

Allendale AYSO Soccer Guidelines for 2023-24

LET THEM PLAY!



5U Teams

- 6 players per team*
- 4 v 4 games, no goalkeeper
- Size 3 ball
- No weekday practice.
- 35-minute practice on Saturday, followed by a 20-minute game. 5-minute quarters. 5-minute halftime.
- Kick-in when ball goes out of play
- No heading.
- Everybody plays at least 50% of game. Substitutions are made at quarter breaks, halftime, and injuries.

6U Teams

- 6 players per team*
- 4 v 4 games, no goalkeeper
- Size 3 ball
- No weekday practice.
- 35-minute practice on Saturday, followed by a 20-minute game. 5-minute quarters. 5-minute halftime.
- Kick-in when ball goes out of play.
- No heading.
- Everybody plays at least 50% of game. Substitutions are made at quarter breaks, halftime, and injuries.

8U Teams

- 6 players per team*
- 4 v 4 games
- Size 3 ball
- 60-minute practice, once per week
- 40-minutes games. 10-minute quarters. 5-minute halftime.
- Throw-ins
- Corner kicks, goal kicks
- No goalkeeper or anyone “acting” as goalkeeper.
- No heading.
- 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.