

AYSO U19 DIVISION QUICK REFERENCE
FOR REGION 206

GOALS: Goal size should be 8ft high and 24ft wide.

BALL: Ball Size #5 is used with this age group.

TEAM SIZE: You will have 11 players per side. One *must be* a goalkeeper.

MAXIMUM # OF PLAYERS: The maximum on a team is 15 players.

MINIMUM # OF PLAYERS: You must have 7 players to start a game.

PLAYING TIME: Each player must play at least **3** quarters of a game.

GAME DURATION:

- Games will last **90** minutes.
- There will be two, 45 minute halves.
- A break will be taken midway through each half.
- Breaks will last approximately **2** minutes.
- Halftime will be a minimum of 5 minutes and maximum of 10 minutes.
- **The clock does not stop during each half.**
- The clock is reset at the beginning of the second half.

BREAKS: Breaks are not for coaching, but for hydration and substitution. Please respect this and get your players back on the field quickly. Thank you.