

SFSA runs programs for boys and girls as a member of PAWest, the ruling state soccer association. We also attempt as much as possible to follow the guidelines recommended by PAWest and US Youth Soccer (USYSA). Ages are determined by the USYSA and do not match exactly the child's calendar age.

### **Official Soccer Age**

See this chart to determine your child's official age for soccer. Our registration currently goes by even years (so the odd years fall under the older age group). For example a birthday in the U9 range registers in our South Fayette U10 division.

Age Group 2014-2015	
U19	8-1-95 to 7-31-96
U18	8-1-96 to 7-31-97
U17	8-1-97 to 7-31-98
U16	8-1-98 to 7-31-99
U15	8-1-99 to 7-31-00
U14	8-1-00 to 7-31-01
U13	8-1-01 to 7-31-02
U12	8-1-02 to 7-31-03
U11	8-1-03 to 7-31-04
U10	8-1-04 to 7-31-05
U9	8-1-05 to 7-31-06
U8	8-1-06 to 7-31-07
U7	8-1-07 to 7-31-08
U6	8-1-08 to 7-31-09
U5	8-1-09 to 7-31-10

## **In-House Programs**

SFSA manages an in-house intramural playing program as recommended by PAWest for ages 5-10. The main goals for the in-house program are to introduce as many youths as possible to the game of soccer, to get them excited enough to continue playing, fair play, equal playing time, and also emphasizes player and coaching development over wins and losses. To that end, we maintain no team records, team scores, or individual scores. We follow the guidelines set by PAWest, and no tryouts or recruitment are used to construct teams. Teams are assembled by the coaching committees in an effort to ensure the most even distribution of talent among all teams. SFSA conducts 2 in-house sessions per year, fall and spring. All in-house games are on Saturdays at El Rancho field. Practices are generally held at this location as well with a schedule worked out with those volunteering to coach.

### **Cricket -- Our Program for Ages U5 and U6**

The main objective at this age is to have fun for all....players, coaches, and parents. The Crickets play only on Saturday mornings from 9-10 am at El Rancho field. Each session consists of about ½ hour of light training and drills, and ½ hour of small sided games. This is about the right amount of time for the general attention span of this group. The kids have great fun. We follow the USYSA and PAWest guidelines for no goalies at this age level. Each child is required to have shin guards per PAWest and USYSA rule. Each child needs to have their own size 3 ball. Player provided soccer spikes are optional but recommended as it can get quite slippery at 9am at the fields.

### **Older In-house Programs -- for U8, U10, and U12**

U8 is for 7 & 8 year olds, U10 is for 9&10 year olds, and U12 is for 11&12 year olds. We follow the guidelines of USYSA and PAWest for these age groups and have found them to be the best method for young player development. They include smaller sided team games on smaller fields with smaller goals. Each child needs to have their own size ball (size 3 for U8, size 4 for U10) and soccer spikes are recommended.

### **U-8 In-house program**

Players in this division play 4v4 on a small field with very small goals. Each team is assigned between 10-14 players. On game day the teams are broken into two squads, an A & B squad based on their current development level. This usually leaves each squad with 1-3 subs for rest. We require that all players play an equal amount of playing time. Having 10-14 players on each squad also ensures that there are enough players available for the required 1 day a week of practice. Practice is very important, as this is where coaches can provide instruction for improvement.

## **U-10 and U-12 program**

This age group also follows USYSA guidelines. Players play on a team of 6v6 with goalie, but on a reduced field size and smaller goals than the older players and adults play on. U-10 has both a boys and girls division. At U-12 our numbers for in-house are significantly smaller which leads us to have a co-ed division only.

## **Travel Soccer Programs**

PAWest does not permit travel teams under the age of 10. Most clubs start their travel programs at the U10-U16 age level. These programs are more competitive by nature, and team scores and division standings are recorded. Generally PAWest runs leagues in even year ages of U12, U14, U16, U18. The odd years are then placed with the age level above them (i.e. U11s play in the U12 league). Occasionally there are enough players of both the odd age and even age years to consider an odd age year team. Each child needs to have their own size 5 ball. Player provided soccer spikes are recommended.

SFSA decides, with input from players, parents, and coaches, which division each team plays in. Our philosophy is to attempt to put players and teams in the most appropriate challenge division, where players/teams will have a sufficient level of competition to advance development each year. Players need to attend evaluations for this division.

PAWest conducts travel play on Sundays. Generally the locations for away games are close (Baldwin, USC, Peters) but occasionally can be as far as Uniontown or Wheeling, WV. Currently travel play is held at El Rancho field or Hogan field.

## **Cup or Classic Division Play**

PAWest offers a larger challenge to highly advanced, skilled, or interested players. PAWest allows special clubs called Classic Division play (otherwise known as CUP). Examples would include Century, Beadling, Steel Town Magic, etc. PAWest does not allow the same team to compete in both travel and CUP. There are no restrictions based on geography for CUP teams, and they are not run by our local association. These teams hold tryouts and there is usually a fee to play. They become all star teams of a sort, and thus the reason they are not allowed to compete in Sunday travel play. However, individual players may play on both travel and CUP teams at the same time. There are rules in place for a maximum number of cup players a travel team can have to circumvent the crossover rule above. For example, a team with more than 4 cup players on it (they can even play on separate cup teams) must play at the highest level of competition in the travel league. Classic division plays on Saturdays but generally they also enter a few out of state tournaments every year.