



U7/U8 SCRIMMAGE LEAGUE

Overview

The U7/U8 league will run as 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 Scrimmages played 3v3, no goalkeepers.

Teams will play three scrimmages back-to-back each game day. Each scrimmage will be 13 minutes long, with a 3-minute break between the two Scrimmages. 2nd and 3rd opponents will be based on performance in Scrimmage prior.

This League will be a CoEd League. The league will be comprised of XL teams and Virginia Velocity teams. Rosters will be competitively structured to allow of maximum player potential.

Scrimmage scores will not be recorded via scoreboard or DaySmart.

House teams for this league will be overseen by XL coaching staff as well as volunteers.

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Rules & Policies

Field Set-Up:

U7/U8 Scrimmage League will consist of small-sided scrimmages. Fields will be separated by blow-up dividers & cones. Team boxes will be directly on the field.

Ball Size: 3

Number of Players: 4v4 no goalkeeper.

General Policies:

- Individual Registration only
 - Players may request to be on the same team
- Scrimmage scores will not be recorded via scoreboard or DaySmart.
- Scrimmage Schedules will show your first match of the night. 2nd and 3rd scrimmage opponents will be based on performance from previous scrimmage
- Each week, teams will three 13 minute scrimmages with a 3 minute break in between.
- XL & Virginia Velocity Staff will determine the best matchups for a second and third scrimmage based on previous scores and performance.
- Substitutions can be made on the fly.
- No players can use hands during the run of play
- Some rules are subject to change, be added, or taken away throughout this season as necessary. Your feedback is always welcome, please send it to ana@xlsportsworld.com.

Player Safety:

- No head balls.
- No slide tackling. We understand players will fall down. To have a nice flow of the Scrimmage, we will not call a free kick every time a player falls down going for a ball. However, please assist us at home by stressing the importance of not diving into players with your feet first.

Ball out of Play:

- If it hits the net above the side walls
- If it gets stuck behind one of the goals (goal kick or corner awarded)
- If it crosses the barrier between fields

Restarts: Free Kick, Goal Kick, Corner Kicks, Kick Off

- Opposing players need to be at least 5 yards away.
- The ball can be dribbled or passed in
- For all restarts, kicks are indirect. The player who takes the restart cannot score unless another player touches the ball first.

Special Situation - Penalty when an infraction of a goal-scoring opportunity occurs (e.g. handball on the goal line)

- The referee decides whether it is a penalty or a regular free kick (see restarts)
- 1 opponent stands on the goal line, the rest on the other side of the field.
- 1 attacking player will be with the ball stationary 7 yards away from the goal, the rest on the other side of the field.
- All players can move freely again once the ball is touched by the penalty taker (not at the referee's command)