



WELCOME TO FREMONT YOUTH SOCCER LEAGUE

DIVISIONS OF PLAY

U4 Division

Maximum Number of players on field per team: A match is played by two teams, each consisting of not more than three (3) players.

Minimum number of players per team to start game: 1

Goalkeeper: No Goalkeepers

Roster Size: PODS group – approximately 15-20 players

Player Equipment: Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

Substitutions: Flying subs – any time during the game

Goal Size: Pugg goals or similar size goals

Ball Size: Size 3

Pitch: 20 yd long x 12.5 yd wide

Awards: Participation medals are awarded in the fall and trophies in the spring.

Officials: No referees

Duration of the Match: The match shall be divided into four (4) equal, six (6) minute quarters. There shall be one (1) minute break between quarters one and two and another one (1) minute break between quarters three and four. There shall be a halftime interval of two (2) minutes.

Coaches Positions: Coaches are allowed on the field to assist the players.

Scoring, Standings and Forfeits: No scores kept or standings posted. No forfeits.

Laws of the Game Modifications: No direct or indirect kicks, no throw ins, no penalties, no offside.

The Goal Area: None.

The Penalty Area: None.

Flag posts: None.

The Corner Arc: Conform to FIFA.

U5 Division

Maximum Number of players on field per team: A match is played by two teams, each consisting of not more than three (3) players.

Minimum number of players per team to start game: 1

Goalkeeper: No Goalkeepers

Roster Size: PODS group – approximately 15-20 players.

Player Equipment: Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

Substitutions: Flying subs – any time during the game

Goal Size: Pugg goals or similar size goals

Ball Size: Size 3

Pitch: 25 yd long x 17.5 yd wide

Awards: Participation medals are awarded in the fall and trophies in the spring.

Officials: No referees.

Duration of the Match: The match shall be divided into four (4) equal, six (6) minute quarters. There shall be one (1) minute break between quarters one and two and another one (1) minute break between quarters three and four. There shall be a halftime interval of two (2) minutes.

Coaches Positions: Coaches are allowed on the field to assist the players.

Scoring, Standings and Forfeits: No scores kept or standings posted. No forfeits.

Laws of the Game Modifications: No direct or indirect kicks, no throw ins, no penalties, no offside.

The Goal Area: None.

The Penalty Area: None.

Flag posts: None.

The Corner Arc: Conform to FIFA.

U6 Division

Maximum Number of players on field per team: A match is played by two teams, each consisting of not more than three (3) players.

Minimum number of players per team to start game: 1

Goalkeeper: No Goalkeepers

Roster Size: 6 per team.

Player Equipment: Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

Substitutions: Flying subs – any time during the game

Goal Size: Pugg goals or similar size goals

Ball Size: Size 3

Pitch: 25 yd long x 17.5 yd wide

Awards: Participation medals are awarded in the fall and trophies in the spring.

Officials: No referees

Duration of the Match: The match shall be divided into four (4) equal, seven (7) minute quarters. There shall be one (1) minute break between quarters one and two and another one (1) minute break between quarters three and four. There shall be a halftime interval of two (2) minutes.

Coaches Positions: Coaches are allowed on the field to assist the players.

Scoring, Standings and Forfeits: No scores kept or standings posted. No forfeits.

Laws of the Game Modifications: No direct or indirect kicks, no throw ins, no penalties, no offside.

The Goal Area: None.

The Penalty Area: None.

Flag posts: None.

The Corner Arc: Conform to FIFA.

U7 Division

Maximum Number of players on field per team: A match is played by two teams, each consisting of not more than four (4) players.

Minimum number of players per team to start game: 2

Goalkeeper: No Goalkeepers

Roster Size: 7 per team.

Player Equipment: Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

Substitutions: Flying subs – any time during the game

Goal Size: Pugg goals or similar size goals

Ball Size: Size 4

Pitch: 35 yd long x 25 yd wide

Awards: Participation medals are awarded in the fall and trophies in the spring.

Officials: No referees

Duration of the Match: The match shall be divided into four (4) equal, ten (10) minute quarters. There shall be one (1) minute break between quarters one and two and another one (1) minute break between quarters three and four. There shall be a halftime interval of two (2) minutes.

Coaches Positions: Coaches are allowed on the field to assist the players.

Scoring, Standings and Forfeits: No scores kept or standings posted. No forfeits.

Laws of the Game Modifications: No direct or indirect kicks, no throw ins, no penalties, no offside.

The Goal Area: None.

The Penalty Area: None.

Flag posts: None.

The Corner Arc: Conform to FIFA.

U8 Division

Maximum Number of players on field per team: A match is played by two teams, each consisting of not more than five (5) players.

Minimum number of players per team to start game: 3

Goalkeeper: No Goalkeepers

Roster Size: 8 per team.

Player Equipment: Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

Substitutions: Flying subs – any time during the game

Goal Size: Pugg goals or similar size goals

Ball Size: Size 4

Pitch: 40 yd long x 30 yd wide

Awards: Participation medals are awarded in the fall and trophies in the spring.

