

RECREATIONAL GAME DAY GUIDE (U3 – U18)

PLAYER ENVIRONMENT:

Enjoy a fun introduction to soccer in a supervised and safe team environment. Games led by volunteer coaches at our first-class soccer facilities with the support of our full-time staff members.

BEST PRACTICES:

All DDY 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 DDY Recreational Committee have the authority to step in and make adjustments to 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.

AGE GROUPS: U4 – U6

GAME FORMAT:

- Play 3v3 (3 field players, no goalkeepers)
- Size 3 ball
- No heading, no goalkeepers and no offside
- 30-35-minute games (4 quarters or 3 thirds). No added time.
- 2-3-minute break between each period
- All players should receive 50% playing time
- Unlimited substitutions - at any stoppage in play
- Maximum roster: 6 players
- No results or standings
- No referees

UNIFORMS:

- All players must be in DDY approved uniforms
- Game attire:
 - Home team wear dark jersey & Away team wear light jersey
- Shin guards are required

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

DYNAMO DASH YOUTH RECREATIONAL

AGE GROUPS: U7 – U8

GAME FORMAT:

- Play 4v4 (4 field players, no goalkeepers)
- Size 3 ball
- No heading, no goalkeepers and no offside
- 40-minute games (4 quarters, 10 minutes each). No added time.
- 5-minute break between each period
- All players should receive 50% playing time
- Unlimited substitutions, can occur at any stoppage in play
- Maximum roster: 8 players
- No results or standings
- Referees

UNIFORMS:

- All players must be in DDY approved uniforms
- Game attire:
 - Home team wear dark jersey & Away team wear light jersey
- Shin guards are required

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 4v4 – if roster numbers are low then move to 3v3 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 onto the field to give them a numerical advantage (4v5) until the gap is closed to a 2-goal lead at which point the team losing will need to take the additional player off the field and moving the game back to equal player numbers (4v4) on the field.

DYNAMO DASH YOUTH RECREATIONAL



AGE GROUPS: U9 – U10

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)
- goalkeepers and no offside
- 50-minute games (2 halves, 25 minutes each half). No added time.
- 5-10-minute break at half-time.
- All players should receive 50% playing time
- Unlimited substitutions, can occur at any stoppage in play
- Maximum roster: 12 players
- No results or standings
- 1 Referee

UNIFORMS:

- All players must be in DDY approved uniforms
- Game attire:
 - Home team wear dark jersey & Away team wear light jersey
 - Approved uniform shorts and socks
- Shin guards are required

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 onto the field to give them a numerical advantage (7v8) until the gap is closed to a 2- goal lead at which point the team losing will need to take the additional player off the field and moving the game back to equal player numbers (7v7) on the field.

DYNAMO DASH YOUTH RECREATIONAL



AGE GROUPS: U11 – U15

GAME FORMAT:

- Play 9v9 (8 field players and 1 goalkeeper)
- Size 4 ball (U11-U13) and size 5 ball (U14-U15)
- Goalkeepers (Yes)
- Throw In's & Punting (Yes)
- Offside (Yes – in the final third only)
- goalkeepers and no offside
- 60-minute games (2 halves, 30 minutes each half). No added time.
- 5 - 10-minute break at half-time.
- All players should receive 50% playing time
- Unlimited substitutions, can occur at any stoppage in play
- Maximum roster: 16 players
- No results or standings
- 1 Referee

UNIFORMS:

- All players should be in DDY approved uniforms (unless shipping delay in uniform order)
- Game attire:
 - Home team wear dark jersey
 - Away team wear light jersey
 - Approved uniform shorts and socks
- Shin guards are required

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 onto the field to give them a numerical advantage (7v8) until the gap is closed to a 2-goal lead at which point the team losing will need to take the additional player off the field and moving the game back to equal player numbers (7v7) on the field.

DYNAMO DASH YOUTH RECREATIONAL

BUILD OUT LINE: U4 – U8

The build out line promotes playing the ball out of the back with control, rather than having the players to send the ball a long distance and running after it. The build out line in 3v3 and 4v4 games is the half-way line.

- When a player is taking a goal kick around the goal area, the opposing team must move back to the half- way line until after the restart has been taken.
- The 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.
- After the ball is put in play, the opposing team can cross the halfway line and play resumes as normal.

BUILD OUT LINE: U9 – U10

The build out line in 7v7 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 in 7v7 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.

