

Flash House League Rules & Basic Structure:

This is a recreational league designed to teach the basics of the game, have fun and introduce all players to a wonderful team sport that can have a positive impact on their lives. We want every game to be competitive and hope to avoid lopsided scores. Standings will not be kept and scores will not be posted. There will be an end of season festival tournament for fun.

U4 (2v2-3v3 games): "Game Days" will be largely coach directed and designed in a way to scaffold the learning process for how to play the game. U4 games are broken into four 8-12 minute segments. We will ask parents to be involved and help with keeping their children engaged when needed. Lots of cheering is encouraged!

1. Phase 1: Every player on both teams has a ball. When the coach says "Go!" Players on both teams dribble the length of the field to score on the opposing team's goal and run back to high five their coach. Repeat this process 4 times then get water.
2. Phase 2: Balls are lined up in the middle of the field (enough for every player) and now players must go and choose a ball from the middle and dribble to their opponents goal and score. Volunteers / Coaches will help set the balls back up after each round. Repeat this process 4 times then get water.
3. Phase 3: Every player on one team starts with a ball while the opposing team does not have a ball. The players with a ball try to dribble past their opponent and score in the goal while the opposing team tries to steal the ball and score in the opposite goal. Alternate the team that starts with the ball until each team has had 2-3 turns to attack and defend then get water.
4. Phase 4: Continuous play with 2-3 soccer balls in action at once - gradually removing a ball as we get closer to the end of the game. When all balls have gone out, restart the game with both teams at their own goal and repeat this process until the end of the game.

U6 & U8 (4v4 games to small goals): Both age groups will follow the same basic rules. Games will be played in 4 segments of 10-12 minutes each with a water break between games. Subs will be rotated every 2 minutes by the coaches / volunteers.

1. Coaches / Parent volunteers will help keep the games flowing by rolling a new ball into play whenever the ball goes out of bounds. This will increase the time that the ball is in play by eliminating time spent searching for the perfect kick in pass.
2. After a team scores, all players must run back and touch their team's goal before they can defend. The next ball will be played into the team that got scored on immediately to begin the next attack.
3. All players will participate as "field players" and must refrain from "goalkeeping" or standing in front of the goal for much of the game.
4. There are no referees, coaches and parent volunteers will manage the game to keep it flowing and ensure the safety of all participants.
5. Players may be asked to switch teams in special circumstances to help make a game more even and enjoyable for all.

U10 (5v5 with keepers – 4 field players, 1 GK played to big goals): Adding the big goal to the game will allow for opportunities to work on shooting from distance and expand the field size for the players.

1. Goal kicks will be restarted from anywhere inside the penalty area with a kick.
2. Balls played out over the touchline will be restarted with a kick in or dribble in.
3. After a goal, play will be restarted with a kickoff at midfield.
4. Subs will be rotated every 2-4 minutes at the direction of the coach / volunteer. Everyone will play as equal playing time as possible in every game regardless of the score.
5. Coaches and volunteers will act as referees and manage the game.
6. Fouls will be called and restarted with a free kick.