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US Soccer Player Development Initiatives

As we all know by now, US Soccer passed down some new Player Development Initiatives in the Fall of 2015. SJSL was one of the first organizations to look at and develop its own approach to the new requirements. We announced the new changes in October 2015 and finalized our adoption of the revised guidelines in December 2015. Two separate Coaches' Meetings were held in February 2016 to explain the changes. Tables were created and posted on the league website to illustrate the new rules. In this issue, we will recap the changes that go into effect for this upcoming Fall 2016 season.

If you are not receiving emails from the league, please verify that your email/contact information is correct in Bonzi. Questions during the Fall 2016 season should generally be directed to the Fall

Birth Year and New Age Levels

Remember we are following the Birth Year format. The cutoff date is no longer August 1st, but now is January 1st. To determine the age level for your team for the Fall 2016 season, subtract the birth year of your oldest player from 2017. For example, if your oldest player was born in 2007, your team will play U10 for the Fall 2016 season. If the oldest player was born in 2003, your team will play U14.

So what does this mean if your team played at the

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Games Commissioner, Mike Trojak at fallcommish@sjsl.org.

If you have other questions and do not know who to direct them to, go to the league website at www.sjsl.org and cursor over the "Contact Us" tab on the top menu bar to the far right and click on "Who Do I Contact?".

Questions on the content of this newsletter, unless otherwise specified should be directed to Bob Cooper at vp@sjsl.org.



U13 level in the Spring of 2016? Well that means that your team likely had players with a DOB between 8/1/2002 and 7/31/2003. The 8/1/2002 to 12/31/2002 players will be age appropriate for U15 for the Fall 2016 season. The 1/1/2003 to 7/31/2003 players will be age appropriate for U14 for the Fall 2016 season. If this team stays together as is, they will play at the U15 age level (as will ALL other teams with these birth dates).

Number of Players on the Field and Roster Sizes

U8–U10 teams will be playing 7v7. Roster sizes are set at 14/14/20 (Game Day Roster/Active Roster/Maximum Seasonal Year Roster). U8 travel teams will be playing under the U9 rules for the 2016–2017 seasonal year.

U11–U12 teams will be playing 9v9. Roster sizes are set at 16/18/24.

U13 and above teams will continue to play 11v11. Roster sizes are set at 18/22/28.

Goal Keepers and Build–Out Lines

All ages, U8 and above, will use goal keepers. For U13 and above, there are no changes. For U11–12, the Spring rule prohibiting goal keepers from punting the ball from one penalty area to the other in the air remains in effect.

For U8–U10 teams, the goal keeper may not punt or drop kick the ball. Instead, a “build–out” line will be added to all 7v7 fields. The build–out line is used to promote playing the ball out of the back in an unpressured setting.

When the goal keeper has the ball, either during play or for a goal kick, the opposing team must move back behind the build–out line. Once they have moved back, the goal keeper may pass, throw or roll the ball to a teammate (or kick the ball for a goal kick). After the goal keeper puts the ball in play, the opposing team can cross the build–out line and play resumes as normal.

For SJSJL league game purposes, the ball is “in play” once it leaves the keeper’s hands. Note that the 6

Field and Goal Sizes



U8–U10 teams will be playing on fields that are 47–70 yards by 30–45 yards. Goal sizes may be either 7’x21’ or 6.5’x18.5’.

U11–U12 teams will be playing on fields that are 70–80 yards by 45–55 yards. Goal sizes may be either 7’x21’ or 6.5’x18.5’.

U13 and above teams will be playing on fields that are 100–130 yards by 50–100 yards. Goal sizes are required to be 8’x24’.



second rule still applies to keeper possession. The time starts when all of the opposing team’s players are behind the build out line.

Quick Tips:

When a team is taking a goal kick, they do not have to wait for the opposing team to move behind the build out line to put the ball in play. However, if the ball is touched by another player before it leaves the penalty area, there will be a rekick.

If the GK has possession and elects to put the ball in play before the opposing team gets behind the build out line and the opposing team gains possession of the ball, the ruling will depend on intent. If the opposing team was trying to move out, there will be no infraction. If they were delaying moving out, an indirect free kick will be given to the GK’s team.

Playing Up and Majority Rule

For SJSJL league play beginning with the Fall 2016 season, U8 teams must be age appropriate. U7 players may NOT play up on this team. ALL of the players on a U8 team must have been born in 2009.

All players, U8–U14, may play up 2 years, if permitted by their club. Playing up for U15 players and above is subject to club approval. Otherwise there is no limitation.

There is also no majority rule at any age level other than U8.



Heading Policy



Players on U11 and below teams cannot intentionally head balls in games or during practices. There are no longer restrictions on U12 teams heading the ball, even if there are players who are 10 years old playing up on a U12 team.

Intentional heading of the ball during a U11 and below game is considered a “dangerous play” and it will result in an indirect kick being awarded to the opponent from the point of the infraction.

U12-U14 players are permitted to head balls during games, but are limited in practices to heading drills for 30 minutes per week and no more than 15-20 headers per player, per week. The players should be using a lighter/softer ball for heading practices and coaches should not be serving the balls from their feet.

Fall Games Reminders

A couple of quick reminders:

ALL games will be played on the days, times and fields as scheduled. Coaches CANNOT change or move games unilaterally, even if both coaches agree. Games can only be moved with the Games Commissioner’s permission.

All game results must be reported by the HOME team online by noon of the following day. BOTH teams must complete the online referee evaluation by noon of the following day.

To determine standings, for U11 and above, in the event of a tie at the end of conference play, the conference or flight champion will be determined



by tiebreakers in the following order: (1) head to head; (2) goal differential between the tied teams; (3) goals allowed during all conference play. Teams still tied after all three tie breakers are considered will be crowned as co-champions.

Teams that violate the mercy rule during a season are not eligible to win their flight.

All substitutions must be at midfield and ready to enter before they will be recognized by the referee.

SJSL Executive BoardPresident: [Larry Young](#)Vice President: [Bob Cooper](#)General Secretary: [Jim Miller](#)Treasurer: [Tom DiValerio](#)Registrar: [Chuck Snyder](#)Fall Games Commissioner: [Mike Trojak](#)Spring Games Commissioner: [Helmut Lackermayer](#)Rules Compliance Officer: [Tom Olbrich](#)First Trustee: [Ed Walto](#)Second Trustee: [Ed Eichen](#)Third Trustee: [Gary Rambo](#)Recording Secretary: [Scott Hartman](#)Information Officer: [Joe Arone](#)

Mandatory Coaches' Meetings



The mandatory coaches' meetings for the Fall 2016 season will be held on September 6&7, 2016.

The U11 to U16 Mandatory Coaches' Meeting will be held on Tuesday, September 6, 2016, at 8:00pm at the Hotel ML, 915 Route 73, Mt. Laurel.

The U8 to U10 Mandatory Coaches' Meeting will be held on Wednesday, September 7, 2016, at 8:00pm at the Wyndam Hotel, 1111 Route 73, Mt. Laurel.

Coaches MUST attend the correct meeting for their age group. Coaches who coach teams in both age groups MUST attend BOTH meetings!

"The secret is to believe in your dreams; in your potential that you can be like your star, keep searching, keep believing and don't lose faith in yourself."

Neymar

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