

SECTION 7

CAYSA AGE GROUPS U10 AND BELOW DIVISION IV RULES

Last Amended: July 27, 2016

7.1 PLAYING RULES

7.1.1 U4/U5: If a club has additional and/or modified playing rules these rules must be provided to CAYSA, posted on the club's website and distributed to all registered teams in the affected age group(s) at least two weeks prior to the start of fall and/or spring season play. Otherwise the following playing rules for U4/U5 will be used:

- (a) Players: see STYSA 6.1.1, no goalkeepers; maximum roster of 6
- (b) Field size: see STYSA 6.1.3(E)
- (c) Ball size: 3
- (d) Referees: none; no offside; coaches serve as facilitators
- (e) Duration of game: see STYSA 6.1.5
- (f) Goal size: see STYSA 6.1.3(E); use of larger/smaller goals at discretion of the local club.
- (g) These modifications are acceptable:
 - (1) Master of the Ball: when a ball is scored or goes out of bounds, another ball is immediately played into the field by adult helpers positioned around the field. The only dead ball restarts are the kickoffs beginning each quarter.
 - (2) Simultaneous Games: Teams may maintain larger rosters 10 player maximum. Two fields are set up adjacent to one another with room enough to accommodate both "team benches" between the fields. Each team separates into two squads, one each, on both fields. Games are started simultaneously. Subs are made by each team into both fields.
 - (3) Random Teams: The entire age group is divided into training pools for weekday skills training practices. The same training opportunities must be provided to all registered participants. Each weekend, the age group is divided into different teams for games. All players must be given the opportunity to participate in the scheduled weekend games and cannot be denied based on talent and/or lack of attendance to weekday training sessions.
- (h) Clubs may play intra-association or inter-association by creating a playing league with other clubs. However, all clubs/teams must follow CAYSA rules.

7.1.2 U6-U8: If a club has additional and/or modified playing rules these rules must be provided to CAYSA, posted on the club's website and distributed to all registered teams in the affected age group(s) at least two weeks prior to the start of fall and/or spring season play. Otherwise the following playing rules for U6-U8 will be used:

- (a) Players: see STYSA 6.1.1, no goalkeepers; maximum roster of 8
- (b) Field size: see STYSA 6.1.3(D)
- (c) Ball size: 3
- (d) Referees: 1 youth/coach ref; no offside; kick-ins/dribble-ins (no throw-ins)
- (e) Duration of game: see STYSA 6.1.5
- (f) Goal size: see STYSA 6.1.3(D); use of larger/smaller goals at discretion of the local club.
- (g) These modifications are acceptable:
 - (1) Simultaneous Games: Teams maintain larger rosters 12 player maximum. Two fields are set up adjacent to one another with room enough to accommodate both "team benches" between the fields. Each team separates into two squads, one each, on both fields. Games are started simultaneously. Subs are made by each team into both fields.
 - (2) Random Teams: The entire age group is divided into training pools for weekday practices. The same training opportunities must be provided to all registered participants. Each weekend, the age group is divided into different teams for games.
 - (3) Penalty Arc: An area in front of each goal prohibiting contact with the ball – intended to discourage the placement of players in front of the goal.
 - (4) All In Attacking Half: In order for a goal to count, all players from the scoring team must be in the attacking half of the field – intended to discourage the placement of players directly in front of the goal when the rest of the team is attacking.
 - (5) All opposing players retreat to their own half for goal kicks. Opposing players can enter the half the moment the ball is back in play.
- (h) Clubs may play intra-association or inter-association by creating a playing league with other clubs. However, all clubs/teams must follow CAYSA rules.

7.1.3 U9/U10: If a club has additional and/or modified playing rules these rules must be provided to CAYSA, posted on the club's website and distributed to all registered teams in the affected age group(s) at least two weeks prior to the start of fall and/or spring season play. Otherwise the following playing rules for U9/U10 will be used:

- (a) Players: see STYSA 6.1.1; goalkeepers; maximum roster of 12
- (b) Field size: see STYSA 6.1.3(C)
- (c) Ball size: 4
- (d) Referees: 1 youth ref; no offside; throw-ins; penalty kicks
- (e) Duration of game: see STYSA 6.1.5
- (f) Goal size: see STYSA 6.1.3(C); use of larger/smaller goals at discretion of the local club.
- (g) These modifications are acceptable:
 - (1) GK Rotation: All players experience all positions during the season. No specialized goalkeeping role for one or two players.
 - (2) Offside Rule: The offside rule will be enforced and interpreted in accordance with FIFA rules.
- (h) Clubs may play intra-association or inter-association by creating a playing league with other clubs. However, all clubs/teams must follow CAYSA rules.

7.2 BEST PRACTICES

7.2.1 **Age Group Considerations.** It is imperative for soccer organizations to acknowledge that its general approach to the game (coaching, training, philosophy, etc.) is dictated by the developmental characteristics of each age group. Age group

team formation policies should also include players' developmental characteristics (i.e. existing skill set). Hence, players are not confined to an age group if their existing skill levels exceed those of a particular age group.

