kitty Heiser (heisercm@midtel.net)

Background

Preliminary planning for a transition to small-sided play in U8/U10 age groups began in CDYSL in the Summer of 2003. Several discussions took place at league meetings, and a detailed presentation to the club presidents was made in Dec., 2003. Clubs have been apprised of the general transition plan with detailed documents made available on the CDYSL web site. The games committee opted for a go-slow approach where the full transition to small-sided play would take place for U8 in the Spring 2005 outdoor season.

U8 and U10 are playing 7vs7 in the Spring 2004 season, and are playing on the current modified fields, with no other rules change. U8 is to be non-result-oriented in Spring 2004 and U10 will move to non-result-oriented in 2005.

This proposal outlines the major shift to small-sided play for the 2005 season, following USYSA rules and guidelines, and taking ENY rules into account where they differ from national.

USYSA has recently posted its third set of recommendations on U8/U10/U12 play since last summer when CDYSL began considering a transition plan. This has created a situation where we are trying to hit a moving target. Just in the past month (March), USYSA has released its latest recommendations, and there are some differences from their earlier positions.

Part of the difficulty is that USYSA has "RULE 303" which is now partially inconsistent with its own recently released recommendations on rules of play. Part of this proposal is a procedure for dealing with any further USYSA changes.

The U8 play recommendations in this proposal are complete, and consistent in nearly all respects with USYSA and ENY guidelines.

The U10 play recommendations are less detailed since the only change in play for 2004/2005 will be the institution of the non-result-oriented format. This decision for minimal change follows from the ENY decision to keep State Cup play the same for 2004/2005, thus leagues should do the same for league play.

This is the final version passed by the board at its April 7, 2004 meeting. This version was reviewed by the Executive Committee on 3-4-04 and approved for placement on the agenda of the April CDYSL Board meeting where it passed unanimously. The games committee revised the U10 section on May 25 to reflect clarification from Eastern NY on U10 play

[Within this document, justification, comment, explanation, and additional information is indicated in italics, enclosed in brackets]

CDYSL U8 Play

Implementation of the Small-Sided Games Concept

Summary:

- 4 vs 4 play
- No goalkeepers
- Small fields, small goals, as per USYSA
- “Dual-Field” method
- Maximum Roster size: 14
- Minimum Roster size: 10
- Games scheduled between pairs of clubs, as now
- Four 12 min quarters of play
- Roster split into two squads on game day
- Referees should be certified referees, at least for the 05 season

Rules of Play, Rostering Rules, Divisional Structures, and Other Transitional Strategies.

USYSA and ENY U8 rules apply, as outlined here, with some emphases and modifications designed to enable our transition

Fields:

- 40-50 yards x 20-30 yards, as specified by USYSA
- **CDYSL recommends that clubs use fields smaller than the maximum**
- The best approach is to lay these out inside full sized fields in a manner similar to that outlined in the accompanying sketch. Placing each of the dual-sided fields within an area bounded by the midfield line and the top of the penalty box of a full-sized field will minimize overlaps in lining – alternate color lines for U8 play would be preferred. An area for coaches should be provided, between the two dual-sided fields (probably straddling the midline of a full-sized field – see sketch below)
- Markings:
 - Distinctive lines not more than (5) inches wide.
 - A halfway line shall be marked out across the field.
 - A center circle with a five (5) yard radius – this lining is not essential.
 - Four corner arcs each with a two (2) foot radius- this lining is not essential.

- Goal area: Three (3) yards from each goal post and three (3) yards into the field of play joined by a line drawn parallel with the goal line; or a semi circle of 4 yard radius from the goal line centered in the goal.

Goals:

- **CDYSL strongly recommends the 6' wide popup style goals (hockey sized).** The USYSA limit in goal size is 6'x18' for U8 play, but they recommend using the smaller sized goals. Goals also need not be commercially available goals. Flags or cones could also be used. *[Commercially available goals of this size/style are available at a cost in the \$100 range, per pair.]*
- CDYSL will facilitate the transition to small-sided play with the purchase of an initial pair of popup-style goals for each club that sponsors U8 play.

