

U5/6 - Players at this age need to develop basic motor skills such as walking, running, and changing direction.

1. As a reminder, the U5/6 restarts, **ALL RESTARTS WILL BE TAKEN AS A KICK BACK INTO THE FIELD OF PLAY, NO THROWING IN THE BALL.** Please communicate this to all the families. We will not be throwing the ball in from the sidelines. We will kick the ball in whenever there is a restart (endline or sideline).
2. **This is the only age group that trains the same day they play.** Please train with the team for 30 min, then facilitate a 30 min game (**Field 9, Medical Facilities Corporation**). The game is broken into 4 - 6-minute quarters.
3. Please split your teams (no subs) as you see necessary, and it is okay to move players from field to field if one player is really dominating the game.
4. We use a size 3 ball
5. No goalkeepers at this age, no penalty kicks, and no offsides
6. No heading the ball. If a player heads the ball, a free kick will be awarded to the other team.
7. Games will start **April 17th**

U7/8 - Player at this age need to develop basic motor skills such as walking, running, and changing direction.

1. Training should be scheduled for once a week, either at the complex or elsewhere, and all games will be played on Saturdays at the complex (**Field 10, Scheel's Field**). The BHR guarantees a 1/2 field reservation once a week for any team that wished to sign up.
2. We use a size 3 ball
3. If the ball goes out of play on the sides of the field, a throw-in is awarded to the team that did not touch the ball last before it went out of bounds. The players should be taught to throw the ball in properly (over the head and two feet remaining on the field). If a player does not do this, bring the ball back and have them try it again until they get it right.
4. Play 5v5 and no goalkeepers at this age
5. Games are 60 minutes long with 4 - 10-minute quarters. A typical game will go as follows, 5 minutes play, then sub players, finish the last 5 minutes. 5-minute break then start the second quarter. Play 5 minutes, sub, and finish the last 5 minutes. 10-minute half time then start the third quarter. Play 5 minutes, sub, then finish the last 5 minutes. Then a 5 min break and start the last quarter. Play 5 minutes, sub, then play last 5 minutes. In total 60 minutes with 40 minutes being play.
6. No heading the ball. If a player heads the ball, a free kick will be awarded to the other team.
7. No penalty kicks and no offsides
8. **The build out line will be implemented this season.** The build out line will be at mid field. The idea is to allow teams to play out of the back and into pressure. **When the**

goalkeeper has the ball (either after saving the ball or from a goal kick) the opposing team must move behind the build out line (half line) until the ball is put back into play. Once the ball enters back into play from the keeper, the opposing team can pressure the ball. The goalkeeper can only pass, throw, or roll the ball (no punting or drop kicking the ball). If the goalkeeper punts the ball, an indirect free kick will be awarded to the other team. This build out line (half field) will also denote when offsides can be called (just like normal). This will be new, so please communicate to the families what this line represents.

9. Games will start **April 10th**

U9/10 - Player at this age need to develop speed and agility (placing players into 1v1 situations)

1. Training should be scheduled for at least once a week (Two training sessions are appropriate for this age), either at the complex or elsewhere, and all games will be played on Saturdays at the complex (**Field 11, Courtyard Mariot Field**). The BHR guarantees a 1/2 field reservation once a week for any team that wished to sign up.
2. We use a size 4 ball
3. Play 7v7 with a goalkeeper and offsides are called.
4. Games are played with a referee (when available) for 2 - 25-minute halves.
5. **Coaches and players should be sitting on one side of the field and spectators should be sitting on the opposite side for all games. Please help communicate this to the families.**
6. No heading the ball. If a player heads the ball, a free kick will be awarded to the other team.
7. **The build out line will be at mid field. The idea is to allow teams to play out the back and into pressure. When the goalkeeper has the ball (either after saving the ball or from a goal kick) the opposing team must move behind the build out line until the ball is put back into play. Once the ball enters back into play from the keeper, the opposing team can pressure the ball.** The goalkeeper can only pass, throw, or roll the ball (no punting or drop kicking the ball). If the goalkeeper punts the ball, an indirect free kick will be awarded to the other team. This build out line (half field) will also denote when offsides can be called (just like normal).
8. Games will start **April 10th**

U11/12 - Players at this age are to develop coordination, balance, and visual awareness.

1. Training should be scheduled for at least once a week (Two to three training sessions are appropriate for this age), either at the complex or elsewhere, and all games will be played on Saturdays at the complex (**Field 12, White's Queen City Motors Field**). The

BHR guarantees a 1/2 field reservation once a week for any team that wished to sign up.

2. We use a size 4 ball
3. Play 9v9 with a goalkeeper
4. Games are played with a referee (when available) for 2 - 30-minute halves.
5. **Coaches and players should be sitting on one side of the field and spectators should be sitting on the opposite side for all games. Please help communicate this to the families.**
6. No heading the ball. If a player heads the ball, a free kick will be awarded to the other team.
7. **CLARIFICATION:** since we allowed punting by the keeper last season, we will continue that into this season. Goalkeepers are allowed to punt the ball.
8. **CLARIFICATION:** The club staff met and after discussion, we have decided NOT to adopt the US soccer recommendation to move the corner kicks into the penalty box corner.
9. Games will start **April 10th**

U13/14 - Players at this age are to develop physical, psychological, and health awareness through developing team techniques and understanding of the game.

1. Training should be scheduled for once a week, either at Noordermeer Field, at the complex, or elsewhere. All 8v8 games will be played on Tuesday nights at Noordermeer field (located off Sheridan Lake Road). The 11v11 games will be played on Saturday evenings at the Dakota Complex.
2. We use a size 5 ball
3. Play 8v8 (or 7v7 as needed) with goalkeepers and offsides for the Tuesday night games for 1 hour (2–30-minute halves). Saturday 11v11 games will be played as a normal game and all games are played for 2–40-minute halves.
4. **Coaches** and players should be sitting on one side of the field and spectators should be sitting on the opposite side for all games. Please help communicate this to the families.
5. Each team has two teams scheduled for the 8v8 games. Please split your teams (COED) into two teams. This can be done at the beginning of the season or it can be done weekly, it is up to the **coach** to decide. A maximum of 3 people can play as “guest players” from your second roster in an evening. Please do not bring your full squad to each game.
6. Games will start **April 13th**

U15-19 - Players at this age, like the U13/14, are to develop physical, psychological, and health awareness. Additionally, developing and understanding of team tactical situations and decision making should be a focus.

1. Training should be scheduled for once a week, either at Noordermeer Field, at the complex, or elsewhere. All 8v8 games will be played on Thursday nights at Noordermeer field (located off Sheridan Lake Road). The 11v11 games will be played on Saturday evenings at the Dakota Complex.
2. We use a size 5 ball
3. Play 8v8 (or 7v7 as needed) with goalkeepers and offsides for the Thursday night games for 1 hour (2–30-minute halves). Saturday 11v11 games will be played as a normal game and all games are played for 2–40-minute halves.
4. Coaches and players should be sitting on one side of the field and spectators should be sitting on the opposite side for all games. Please help communicate this to the families.
5. This team has four teams scheduled for the 8v8 games. Please split your team (COED) into four teams. This can be done at the beginning of the season or it can be done weekly, it is up to the coach to decide. A maximum of 3 people can play as “guest players” from your second roster in an evening. Please do not bring your full squad to each game.
6. Games will start April 15th