



RISE REC & ADVANCED (U4–U12): GAME DAY GUIDE

PLAYER ENVIRONMENT | BEST PRACTICES | GAME FORMATS | STANDARDS OF PLAY

PLAYER ENVIRONMENT:

RISE aspires to provide a fun, safe, instructional soccer experience for players that is conducive to individual player development within the team concept. Helping our individual players build a strong technical foundation is our priority. RISE, where possible, will adhere to the [Player Development Initiatives](#) recommendations put in place by the U.S. Soccer Federation.

BEST PRACTICES:

All “players/teams” registered to RISE Soccer Club are “the players/teams” of RISE SC, per se, and not “the players/teams” of any particular Team Manager(s) or RISE Coaching Staff member(s). As such, RISE expects all players, parents, team managers, and RISE Coaching Staff members to adhere to the Standards of Play and Game Formats detailed in this document to provide our players’ with the best possible environment.

RISE encourages team managers, parents, and spectators to cheer for their “teams and players” as long as it is in a positive and wholesome manner. Together, RISE, team managers, and parents are expected to create and promote a fun and safe environment for the players. There will be no tolerance when it comes to overly competitive or aggressive team managers, parents, or spectators who pressure players to perform, win at all costs, or engage in combative exchanges with others. For more details on RISE’s policies, please refer to the Recreational Handbook. RISE Site Coordinators and/or RISE Staff Coaches that are at game locations are there to provide oversight, enforce the game formats, playing standards, and evaluate players. They have the authority to step in and make adjustments to the Game Format and/or Standards of Play if necessary to ensure a developmentally appropriate environment for the players.

In age groups where games do not have referees, parent team managers are expected to manage the game environment from the touchline using the Standards of Play and their best judgment. In age groups where a referee is provided, team managers should still manage the games from the touchlines.



AGE GROUPS: U4-U5

GAME FORMAT:

- Play 3 v 3 (3 field players, no goalkeepers)
- Size 3 ball
- All players must be in RISE approved uniforms
- Home Teams wear dark jersey (Vivid Pink)
- Shin guards are required
- No Heading
- No Goalkeepers
- No Offside
- 30 minute games (4 quarters, 7.5 minutes each quarter).
No added time.
- 3 minute break at the end of each quarter
- All players should receive 50% playing time
- Substitutions are unlimited and can occur anytime
- Maximum Rosters: 6
- 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 (touch line), we encourage parents to simply roll or toss the ball back into the field of play so there aren't delays in restarts.
- Goal kicks and corner kicks should be taken in the general vicinity of the respective goal or corner.
- Format 3v3 - If roster numbers are low then combine teams to play have enough players to play in the 3v3 format.

AGE GROUPS: U6-U8

GAME FORMAT:

- Play 4 v 4 (4 field players, no goalkeepers)
- U6 will play 3 v 3 (3 field players, no goalkeepers)
- Size 3 ball
- All players must be in RISE approved uniforms
- Home Teams wear dark jersey (Vivid Pink)
- Shin guards are required
- No Heading
- No Goalkeepers
- No Offside
- 40 minute games (4 quarters, 10 minutes each quarter).
No added time.
- 5 minute break at the end of each quarter
- All players should receive 50% playing time
- Substitutions are unlimited and can occur anytime
- Maximum Rosters: 7 for (U7 & U8) and 6 for (U6)
- 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.
- Opponents should be 10 feet away from the ball on all restarts
- When the ball goes out of bounds on a sideline (touch line), we encourage parents to simply roll or toss the ball back into the field of play so there aren't delays in restarts.
- All free kicks are indirect (an "indirect kick" must be touched by another player before it can go into the goal – that is the kicker and a second person).
- Goal kicks and corner kicks should be taken in the general vicinity of the respective goal or corner.



- 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 3 goals will be allowed to immediately add an extra player onto the field giving them a 1 player advantage (4v5) until the gap is closed to a 1 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.

