

The New Coastal PDL starts this Saturday with the first of 6 rounds of matches with a NEW game structure. Please take time to familiarize yourselves with the new rules that are laid out below. It is important to remember that this league is NOT the World Cup, we are there for the kids to learn the complex game of soccer and that parents and spectators should play a supportive role and NOT negatively influence the game. Referees are there to support the players and to make sure the game flows smoothly and coaches it is your job to make sure that you use your influence to create a "Total Learning Environment" for all players. That means working with the referees and controlling spectators.

Basically, the new format will be played over 3 periods;

7v7 matches are; Period one— 20 minutes, Period two— 20 minutes, Period three 30 minutes

9v9 matches are; Period one 25 minutes, Period two — 25minutes, Period 3 — 40 minutes

In period one, NO player should be substituted unless there is an injury

In period two, ALL players who did NOT play in period one have to play ALL of period two unless there is an injury.

In period three, substituting can take place on any stoppage in the game.

Scores will be kept in each period but the score in Period THREE will be recorded for assessment purpose.

There will be NO play-out (build-out) line and goalkeepers can punt the ball at anytime. (Coaches should manage how often that happens)

As per US Soccer guidelines for these age groups; there will be NO heading!

Each period will follow FIFA playing rules apart from the substituting rules set out above.