[USYSA has flip-flopped on goal recommendations. In its original recommendations USYSA supported the small popup style goals. Until Feb, 04, USYSA was recommending a maximum goal size of 6'x12' for U8. Now, the publicized recommendation says 6'x18'. The above language for CDYSL indicates that we are in favor of the small/inexpensive popup style goals. Giving the players a smaller target to shoot on seems like a good idea, especially since there will be no goalkeepers. The current USYSA language is as follows:

“Goals: the goal, 6 x 18 feet or smaller, is the same for the U6 to U8 age groups. By using the same size goal for these age groups clubs will have to buy fewer goals and there will be greater flexibility in the use of fields. A big goal without a goalkeeper should mean a few more goals for kids whose shooting technique is primitive along with their eye-foot coordination. Let’s give them the broad side of the barn at which to shoot, the more goals the merrier. Finally the shooting odds for the U8 age group are one versus seven, so let’s give them a chance by having a larger target. However, manufactured goals are not mandatory for U8 Small Sided Games. Clubs are free to use cones, pop-up goals or other items to designate the goal for this age group. Any goal must be properly anchored to the ground.]

Ball: Size 3

Rules of Play:

- 4 vs 4 play, no goalkeeper
- Dual Field method.
 - Each team’s roster is split in half on game day, into two groups/squads balanced for skill; different splits are used on different game days.
 - Two quarters play for squads 1 vs 1, and 2 vs 2 and the second half would be two more quarters of play for squads 1 vs 2 and 2 vs 1
- If, on game day, fewer than 10 players on one team are available for a match, then coaches, at their discretion, may switch play to 3 vs 3, or limit play to one 4 vs 4 game, and/or reassign players from one club’s team to the other so that playing time can be balanced. Coaches are encouraged to be extremely flexible on player

assignment and style of play when one or both teams is short on players. Coaches should favor positive participation experiences over competitive advantages.

- Substitutions: Anytime ball is out of play with the permission of the Referee or Game Official.
- Playing time: Each player SHALL play a minimum of 50% of the total playing time
- Teams and games may be coed.
- Four 12 minute quarters – 2 minute breaks for quarters, 5 min for halftime.
[Note that this diverges from the current USYSA recommendation of 10 min quarters. This is done so that our recommendation of 14-player rosters, in conjunction with the 4 vs 4 play yields about the same amount of play time as would 10 min quarters and a 12-player roster – see the section below on Roster sizes.]
- No overtime periods.
- Standard game rules, with the following emphases:
 - There is no offside in small-sided games.
 - Fouls and Misconduct: Conform to FIFA with the following exception:
 - A. All fouls shall result in an indirect free kick with opponent five (5) yards away.
 - B. The referee/coach/parent must explain ALL infractions to offending player.
 - Free Kicks: Conform to FIFA with the following exception:
 - A. All free kicks will be indirect.
 - B. Opponents must be five (5) yards away
 - Penalty Kicks: There are no Penalty Kicks in small-sided games.
 - Throw-In: An improperly executed throw-in can be redone, once. Referee and/or coach should provide guidance on the redo of the throw-in.
[Note that USYSA has reversed its earlier position that throw-ins would be replaced by kick-ins.]
 - Goal Kick: Conform to FIFA with the following exceptions:
 - A. Goal kick may be taken any where within the goal area.
 - B. Opponents must be five (5) yards away from the ball.
 - Corner Kick: Conform to FIFA with the following exceptions:
 - A. Opponents must be five (5) yards away from the ball.
 - B. Corner Kicks are Indirect Free Kicks.
 - Goaltending is not permitted. Defensive players may not occupy the goal box area without actively marking an offensive player.

