



North Metro Soccer Association (NMSA)

PO Box 250 • Cedar, MN 55011-0250

Soccer for Andover, Oak Grove, Ham Lake, East Bethel, Bethel, St. Francis, and Anoka since 1979.



northmetrosoccer.org

To all coaches: Thank you for coaching. You make a big difference for players and families!

Rosters have been set by specific criteria; if you have a player on your roster that chooses to drop out, please notify your age group coordinator. Please do not recruit players or siblings for your team. We frequently have a waiting list of players who were unable to be placed at the initial set-up of the teams. While we do try to honor all requests made during the registration process, honoring all requests is not possible. It is very important that we follow the registration process for setting up teams.

General Playing Rules					
Age level	Number of players on the field	Length of play	Ball size	Coach on field?	Offsides called?
U6	4 V 4 (no goalies)	Two 20-minute halves	3	Yes, one per team	No
U8	5 V 5 (with goalies)	Two 20-minute halves	3	Yes, one per team	No
U10	6 V 6 (with goalies)	Two 25-minute halves	4	No	No
U12	6 V 6 (with goalies)	Two 25-minute halves	4	No	Yes
U13-U18	6 V 6 (with goalies)	Two 30-minute halves	5	No	Yes

Other: Coaches may change the above general rules as necessary at their discretion. Any changes must be discussed with the opposing coach and referee, and agreed upon prior to starting the game.

- Players sit on one side of field; parents and other spectators sit on the other
- Please stay back from touch line
- Absolutely NO slide tackling at any age level
- U6 and U8 coaches substitute simultaneously in 5 minute intervals. Assistant coaches should be keeping track of playing time and letting players know where to go on the field during substitutions.
- No referees for U6 or U8
- U6 – no throw-ins. Coaches reenter the ball at their discretion to speed up play.
- All players should be given equal playing time during the game.
- All players should rotate and learn all positions.

Equipment: Please return the following at the season end jamboree to the North Metro trailer located at the concession stand (no sign in required)

- 3 NMSA soccer balls (the ones with the badge on them)
- 20 orange cones
- Sport bag
- Goalie shirt (if given at start of season for U8 & up)
- Medical kit
- Any borrowed training material

Policies: The Minnesota Youth Soccer Association prohibits alcohol and tobacco products of any kind. Pets are not allowed at practices or games. Thank you for your cooperation.

Information: Check the website for updates.

Safety: Please keep all children off of the goals and nets.