7.2.1.1 Developmental Characteristics

(a) U5/U6

- (1) Short attention span
- (2) Most are individually oriented (me, mine, my)
- (3) Constantly active – pace is “all out-crash- all out again”
- (4) Little or no concern for team mates
- (5) Gender development is equal at this age
- (6) Hand-eye coordination not well developed (7) Love to run and jump about

(b) U7/U8

- (1) A minimal increase in attention span
- (2) Prefers to be around 2-3 close friends
- (3) Still very active but (but can stand still for a short time)
- (4) Does not want to fail in front of friends
- (5) General physical coordination continues to develop
- (6) Enjoys running, jumping, rolling and being very active
- (7) Desire to imitate is strong
- (8) Still do not understand pace

(c) U9/U10

- (1) Lengthened attention span
- (2) Positive results from limited, inactive instruction are possible
- (3) Genders are starting to develop separately, and girls tend to mature quicker
- (4) Motor skills and hand-eye coordination are improving
- (5) Prefer to be identified with a team
- (6) Greater understanding and use of pace
- (7) Capable of more complex decision-making

7.2.2 Training and Game Emphases

7.2.2.1 U5/U6

(a) Technical

- (1) Fun games with and without ball
- (2) Maximum involvement of all players (no elimination games)
- (3) Limited technical instruction provided within fun game context

(b) Tactical

- (1) Attack one goal, keep other team from scoring in the other goal

(c) Training Approach

- (1) No laps, lines, lectures
- (2) Emphasis on enjoyable activities involving movement with and without the ball
- (3) 30 to 45 minutes duration
- (4) 1v1 to 3v3 activities; all players active
- (5) Much encouragement; focus on dribbling for individual possession
- (6) Coach understands that U5-U6 soccer will not look like the “real soccer game” (d) Game Emphases

- (1) Make experience as enjoyable as possible!
- (2) No score-keeping or standings

7.2.2.2 U7-U8

(a) Technical

- (1) Fun games with and without ball
- (2) Maximum involvement of all players (no exclusionary games)
- (3) Technical instruction focused on individual possession and out-maneuvering
- (4) opponents
- (5) Training games using multiple goals and balls, ground balls, changes of pace
- (6) and direction

(b) Tactical

- (1) Attack one goal, keep other team from scoring in the other goal
- (2) How to keep ball in bounds

(c) Training Approach

- (1) No laps, lines, lectures
- (2) Emphasis on enjoyable activities involving movement with and without the ball
- (3) 45 to 60 minutes duration
- (4) 1v1 to 3v3 activities; all players active
- (5) Much encouragement
- (6) Utilize “pictures” of techniques for players to imitate

(d) Game Emphases

- (1) Games are viewed as “more fun with the soccer ball!”
- (2) No score-keeping or standings during season play
- (3) No emphasis on positions or positional play

7.2.2.3 U9-U10

(a) Technical

- (1) Player-centered activities which emphasize comfort with the ball
- (2) Technical instruction focused on individual possession, out-maneuvering opponents, and scoring goals
- (3) Training games using multiple goals and balls, ground balls, changes of pace and direction, experimentation/individual expression with the ball
- (4) Games of 3v3 to 5v5 encouraging skill over athleticism
- (5) Repetitive opportunities to possess ball and score goals

(b) Tactical

- (1) All players attack and all players defend
- (2) Teach how their movements and decisions affect teammates and opponents
- (3) Begin to introduce the principle of penetration with passing, where possible

(c) Training Approach

- (1) Regularly present challenges to solve (use of neutral players, multiple goals, score by stopping ball on end line, etc.)
- (2) Emphasis on enjoyable activities involving movement with and without the ball
- (3) 60 minutes of training with coach, up to 30 minutes of free play
- (4) 3v3 to 5v5 activities; all players active
- (5) Much encouragement
- (6) Play includes competitive, fun activities

(d) Game Emphases

- (1) Promote ball skill and game awareness

- (2) Score-keeping or standings are optional
- (3) Limited attention to positional play; encouraging all players to attack and defend as a unit
- (4) If a game is clearly in one team's favor, that team's coach must recognize the opportunity to work on other skills during the game (not continuing to press on for more goals).

7.2.3 Winning-Losing Throughout Division 4

- (a) Competition is a vital component – but a result-oriented environment is not
- (b) Focus remains on performance, not outcome
- (c) Winning games is inherent to physical activity and can be healthy and positive when it is not the focus. Skill based objectives, then, are the focus. The result-oriented environment is likely to hinder players' developmental progress.
- (d) Games are the “tests” of what has been learned in training
- (e) Performance and process are paramount. Hence, conceding goals and losing games is part of the learning process. Team organization, position specialization, and “kick ball,” may win games at these ages, but do not teach players the “real soccer game”
- (f) Similarly, an emphasis of ball control and passing may produce costly mistakes which again - must be recognized as integral to the learning process
- (g) It remains the responsibility of each coach, parent, and league to manage how competition is perceived and managed by the players.
- (h) Awards for DIV – Tournaments sanctioned by CAYSA where U7-U10 CAYSA teams are accepted may provide a competitive tournament and distribute awards based on standings. Tournaments may also offer a non-competitive event where no results are kept and/or awards given except participation.

7.3 Academy Program See also STYSA 3.9.6

The CAYSA Academy Program shall have two separate groups, U7/U8 and U9/U10.

7.3.1 Training Program

- a) Training developed and overseen by certified/professional coaching staff
- b) Game and training sequences are programmed to be preparatory to the select level
- c) Curriculum based upon technical, tactical, training, and game emphases consistent with CAYSA Division 4 Best Practices
- d) Program is inclusive of all players and families who desire instruction, structure, and commitment levels which exceed that of a traditional recreational program.
- e) Teams formed to participate in any Academy program within the CAYSA area shall adhere to the following age group requirements:
 - i. U7/U8 players shall play within a group of players with the oldest players being U8. CAYSA may provide a league for these teams and may also provide other events for Academy teams.
 - ii. U9/U10 players shall play within a group of U9- and U10-age players. CAYSA will provide a league structure for these teams and may also provide other events for Academy teams.