Players Equipment: Conform to FIFA with the following exceptions:

- Footwear: Tennis shoes or soft-cleated soccer shoes
- Shinguards are mandatory.

Referee:

- With the dual field method, two game officials will be required.
- During our first/transition year (2005), it is important to assign certified referees to these games, even though it would require two. The Grade 9 referee

certification is designed for this style of play and CDYSL has a goal of assisting in the training of such referees so that U8 games can continue to have certified referees.

[USYSA recommends “game managers” rather than certified referees. One of the major advantages of club soccer over recreation programs is the availability of certified referees, and removing this before the small-sided culture shift occurs might not help us advance our program. At any rate, CDYSL should implement a plan for training the Game Managers before any decision that certified referees are not needed for U8 games.]

Awards

- 4 vs 4 U8 league play is Non-Result-Oriented.
- Season participation awards for all.
- Standings are not posted.
- Game score records may be kept by CDYSL to help evaluate the placement process and guide future seeding (see below).

Roster size:

- Maximum roster size is 14, so that 7 players each can be assigned to the two squads.
- Minimum roster size is 10

[Note – USYSA recommends a 12 player roster – this is confusing; some think it should be 16 to double the number of players on the field.

USYSA recommends roster size of 12 for the 4 vs 4 dual field method. This yields about 67% playing time for each player. But USYSA also now recommends 10 min quarters – an adjustment from their 12 min quarters suggested for the past year in several documents. CDYSL should go with the 14 player roster to keep team sizes as they are now. Going to 12 might force some clubs to turn away players who would not be numerous enough to make another team. In addition, if we go with a roster of 14, then the average playing time would be about 57% for each player. But keeping quarters at the 12 min length would add total play time so that it would be nearly equivalent to the 12 man roster/10 min quarters method. We considered going to a roster of 16 to permit full 4-player lines for substitutions, but rejected that number as too discrepant from USYSA and probably too many kids for a U8 coach to effectively handle. A roster of 16 would produce only 50% playing time for each player.]

Dual Field Method:

- Two games will take place between the pairs of squads, on adjacent fields, if possible (see sketch).
- Players cannot shuttle back and forth between adjacent games, but some flexibility in player assignment to squads is afforded by the option to switch to 3 vs 3 or one 4 vs 4 field as described above when game day attendance is low for one or both teams.

[Note that USYSA recommends that substitution patterns would permit players to move back and forth between the adjacent fields. We have rejected this, in favor of the plan to switch which squads play each other in the first and second halves. Permitting cross-field substitution would be potentially confusing for coaches, and might lead to situations where a coach would attempt to engineer a victory by substituting particular players across fields and not others.]

- Coaches/players are located in between the two fields, parents on the sides, but not behind endlines.

CDYSL Scheduling:

- No change from our current procedure is required. Each game night, teams from two clubs would be scheduled to play either home or away against only one opponent club.
- Clubs must have enough pairs of fields (dual fields) to cover games for half the number of U8 teams the club registers. This is not a change from present procedure where, for example, a club that registers four U8 teams would be expected to provide fields for two teams on a given game night (the other two would be scheduled away).

Team Composition

- U8 teams are not permitted to play up into older age divisions.
- Clubs form teams according to age/experience criteria
 - a) An “experienced” team would be comprised of at least 70% players with U8 playing experience in the prior year(s) or 80% players who are true U8 (not U7 or U6). Such teams could ask to be placed in “Experienced” divisions. On a 14-player roster, 70% is ten players and 80% is 11 players.
 - b) An “inexperienced” team would be all those not covered above in “A”, and would play in Geographically arranged divisions.
- Clubs that have enough players for multiple U8 teams should not compose “A”, “B”, etc level teams based on skill level. Assignment to one of multiple teams within a club should not be based on tryouts. Instead, age/experience criteria are to be employed. Multiple “experienced” teams within a club should be created randomly, without regard to skill.
- Clubs may still need to employ tryouts to determine acceptance to the age group when the roster limits result in an excess of players. However, following the above language, these tryouts are not to be used for team assignment, once it is determined that a player will be assigned to travel teams within the club. Clubs are strongly encouraged to recruit adequate numbers of players so that none need be turned away.