Officials: No referees

Duration of the Match: The match shall be divided into two (2) equal, twenty (20) minute halves. There shall be a halftime interval of five (5) minutes.

Coaches Positions: Coaches are allowed on the field to assist the players.

Scoring, Standings and Forfeits: No scores kept or standings posted. No forfeits.

Laws of the Game Modifications: No direct or indirect kicks, no throw ins, no penalties, no offside.

The Goal Area: None.

The Penalty Area: None.

Flag posts: None.

The Corner Arc: Conform to FIFA.

U-10 House league

Maximum Number of players on field per team: 8

Minimum number of players per team to start game: 5

Goalkeeper: Yes

Roster Size: 13

Player Equipment: Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

Substitutions: Players may be substituted only during the following:

- a. Prior to a throw-in in your favor.
 - b. Prior to a goal kick by either team.
 - c. After a goal by either team.
 - d. After an injury, be it either team.
 - e. For a cautioned player (CYSA recommends a 10 minute substitution following a yellow card).
 - f. At half time.
2. A substitute may not enter the field of play until he has been given the signal by the referee.

Goal Size: 7 ft x 21 ft

Ball Size: 4

Pitch: 70 x 50 yards

Awards: None

Officials: Yes – One referee

Duration of the Match: The match shall be divided into two (2) equal, twenty five (25) minute halves. There shall be a halftime interval of five (5) minutes.

Coaches Positions: Coaches must stay in the coach's area 20 yards long, beginning at the halfway line go 10 yards down the touchline into each half of the field.

Scoring, Standings and Forfeits: No scores kept or standings posted. No forfeits.

Laws of the Game Modifications: Conform to FIFA

The Goal Area: Six (6) yards from each goal and six (6) yards into the field of play then joined by a line drawn parallel with the goal line.

The Penalty Area: Yes

Flag posts: Yes

The Corner Arc: Conform to FIFA

U-12 House league

Maximum Number of players on field per team: 11

Minimum number of players per team to start game: 7

Goalkeeper: Yes

Roster Size: 18

Player Equipment: Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

Substitutions: Players may be substituted only during the following:

- a. Prior to a throw-in in your favor.
 - b. Prior to a goal kick by either team.
 - c. After a goal by either team.
 - d. After an injury, be it either team.
 - e. For a cautioned player (CYSA recommends a 10 minute substitution following a yellow card).
 - f. At half time.
2. A substitute may not enter the field of play until he has been given the signal by the referee.

Goal Size: 8 ft x 24 ft

Ball Size: 4

Pitch: 100 x 60 yards minimum

Awards: Awards for first and second in the league

Officials: Yes – One referee and two assistant referees

Duration of the Match: The match shall be divided into two (2) equal, thirty (30) minute halves. There shall be a halftime interval of five (5) minutes.

Coaches Positions: Coaches must stay in the coach's area 20 yards long, beginning at the halfway line go 10 yards down the touchline into each half of the field.

Scoring, Standings and Forfeits: Score and Standings kept

Laws of the Game Modifications: Conform to FIFA

The Goal Area: Six (6) yards from each goal and six (6) yards into the field of play then joined by a line drawn parallel with the goal line.

The Penalty Area: Conform to FIFA

Flag posts: Yes

The Corner Arc: 1 yard radius

U-14-U19 House league

Maximum Number of players on field per team: 11

Minimum number of players per team to start game: 7

Goalkeeper: Yes

Roster Size: 18

Player Equipment: Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

Substitutions: Players may be substituted only during the following:

- a. Prior to a throw-in in your favor.
 - b. Prior to a goal kick by either team.
 - c. After a goal by either team.
 - d. After an injury, be it either team.
 - e. For a cautioned player (CYSA recommends a 10 minute substitution following a yellow card).
 - f. At half time.
2. A substitute may not enter the field of play until he has been given the signal by the referee.

Goal Size: 8 ft x 24 ft

Ball Size: 5

Pitch: 100 x 60 yards minimum

Awards: Awards for first and second in the league

Officials: Yes – One referee and two assistant referees

Duration of the Match: **U14** - The match shall be divided into two (2) equal, thirty five (35) minute halves. There shall be a halftime interval of five (5) minutes. **U16** - The match shall be divided into two (2) equal, forty (40) minute halves. There shall be a halftime interval of five (5) minutes.

Coaches Positions: coaches must stay in the coach's area 20 yards long, beginning at the halfway line go 10 yards down the touchline into each half of the field.

Scoring, Standings and Forfeits: Score and Standings kept

Laws of the Game Modifications: CONFORM TO FIFA

The Goal Area: Six (6) yards from each goal and six (6) yards into the field of play then joined by a line drawn parallel with the goal line.

The Penalty Area: Conform to FIFA

Flag posts: Yes **The Corner Arc:** 1 yard radius

Revised March 1, 2009