



RECREATIONAL GAME DAY GUIDE (U3 – U19)

PLAYER ENVIRONMENT: Enjoy a fun introduction to soccer in a supervised and safe team environment. Games are led by volunteer coaches at our first-class soccer facilities with the support of our full-time staff members. Eight-game seasons (Fall & Spring).

BEST PRACTICES: All HTX Soccer Recreational players, parents, spectators, referees and coaches are to adhere to the standards of play and game formats outlined in this document. We encourage all spectators to cheer for 'teams and players' in a supportive and positive manner to create a fun and safe environment for the players.

The HTX Soccer Recreational Committee have the authority to step in and adjust the game format and/or standards of play, if necessary, to ensure that we can create a developmentally appropriate environment for players at every opportunity.

UNIFORMS:

All players should wear the HTX approved uniforms on game day.

- Game attire: - Home team wear dark jersey & Away team wear light jersey
- Shin guards are required

PLAY TIME:

All players should receive 50% playing time unless they are late, sick or injured. Play time will not be even, but no player should get less than half a game. The opportunity to play is much more important than a win, loss, or draw.

AGE GROUPS: U4 – U5 (MINI KICKERS)

GAME FORMAT:

- Play 3v3 (3 field players, no goalkeepers)
- Size 3 ball
- No heading, no goalkeepers and no offside
- 30-minute games (4 quarters or 3 thirds). No added time.
- 2-3-minute break between each period
- Unlimited substitutions - at any stoppage in play
- Maximum roster: 6 players • No results or standings
- No referees

STANDARDS OF PLAY:

- No throw-ins and no penalty kicks
- To start or restart play, kick offs, dribble ins, free kicks, goal kicks and corner kicks are used
- When the ball goes out of bounds on a sideline, we encourage parents to act as 'bumpers' and pass the ball back onto the field to keep the game flowing
- Goal kicks and corner kicks should be taken near the goal area and corner of the field
- Format 3v3 – if roster numbers are low then combine teams to play 3v3 or 2v2.

**COACHES:**

- One coach from each team should be on the game managing and working with the players.

SPECTATORS:

- Encouraged to sit on either of the two sidelines
- Responsible to manage their child when they are not on the field during the game
- Act as bumpers to kick the ball back into play to avoid stoppages in play.

AGE GROUPS: U6 – U7**GAME FORMAT:**

- Play 3v3 (3 field players, no goalkeepers)
- Size 3 ball
- No heading, no goalkeepers and no offside
- 40-minute games (4 quarters or 2 halves). No added time.
- Short break between each period
- Unlimited substitutions - at any stoppage in play
- Maximum roster: 6 players
- No results or standings
- No referees

STANDARDS OF PLAY:

- No throw-ins and no penalty kicks
- To start or restart play, kick offs, dribble ins, free kicks, goal kicks and corner kicks are used
- Goal kicks and corner kicks should be taken near the goal area and corner of the field
- Format 3v3 – if roster numbers are low then combine teams to play 3v3 or 2v2.

COACHES:

- One coach from each team should be on the game managing and working with the players.

SPECTATORS:

- Encouraged to sit on either of the two sidelines.
- Responsible to manage their child when they are not on the field during the game.

AGE GROUPS: U8 – U9**GAME FORMAT:**

- Play 5v5 (4 field players & 1 goalkeeper)
- Size 4 ball
- Goalkeepers (Yes) Must wear a different color jersey/ pinnie than either team
- No heading. Throw In's & Punting (Yes)
- Offside (Yes – in the final third only)
- 45-minute games (split into thirds or two halves). No added time.
- Unlimited substitutions, can occur at any stoppage in play
- Maximum roster: 10 players
- 1 Referee

**STANDARDS OF PLAY:**

- To start or restart play, kick offs, throw-ins, free kicks, goal kicks and corner kicks are used
- Goal kicks and corner kicks should be taken near the goal area and corner of the field
- Format 5v5 – if roster numbers are low then move to 4v4 format
- In the event of a lopsided game, the team that is losing by 4 goals will be allowed to add an extra player onto the field (6v5). If the gap is closed to a 2-goal lead the team losing will need to take the additional player off the field (5v5).

COACHES:

- No coaching on the field during the game. No coaches allowed to stand next to or behind the goal.
- Coaching from the sideline only. Both teams share the same sideline (inside sideline).

SPECTATORS:

- Spectate from the opposite sideline (outside sideline) to the teams.
 - Not permitted to stand or sit along the endline or behind/ next to the goal (distraction).
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AGE GROUPS: U10 – U11**GAME FORMAT:**

- Play 7v7 (6 field players and 1 goalkeeper)
- Size 4 ball
- No heading
- Goalkeepers (Yes)
- Throw In's & Punting (Yes)
- Offside (Yes – in the final third only)
- 50-minute games (2 halves, 25 minutes each half). No added time.
- 5-minute break at half-time.
- Unlimited substitutions, can occur at any stoppage in play
- Maximum roster: 12 players
- No results or standings
- 1 Referee

STANDARDS OF PLAY:

- To start or restart play, kick offs, throw-ins, free kicks, goal kicks, corner kicks and penalty kicks are used.
- Goal kicks should be taken inside the goal area box and corner kicks should be taken inside the corner arc.
- Format 7v7 – if roster numbers are low then move to 6v6 format
- In the event of a lopsided game, the team that is losing by 4 goals will be allowed to immediately add an extra player (8v7). If the gap is closed to a 2-goal lead the team losing will need to take the additional player off the field (7v7).

