

Allendale AYSO Soccer Guidelines for 2023-24

LET THEM PLAY!



10U Teams

- 10 players per team* (Fall: Actual 8-9 players)
- **7 v 7 games with goalkeeper**
- Size 4 ball
- 90-minute practice, once per week
- 50-minute games. 12.5-minute quarters. 5-minute halftime.
- Build out line.
- Offsides, corner kicks, goal kicks (New Goal Kick Rule)
- No punting by the goalkeeper.
- No heading.
- Everybody plays at least 50% of game. Substitutions are made at quarter breaks, halftime, and injuries.

12U Teams

- 12 players per team* (Fall: Actual 10-11 players)
- 9 v 9 games with goalkeeper **(8 v 8 if necessary, if short-handed)**
- Size 4 ball
- 90-minute practice, once per week
- 60-minute games. 15-minute quarters. 5-minute halftime.
- Offsides, corner kicks, goal kicks (New Goal Kick Rule)
- Punting is allowed by the goalkeeper.
- No heading.
- Everybody plays at least 50% of game. Substitutions are made at quarter breaks, halftime, and injuries.

14U Teams

- 15 players per team* (Actual 14-15 players)
- 11 v 11 games with goalkeeper
- Size 5 ball
- (1) 90-minute practice or (2) 60-minute practices
- 70-minute games. 17.5-minute quarters. 5-10 minute halftime.
- All standard soccer rules.
- **Heading is allowed.**
 - **Heading is limited to a maximum of thirty (30) minutes per week with no more than 15-20 headers, per player.**
 - **There is no restriction on heading in matches.**
- Everybody plays at least 50% of game. Substitutions are made at quarter breaks, halftime, and injuries.

NO ADULT IS ALLOWED TO ASSIST ON THE FIELD WITHOUT PROPER AYSO TRAINING.

* This is the desired team size. However, the Board has the right to change the team size to accommodate all interested players.