Hello Coach and Parents,

U7 game is 4 eight minute quarters with 2 minutes water break and 5 minutes half time. You will play 5V5 (5 on the field) no keeper. One coach of each team is allowed to be on the field with the players. The first team of the day should put up the goal and the last game should take it down. The goals are located at the GBYSL trailer. If there is any conflict in jersey color, we have pinnies in the trailer. The ball size is 3.

Each team will do the kick off at the beginning of each quarter. Kick off can go at any direction (forward, backward, sideways). You can score directly from a kick off. No throw in, kick in only. No player is allowed inside the arc that’s in front of the goal. This is to allow the players to develop kicking to the goal. Free sub (you don’t have to stop the game during subs). It’s highly recommended to sub every four minutes so all the players have equal playing time. HEADERS ARE NOT ALLOWED.

Jewelry (including taped over) and metal pins on hair are not allowed. This is for the safety of the player and others. The shin guard has to touch the skin, meaning under the socks. Players must wear soccer cleats (not baseball cleats) or good running shoes and shin guard.

Your field of play is Moana Springs, 240 West Moana Lane Reno. The field layout is posted on gbysl.org, under Recreational tab.

Dogs are not allowed, this is the City of Reno rules, not GBYSL. Trash receptacles are located all over the field. Please clean up after your game.

Thank you for supporting GBYSL and for allowing your child to participate in our program and to our Coaches who have given up their time to volunteer.

Jimmy Huynh

VP Sierra Recreational