

# Concussion and Player Development Initiatives



**UPDATED: September 1, 2016**

To all NMYSA Member Groups;

Realizing there is still much confusion surrounding the new rules and procedures that have been issued from US Soccer, the following information is designed to assist member groups understand these rules and put them into play.

As the NMYSA receives more information from US Soccer and US Youth Soccer (our two national governing bodies), we will pass that information on to our members.

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## **The following must be implemented THIS YEAR (2016-2017):**

### 1) Player Registration by Birth Year:

All NMYSA members will register their players by birth year. This will also determine each player's soccer age group. Even though players will be registered by birth year, member groups may continue to form teams in a manner that best fits their needs.

### 2) Heading & Concussion Rules:

These initiatives went into effect on January 1, 2016 and need to be followed by all NMYSA members.

All NMYSA member groups will be required to follow the current NMYSA concussion policy for diagnosing concussions and returning to play after a head injury/suspected concussion.

Please read the full information [HERE](#)

#### HEADING THE BALL – BY AGE OF THE PLAYER:

- All players who are 10 year old and younger should not head the ball in games or practices. It does not matter in which soccer age group they are playing.

#### HEADING THE BALL – BY SOCCER AGE GROUP:

- For all league games and tournament play sanctioned by the NMYSA, there will be no heading allowed in the u11 and younger age groups. If the u11 and u12 age groups are combined, there will be no heading allowed in those games.

For more information on the playing rules regarding heading in games, contact your local league.

### 3) Game Formats:

- U6, U7 and U8 age groups will play games of no more than 4 vs. 4 (no goalkeepers)
  - U9 & U10 age groups will play games of no more than 7 vs. 7 (6 + 1 goalkeeper)
  - U11 & U12 age groups will play games of no more than 9 vs. 9 (8 + 1 goalkeeper)
  - U13 & older age groups will play games of no more than 11 vs. 11 (10 + 1 goalkeeper)
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## The following must also be in place by 2017-2018

and may be implemented by NMYSA members any time during the 2016-2017 soccer year:

These are taken from US Soccer's Player Development Initiatives. Read the entire document [HERE](#)

### 1) Field Sizes; Game Lengths; Goal Sizes

AGE GROUP	FIELD SIZE (range)	GAME LENGTH (max)	GOAL SIZE (max)
<b>U6, U7 &amp; U8</b>	Length: 25 – 35 yards Width: 15 – 25 yards	4 x 10 minutes	4 feet high 6 feet wide
<b>U9 &amp; U10</b>	Length: 55 – 65 yards Width: 35 – 45 yards	2 x 25 minutes	6.5 feet high 18.5 feet wide
<b>U11 &amp; U12</b>	Length: 70 – 80 yards Width: 45 – 55 yards	2 x 30 minutes	7 feet high 21 feet wide

### 2) For the u9 and u10 age groups:

For 7v7 games, the **BUILD OUT LINE** will serve two purposes:

- 1) A retreat line. When a goalkeeper has possession of the ball, or when a team is taking a goal kick; the opposing team must move to behind the build out line until the ball is put into play.
- 2) The indicator of where an attacking player may be offside. An attacking player is not in an offside position, or called for an offside offense, if that player is on his/her own side of the build out line.

The build out line is marked, on each side of the field, an equal distance from the top of the penalty area and the midfield line.

More information on implementing the build out line, click [HERE](#)

### 3) For the u9 and u10 age groups:

The goalkeeper is not allowed to punt or drop kick in the 7 vs. 7 game (u9 & u10 age groups). If a goalkeeper punts or drop kicks the ball out of his/her hands, an indirect free kick should be awarded to the opposing team from the spot of the infraction.

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### **CONCLUSION:**

We understand that these mandates require change and that change will take time. And, in some cases, will require more energy on the part of our members. That being said, we believe these changes are great for youth soccer!

If you have any questions concerning these changes, please feel free to contact us!

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