CDYSL Divisional Placements:

- Two types of divisions will be created, Experienced and Geographic.

- Experienced divisions would be comprised of “Experienced” teams as defined above.
- Within Experienced divisions, CDYSL will also attempt placement of teams into geographical alignments.
- Inexperienced teams will be placed in geographical divisions with other inexperienced teams.
- Placement forms would be required, and may have to be redesigned especially for U8 divisions. Rosters should be attached to placement forms since the definition of experienced/inexperienced teams is based on roster makeup.

Changing USYSA Rules/Recommendations

- Since USYSA continues to shift its rules/recommendations, CDYSL needs a flexible way of handling any new rules changes from USYSA/ENY. The Games committee and the Rules committee are permitted to adopt any new USYSA rules without full league review/approval, unless:
 1. The core 4v4, dual field method is changed, or
 2. Team composition procedures or roster limits are proposed to change

CDYSL U10 Play

Background:

USYSA now recommends:

- 6v6 play
- Goalkeepers allowed
- Fields approximately the size of our current modified fields

However, USYSA “RULE 303” permits up to 7v7.

Roster maximum is recommended to be 11 by USYSA with the 6v6 play.

USYSA indicates that the dual field method can be employed for smaller-sided U10 play, and with this, rosters may increase to 16.

Based on Region 1 recommendations, ENY has ruled that State Cup Play in 04/05 for U10 will continue at 7 vs. 7 with the same rules that exist at present. Therefore, CDYSL will follow suit.

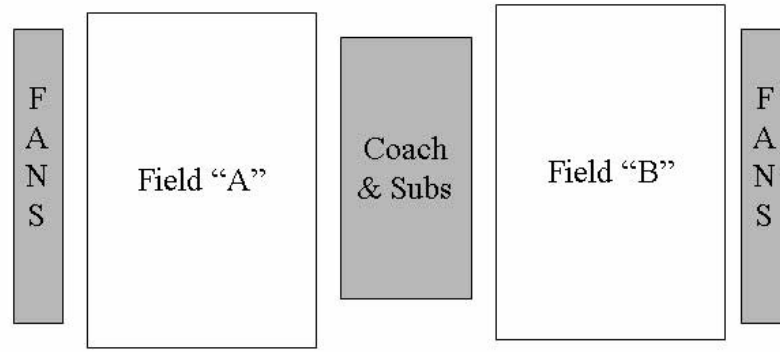
CDYSL U10 Rules for the League Outdoor Season:

Beginning in 2009 CDYSL season, U10 play will:

- Will be 6v6 (with GK) beginning in the 2009 CDYSL League Season
- This 2009 U10 season will be a transitional year. It is recommended that clubs use field sizes in the USYS recommended range (45-60 long x 35-45 wide). However, clubs may continue to use current sized U10 fields if necessary in the 2009 season. The smaller/recommended size will become required in the 2010 season.
- In 2009, it is recommended that clubs use the USYS-required 6x18 foot goals. However, for the 2009 year, clubs may still use the current (and commonly used) 7x21 foot goals. At a later point in time (still to be determined and possibly later than 2010), 6x18 foot goals should become required.
- In 2009 roster sizes for U10 will stay at a maximum of 14 players, but clubs are urged to set the limit at 12 if possible.
- Played with current (2004) CDYSL rules and regulations
- Continue to be based on seeded divisions (including some geographic)
- Permit clubs to form teams based on tryouts in the same manner as at present
- U10 play is Non-Result-Oriented.

How to do it

- 4v4: Play “dual field” format.



Dual Field Method Lays out Two small-sided Fields Inside a Full-size Field

