

Juniors League Rules



The Juniors League at The Sports Academy, run in conjunction with Elite FT, gives our youngest athletes the best of both worlds. Each team receives professional training with an Elite Trainer for 24 minutes, prior to playing a league game for 24 minutes.

The League

- There will be a Kindergarten and 1st Grade Division
- All leagues will be coed. Teams can be all boys, all girls or coed

The Game

- The game will consist of (2) 12 minute halves
- Teams will have a 2 minute half time and must switch goals that they defend
- When there is 6:30 remaining in each half, the referee will blow the whistle. Both teams will be allowed to substitute their players. The clock will not stop and coaches are not allowed to gather for a team talk. This time is for subbing only
- 5v5 + Goalkeeper
- Goals – 4 feet high by 8 feet wide

Coaching

- A coach is allowed to be on the field, but he/she must stay out of BOTH goal boxes
- There must be a coach monitoring players on the bench, or there cannot be a coach on the field
- Subbing can be made on the fly or at natural stoppages of play

Goal Keepers

- The goal keeper box is the actual box on the east end of the facility (no arc). The half circle is the box on the west end of the building
- Goal Keeper is allowed to throw or drop kick the ball
- There will not be any penalty kicks. If there is a foul in the box, players are allowed to make a wall. On the west end, the ball is placed 8 yards from the goal line. On the east end, the ball is on the red PK dot.

Out-of-bounds

- All boards are in play
- The ball is out of bounds when it goes beyond the curtain on the west end of the field. Play will resume with a goal kick or corner kick