



U7/U8 SCRIMMAGE LEAGUE

As an organization, we have decided to turn the U7/U8 league into a small-sided scrimmage league. We believe the small-sided scrimmages will provide better developmental opportunities for players this age.

The U7/U8 Scrimmage League will consist of small-sided games played 4v4, no goalkeepers. For Summer 2024, all scrimmage sessions will be held on Friday evenings at 6pm.

Teams will play 2 scrimmages each game day back to back. Each game will be 20 minutes long and there is a 5-minute break between the two games. The opponent of the second game is based on the results of the first game.

This League will be a CoEd League. Teams/brackets may be structured based on team strength if registrations allow.

Teams may have a maximum of 12 players on their roster.

Game scores will not be recorded via scoreboard or DaySmart.

House teams for this league will be overseen by Virginia Velocity FC and XL coaching staff. Scrimmage games will have XL referees at each game.