



SOFC recreational game play

Category: Tactical: Combination play
Difficulty: Moderate

Omaha, United States of America
Individual-Young Member

U11 & U12

Format: 9v9, 8 field players + GK

Two halves, see league rules for exact time, usually 30 minutes

Specific league rules vary. Unlimited substitutions is common.

FIFA Laws of the Game per the referee

Verbal abuse of any referee is prohibited. Parents & coaches are subject to fines and suspension, per league rules. Sporting Omaha FC may extend suspensions as they see fit.



U13-U19

Format: 11v11, 10 field players + GK

Two halves, see league rules for exact time, usually 35-45 minutes

Specific league rules vary. Unlimited substitutions is common.

FIFA Laws of the Game per the referee

Verbal abuse of any referee is prohibited. Parents & coaches are subject to fines and suspension, per league rules. Sporting Omaha FC may extend suspensions as they see fit.