AGE GROUPS: U9-U10

GAME FORMAT:

- Play 7 v 7 (6 field players and 1 goalkeeper)
- Minimum number of players to start the game is 5, one should be a goalkeeper
- Size 4 ball
- All players must be in RISE approved uniforms
- Home Teams wear dark jersey (Vivid Pink)
- Shin guards are required
- No Heading
- Goalkeepers (Yes)
- Offside (Yes)
- 50 minute games (2 halves, 25 minutes each half).
No added time.
- 10 minute halftime
- All players should receive 50% playing time
- Substitutions are unlimited and can occur on any stoppage
- Maximum Roster: 12 players
- No results or standings
- 1 referee will call the game

STANDARDS OF PLAY (U9-U10):

The [**FIFA Standard Laws of the Game**](#) apply for RISE Recreational games in these age groups. The specific laws which we reference are below:

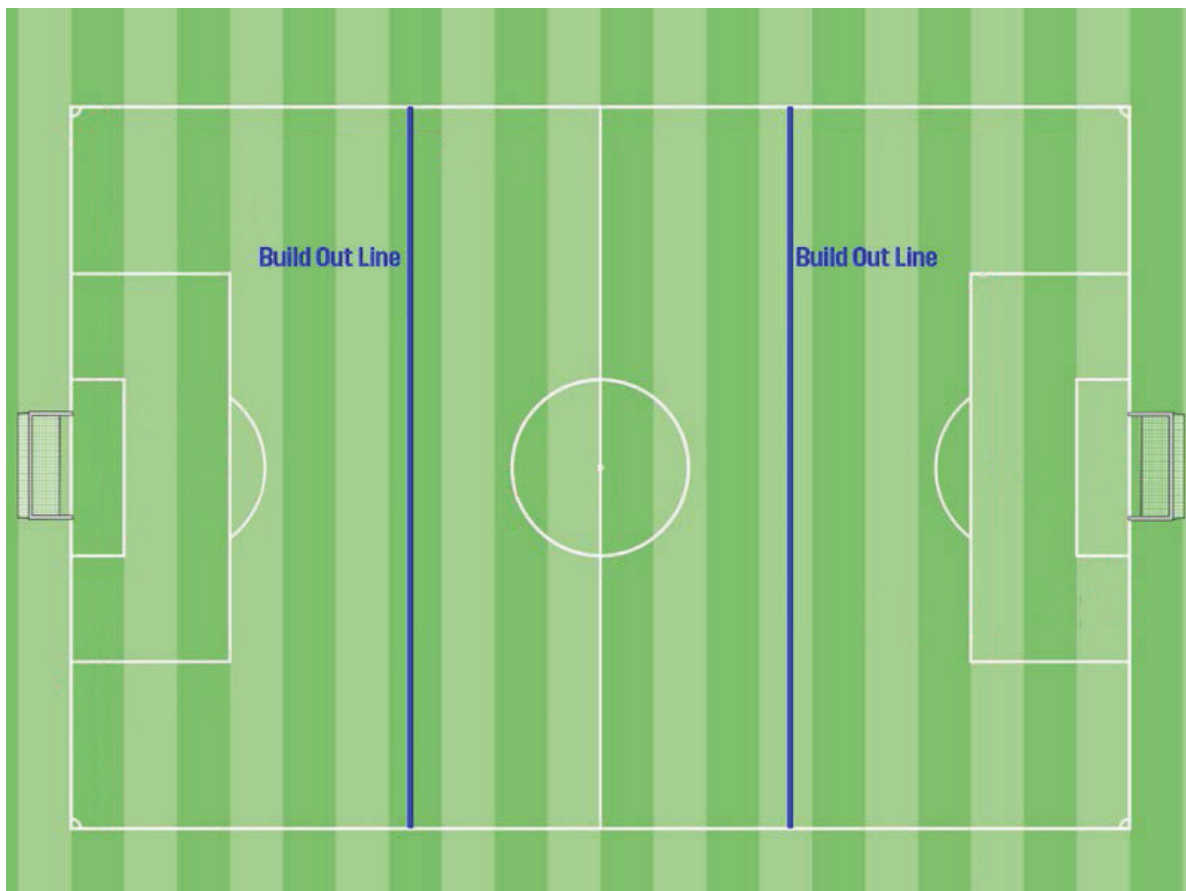
- Law 4: Players Equipment (pg. 54)
- Law 8: Start and Restart of Play (pg. 84)
- Law 9: Ball in and Out of Play (pg. 88)
- Law 10: Determining the Outcome of the Match (pg. 90)
- Law 11: Offside (pg. 96), FIFA Rules except for the offside line is the defensive Build Up line instead of midfield line.
- Law 12: Fouls and Misconduct (pg. 100), with the exception of deliberate heading and punting. Heading is not allowed on Small Sided games - Indirect FK will be awarded at the place of infraction. If infraction happens in the defensive penalty box the kick will be taken from outside the box.
- Law 13: Free Kicks (pg. 112), all free kicks are indirect, distance from the ball - 7 yards.
- Law 14: Penalty Kick (pg. 116), To be taken from the penalty mark - 7 yards from goal line. All players must be out of the penalty area.
- Law 15: Throw-in (pg. 122)
- Law 16: Goal Kick (pg. 126), From inside the penalty area, the goalkeeper rolls the ball into play. Ball must be played within own build-up area. It may not be played within own Penalty Box.
- Law 17: Corner Kick (pg. 130)
- 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 3 goals will be allowed to immediately add an extra player onto the field giving them a 1 player advantage (7v8) until the gap is closed to a 1 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.