COACHES:

- No coaching on the field during the game. No coaches allowed to stand next to or behind the goal.
- Coaching from the sideline only. Both teams share the same sideline (inside sideline).

SPECTATORS:

- Spectate from the opposite sideline (outside sideline) to the teams.



- Not permitted to stand or sit along the endline or behind/ next to the goal (distraction).
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AGE GROUPS: U12 – U14

GAME FORMAT:

- Play 9v9 (8 field players and 1 goalkeeper)
- Size 4 Ball • Goalkeepers (Yes)
- Throw In's & Punting (Yes) • Offside (Yes)
- 60-minute games (2 halves, 30 minutes each half). No added time
- 5 -10-minute break at half-time
- Unlimited substitutions, can occur at any stoppage in play
- Maximum roster: 16 players
- No results or standings
- 1 Referee

STANDARDS OF PLAY:

- To start or restart play, kick offs, throw-ins, free kicks, goal kicks, corner kicks and penalty kicks are used.
 - Goal kicks should be taken inside the goal area box and corner kicks should be taken inside the corner arc.
 - Format 9v9 – if roster numbers are low then move to 8v8 format
- In the event of a lopsided game, the team that is losing by 4 goals will be allowed to immediately add an extra player (10v9). If the gap is closed to a 2-goal lead the team losing will need to take the additional player off the field (9v9).

COACHES:

- No coaching on the field during the game. No coaches allowed to stand next to or behind the goal.
- Coaching from the sideline only. Both teams share the same sideline (inside sideline).

SPECTATORS:

- Spectate from the opposite sideline (outside sideline) to the teams.
 - Not permitted to stand or sit along the endline or behind/ next to the goal (distraction).
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AGE GROUPS: U15 – U19 HIGH SCHOOL

GAME FORMAT:

- Play 11v11 (10 field players and 1 goalkeeper)
- Size 5 ball
- Goalkeepers (Yes)
- Throw In's & Punting (Yes)
- Offside (Yes)
- 70-minute games (2 halves, 35 minutes each half). No added time.
- 5 -10-minute break at half-time.
- Unlimited substitutions, can occur at any stoppage in play
- Maximum roster: 20 players
- No results or standings
- 1 Referee



STANDARDS OF PLAY:

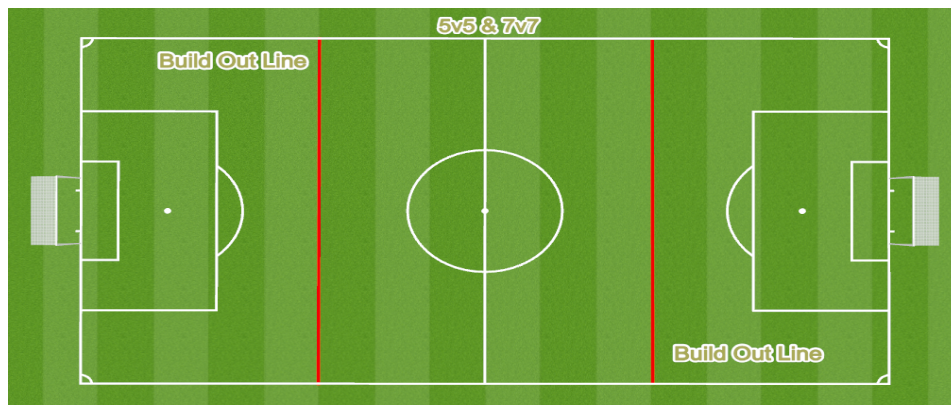
- To start or restart play, kick offs, throw-ins, free kicks, goal kicks, corner kicks and penalty kicks.
- Goal kicks taken inside the goal area box & corner kicks should be taken inside the corner arc.
- Format 11v11 – if roster numbers are low then move to 10v10 format

SPECTATORS:

- Spectate from the opposite sideline (outside sideline) to the teams.
- Not permitted to stand or sit along the endline or behind/ next to the goal (distraction).

BUILD OUT LINE: U7 – U11

The build out line in the 5v5 & 7v7 play format gives teams the opportunity to play the ball out of the back with control, rather than having the players to send the ball a long distance and running after it every time. The build out line is marked between the penalty area line and halfway line as shown below.



- When the goalkeeper is taking a goal-kick or has possession of the ball in their hands, the opposing team must move back behind the line of restriction until after the goalkeeper plays the ball.
- The goalkeeper or player taking the goal-kick is not required to wait until the opposing team is behind the line of restriction to put the ball in play.
- Following the goal kick, punt, pass or throw, the opposing team can cross the line of restriction and play resumes as normal.

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HTX Soccer Recreational Committee