



## 5U DIVISION FORMAT

- 4v4 (no goalkeepers) with Pugg goals and size 3 ball
- No practices, just Jamboree session on Saturdays
- 25-minute skills/games/practice session led by a Master Coach
  - Coaches should assist the Master Coach in making sure the players are doing the games/skills correctly and enjoying themselves.
- 20-minute (two 10-minute halves) game
  - Each team may have two coaches present on the field to help guide players, but should stay out of the way of play
  - Stop half way through each half for substitutions
  - Restarts (when the ball goes out of play): Goal-kicks, corner-kicks, kick-offs and kick-ins (from sideline). But, when safe the ball may be gently “kept in” by coaches to avoid constant restarts.
  - Opposing team must be in their own half on goal-kicks.
  - No player shall play four-quarters until all players have played three-quarters. All players must play at least two-quarters.
  - Emphasize development and fun over winning!



## 6U DIVISION FORMAT

- 4v4 (no goalkeepers) with Pugg goals and size 3 ball
- One 45-minute practice per week
  - Evo coaches will be available periodically over the season to lead practices
- 40-minute (two 20-minute halves) game
  - Coaches help on the field for first ½ of season. 2<sup>nd</sup> Half of season, coaches should stay off of the field on their respective sidelines or near end lines to help play go smoothly
  - Stop half way through each half for substitutions
  - Restarts (when the ball goes out of play): Goal-kicks, corner-kicks, kick-offs and kick-ins (from sideline). But, when safe the ball may be gently “kept in” by coaches to avoid constant restarts.
  - Opposing team must be in their own half on goal-kicks.
  - No Headers
  - No player shall play four-quarters until all players have played three-quarters. All players must play at least two-quarters.
  - Avoid Blowouts
  - Emphasize development and fun over winning!
  - Communicate with opposing coach during the week if you know you will be short players. Bring pinnies and be prepared to use/provide guest players when necessary



## 7U DIVISION FORMAT

- 5v5 (no goalkeepers) with Pugg goals and size 3 ball
- One 45-minute practice per week
  - Evo coaches will be available periodically over the season to lead practices
- 40-minute (two 20-minute halves) game
  - One Referee signs up to cover the game (can be certified ref parent).
  - Coaches should stay off of the field on their respective sidelines or near end lines to help play go smoothly
  - Stop half way through each half for substitutions
  - Restarts (when the ball goes out of play): Goal-kicks, corner-kicks, kick-offs and kick-ins (from sideline).
  - Opposing team must be in their own half on goal-kicks.
  - No Headers
  - No player shall play four-quarters until all players have played three-quarters. All players must play at least two-quarters.
  - Avoid Blowouts.
  - Emphasize development and fun over winning!
  - Communicate with opposing coach during the week if you know you will be short players. Bring pinnies and be prepared to use/provide guest players when necessary



## 8U DIVISION FORMAT

- 6v6 (no goalkeepers) with 4x6 Bownet goals and size 3 ball
- One 60-minute practice per week
  - Evo coaches will be available periodically over the season to lead practices
- 40-minute (two 20-minute halves) game
  - Coaches should stay on their respective sidelines in the coaching zone
  - Stop half way through each half for substitutions/water break
  - Restarts (when the ball goes out of play): Goal-kicks, corner-kicks, kick-offs and throw-ins (from sideline).
  - Opposing team must move behind the half way line when the goalkeeper has the ball.
  - No Headers
  - No player shall play four-quarters until all players have played three-quarters. All players must play at least two-quarters.
  - Avoid blow-outs.
  - Emphasize development and fun over winning!
  - Communicate with opposing coach during the week if you know you will be short players. Bring pinnies and be prepared to use/provide guest players when necessary



## 10U DIVISION FORMAT

- 7v7 (including goalkeepers) with size 4 ball
- Two 75-minute practice per week
  - Evo coaches will be available periodically over the season to lead practices
- 50-minute (two 25-minute halves) game
  - Coaches should stay on their respective sidelines in the coaching zone
  - Stop half way through each half for substitutions/water break
  - Players should not specialize. i.e. no player should be playing more than two quarters as GK and all players should get a chance to play it
  - Restarts (when the ball goes out of play): Goal-kicks, corner-kicks, kick-offs and throw-ins (from sideline).
  - Opposing team must move behind the Build Out Line when the goalkeeper has the ball.
  - No Goalkeeper Punts/No Headers
  - No player shall play four-quarters until all players have played three-quarters. All players must play at least two-quarters.
  - Avoid blow-outs. (have your top scorer play GK)



## 12U DIVISION FORMAT

- 9v9 (including goalkeepers) with size 4 ball
- Two 90-minute practice per week
  - Evo coaches will be available periodically over the season to lead practices
- 60-minute (two 30-minute halves) game
  - Coaches should stay on their respective sidelines in the coaching zone
  - Stop half way through each half for substitutions/water break
  - Players should not specialize. i.e. no player should be playing more than two quarters as GK and all players should get a chance to play it
  - Restarts (when the ball goes out of play): Goal-kicks, corner-kicks, kick-offs and throw-ins (from sideline).
  - Goalkeeper Punts Allowed Again
  - No Headers
  - No player shall play four-quarters until all players have played three-quarters. All players must play at least two-quarters.
  - Avoid blow-outs. (have your top scorer play GK)



## 14U-19U DIVISION FORMAT

- 11v11 (including goalkeepers) with size 5 ball
- Two 90-minute practice per week
  - Evo coaches will be available periodically over the season to lead practices
- 70 minute (14u)/80 minute (16u)/90 minute (19u) games
  - AREA Play Circuit
  - Coaches should stay on their respective sidelines in the coaching zone
  - Stop half way through each half for substitutions/water break for 14u. Free Substitution for 16u and 19u.
  - Restarts (when the ball goes out of play): Goal-kicks, corner-kicks, kick-offs and throw-ins (from sideline).
  - Goalkeeper Punts Allowed
  - Headers Allowed
  - No player shall play four-quarters until all players have played three-quarters. All players must play at least two-quarters (50% of the game).
  - Avoid blow-outs. (have your top scorer play GK)