



Penn Legacy Academy Program Outline/Summary of Rules

U6 Program

The U6 program of the Penn Legacy Academy is based on The Official 3v3 Program recommended by USYSA.

Field Size: Approximately 30x20 yard field.

Laws of the Game: Modified.

Roster Size: No more than 8 players.

Field Players: 4 Players on the field during the game (4v4, no goalkeeper).

Playing Time: All players play just about the same amount of time during the games.

Ball size: 3

Games: Saturdays, One 32 minute game, four 8 minute quarters.

Practices: One, 1 hour evening practice per week.

Fall Season: Begins the first weekend after Labor Day and runs for 8 weeks.

Spring Season: Begins in early April or the first weekend after Easter and runs for 8 weeks (No games Memorial Day Weekend. No games Easter weekend).

U7 Program

The U7 program of the Penn Legacy Academy is based on The Official 4v4 Program recommended by USYSA.

Field Size: Approximately 50x30 yard field.

Laws of the Game: Modified.

Roster Size: No more than 8 players.

Field Players: 4 players on the field during the game (4v4, no goalkeeper).

Playing Time: All players play just about the same amount of time during the games.

Ball Size: 3

Games: Saturdays, One 40 minute game, four 10 minute quarters.

Practices: One, 1 hour evening practice per week.

Fall Season: Begins the first weekend after Labor Day and runs for 8 weeks.

Spring Season: Begins in early April or the first weekend after Easter and runs for 8 weeks (No games Memorial Day Weekend. No games Easter weekend).

U8 Program

The U8 program of the Penn Legacy Academy is based on The Official 6v6 Program recommended by USYSA.

Field Size: Approximately 55x 40 yard field.

Laws of the Game: Modified.

Roster Size: No more than 11 players.

Field Players: 6 players on the field during the game, 5 field players and 1 goalie (6v6).

Playing Time: All players play just about the same amount of time during the games.

Ball Size: 3.

Games: Saturdays, One 48 minute game, four 12 minute quarters.

Practices: One, 1 hour evening practice per week.

Fall Season: Begins the first weekend after Labor Day and runs for 8 weeks.

Spring Season: Begins in early April or the first weekend after Easter and runs for 8 weeks (No games Memorial Day Weekend. No games Easter weekend).

Goal Arc (U6 & U7)

The goal arc is the prescribed area directly in front of the goal. There is no ball contact allowed within the goal arc, however any player may pass through the goal arc. If the ball comes to rest in the goal arc, a goal kick is awarded regardless of who touched the ball last.

Goalie Box (U8)

The goalie box is part of the playing field. Field players are permitted inside this box. HOWEVER, field players are not allowed to challenge the goalie when 1) the goalie is in possession of the ball, or 2) the goalie is in the process of obtaining possession of the ball (with hands or feet). This rule is intended to protect the safety of the players.