BUILD OUT LINE (U9–U10):

The build out line promotes playing the ball out of the back with control and in a less pressured setting, rather than teaching players to send the ball a long distance down the field and chase after it. The Build Out Line is marked midway between the penalty area line and the halfway line as pictured below.

- When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing team must move behind the build out line until the ball is put into play.
- Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punts and drop kicks are not allowed). The goalkeeper is not required to wait until the opposing team is behind the build out line to put the ball in play.
- After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal
- The opposing team must also move behind the build out line prior to a goal kick and may only cross the build out line once the ball has left the penalty area.
- If a goalkeeper punts or drop kicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense.
- The build out line will also be used to denote where offside offenses can be called.
- Players cannot be penalized for an offside offense between the halfway line and the build out line.
- Players can be penalized for an offside offense between the build out line and goal line.





AGE GROUPS: U11-U12

GAME FORMAT:

- Play 9 v 9 (8 field players and 1 goalkeeper)
- Minimum number of players to start the game is 6, one should be a goalkeeper
- Size 4 ball
- All players must be in RISE approved uniforms
- Home Teams wear dark jersey (Vivid Pink)
- Shin guards are required
- No Heading
- Goalkeepers (Yes)
- Offside (Yes)
- 60 minute games (2 halves, 30 minutes each half).
No added time.
- 10 minute halftime
- All players should receive 50% playing time
- Substitutions are unlimited and can occur on any stoppage
- Maximum Roster: 16 players
- No results or standings
- 1 referee will call the game

STANDARDS OF PLAY (U11-U12):

The **FIFA Standard Laws of the Game** apply for RISE Recreational games in these age groups. The specific laws which we reference are below:

- Law 4: Players Equipment (pg. 54)
- Law 5: The Referee (pg. 62)
- Law 8: Start and Restart of Play (pg. 84)
- Law 9: Ball in and Out of Play (pg. 88)
- Law 10: Determining the Outcome of the Match (pg. 90)
- Law 11: Offside (pg. 96)
- Law 12: Fouls and Misconduct (pg. 100), with the exception of deliberate heading and punting. Heading is not allowed on Small Sided games - Indirect FK will be awarded at the place of infraction. If infraction happens in the defensive penalty box the kick will be taken from outside the box.
- Law 13: Free Kicks (pg. 112), all free kicks are indirect, distance from the ball - 7 yards.
- Law 14: Penalty Kick (pg. 116), To be taken from the penalty mark - 7 yards from goal line. All players must be out of the penalty area.
- Law 15: Throw-in (pg. 122)
- Law 16: Goal Kick (pg. 126), From inside the penalty area, the goalkeeper rolls the ball into play. Ball must be played within own build-up area. It may not be played within own Penalty Box.
- Law 17: Corner Kick (pg. 130)
- 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 3 goals will be allowed to immediately add an extra player onto the field giving them a 1 player advantage (9v10) until the gap is closed to a 1 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 (9v9) on the field.