



## PRE-ACADEMY LEAGUE GAME RULES

### GAME LENGTH

- Games are 20-minute halves with a 5-minute halftime.
- Ties are okay—no overtime!

### FORMAT

- Teams play 7 v 7 (goalkeeper included).
- Games can start with as few as 4 players. If needed, we'll mix teams to make sure everyone gets to play.

### ROSTERS

- Teams can have up to 12 players.
- Goalkeepers should avoid punting or drop-kicking the ball.

### UNIFORMS

- We'll provide game jerseys—just pair them with black shorts and socks.
- If there's a jersey color conflict, practice jerseys or pinnies will help sort it out.

### GAME DAY

- Teams can warm up for 10 minutes before the game starts.
- The home team brings the ball (size 4 for 7U-10U).

### SUBSTITUTIONS

- Subs can jump in on the fly!

### SPORTSMANSHIP

- Keep it fun and friendly! In the rare case of poor behavior (e.g., ejections), a short break from games may be required.

### STANDINGS

- We're here to play and improve—no standings or awards.

### OFFSIDE

- Don't stress about offside—just play and enjoy!

