



GDL Rules and Recommendations

US SOCCER GUIDELINES:

1. While playing, everyone should participate a minimum of 50% of the time This allows players to experience play with a variety of other kids based on ability, age, height, weight, etc.
2. Results and standings should not be recorded.
3. Travel should be limited as much as possible.
4. Remember that safety and fun are the top priorities so make adjustments as needed to ensure both are being promoted.
5. Together, officials, coaches and parents are expected to create and promote a fun and safe environment for the players.

GDL RECOMMENDATIONS:

1. GDL teams should practice once per week, with sessions lasting between an hour and an hour and fifteen mins.
2. GDL practices should follow the play/practice/play model. Curriculum content will be provided to all teams registering to play in the GDL to support this model.
3. GDL teams should adopt a diamond formation when playing.
4. All players should play every role within this formation.
5. Coaches should only make substitutions during a break between quarters. Exceptions are in the case of injury or fatigue.
6. All players should play a minimum of 50% of the time.
7. Coaches and/or referees should institute developmentally appropriate restrictions in the event of an unbalanced game.

Restriction Recommendations:

If a game is particularly one sided or unbalanced, coaches should be encouraged to place developmentally appropriate restrictions on their team. Examples of which are below:

- Opposition can allow an additional player to enter the field.
- X amount of passes must be completed consecutively before the team can score.
- Every player must touch the ball before the team can score.
- Players can only score with their non-dominant foot.
- Players can only play with their non-dominant foot.
- Players must successfully execute a 1v1 move to beat a player before scoring.

RULES:

US Soccer Format

- Size 3 ball.
- 4v4 (no goalkeepers).
- Shin guards are required.
- Substitutions are unlimited and can occur at any time. Coaches are encouraged to any make subs in between quarters unless of injury or fatigue.
- 4 quarters.
- No more than 10 minute quarters.
- 5 minute breaks between quarters.
- Playing times can be less than 10 minutes when managed by the coaches and parents.

US Soccer Standard Scrimmage Rules

- 1 goal at either end of the field. Teams attack one goal each for the first 2 quarters, then switch to attack the opposite goal. Ball must be put in the net to score.
- Dribble or pass-ins are acceptable for kick offs, free kicks, , goal kicks and corner kicks – all scenarios that are used to start or restart play.
- Goal kicks and corner kicks should be taken in the general vicinity of the respective goal or corner.
- If used, all free kicks are indirect.
- Opponents should be 10 feet away from the ball on all restarts . Behind the half way line for GK's.
- No penalty kicks.
- No offside.

EXAMPLES OF CONDITIONED SCRIMMAGES:

Conditioned Scrimmage Rules: *Dribbling*

- No goals at either end of the field. Instead there is a 5yd deep end zone that extends the width of the field at each end. Teams attack one end zone each for the first 2 quarters, then switch to attack the opposite end zone. Goal is scored by dribbling into the end zone and stopping the ball/having the ball under control.
- There are no corner kicks. If the ball exits the end zone, play is restarted with a GK to the defending team.
- Dribble or pass-ins are acceptable for kick offs, free kicks and goal kicks – all scenarios that are used to start or restart play.
- Goal kicks should be taken in the general vicinity of the respective goal or corner
- If used, all free kicks are indirect.
- Opponents should be 10 feet away from the ball on all restarts. Behind the half way line for GK's.
- No penalty kicks.
- No offside.

Conditioned Scrimmage Rules: *Passing*

- No goals at either end of the field. Instead there is are 4 5yd/5yd boxes set up in each corner of the field. Goal is scored by passing the ball from outside of any of the boxes, into the box for a teammate to control. A goal is only score if the ball is controlled.
- There are no corner kicks. If the ball exits the field, play is restarted with a dribble/pass in at the point it exited the field.
- Dribble or pass-ins are acceptable for kick offs and free kicks and – all scenarios that are used to start or restart play.
- Dribble or pass from the center of the field is how play is restarted after a goal, with the conceding team starting with the ball.
- If used, all free kicks are indirect.
- Opponents should be 10 feet away from the ball on all restarts. Behind the half way line for GK's.
- No penalty kicks.
- No offside.

Conditioned Scrimmage Rules: *Striking*

- 2 goals at either end of the field. Teams attack directionally to two goals at one end of the field each for the first 2 quarters, then switch to attack the opposite goals. Ball must be put in either net to score.

- Dribble or pass-ins are acceptable for kick offs, free kicks, goal kicks and corner kicks – all scenarios that are used to start or restart play.
- Goal kicks and corner kicks should be taken in the general vicinity of the respective goal or corner.
- If used, all free kicks are indirect.
- Opponents should be 10 feet away from the ball on all restarts . Behind the half way line for GK's.
- No penalty kicks.
- No offside.

Deliberate heading is not allowed in 4v4 games If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense.