

COACHES QUICK FACTS

Team	YOB	Ages	Call-ups	Game Nights	Fields	Game Duration	No. per team (including goalie)	Ball Size	Offsides	Tournament / Playoffs
U2/3 Black U2/3 Red U2/3 Royal Blue U2/3 Sky Blue U2/3 Green U2/3 Yellow	2020 & 2021	2 & 3	N/A	Saturdays	9-9:30am & 10-10:30am NDCC Founders & both Intermediate Fields; pop up nets	30 min practise	10 (this can vary depending on size of teams)	3	No	N/A
U4/5 Black U4/5 Red U4/5 Teal U4/5 Forest Green U4/5 Sky Blue U4/5 Royal Blue U4/5 Yellow U4/5 Orange	2018 & 2019	3,4 & 5	N/A	Tuesday	6:00-6:45pm NDCC Founders (Large Field No Lights) - 2-3 games played sideways; pop up nets	20 min practise 10 min break 15 min game	6 - 7 (this can vary depending on size of teams)	3	No	Weekend July 22nd
U6 Black U6 Red U6 Purple U6 Yellow	2017	5 & 6	N/A	Tuesday	6:30-7:30 pm NDCC Intermediate- 2 fields played sideways; portable goals	20 min practise 10 min break 30 min game	7 plus a goalie	3	No	Weekend July 22nd
U8 Teal U8 Sky Blue U8 Black U8 Red U8 White U8 Purple U8 Yellow U8 Orange	2015 & 2016	6,7 & 8	N/A	Mondays	6-7pm & 7-8pm NDCC Intermediate- 3 fields played sideways; portable goals	2x25 mins	7 plus a goalie	4	No	Weekend July 22nd
U10 GIRLS Red U10 GIRLS Black U10 GIRLS Black	2013 & 2014	8 & 9	U8	Thursday	Location varies check schedule (usually start time is 7:00 pm)	2 x 25 mins	8	4	Yes	June 9 - 11 (Playoffs Built into League Season)
U10 BOYS Black U10 BOYS Red U10 BOYS White U10 BOYS U10 BOYS Orange	2013 & 2014	8 & 9	U8	Wednesday	Location varies check schedule (usually start time is 7:00 pm)	2 x 25 mins	8	4	Yes	June 9 - 11 (Playoffs Built into League Season)
U12 GIRLS Black U12 GIRLS Red	2011 & 2012	10, 11 & 12	U10 Girls Black U10 Girls Red	Tuesday	Location varies check schedule (usually start time is 7:00 pm)	2x30 mins	11	5	Yes	June 23 - 25 (Playoffs Built into League Season)
U12 BOYS Red U12 BOYS Black U12 BOYS White	2011 & 2012	10, 11 & 12	U10 Boys Red, Orange & TBD U10 Boys Black, Orange & TBD U10 Boys White, Orange & TBD	Thursday	Location varies check schedule (usually start time is 7:00 pm)	2x30 mins	11	5	Yes	June 23 - 25 (Playoffs Built into League Season)
U14 GIRLS Red	2009 & 2010	12, 13 & 14	U12 Girls Red & Black	Monday	Location varies check schedule (usually start time is 7:00 pm)	2x35mins	11	5	Yes	June 9 - 11 (Playoffs Built into League Season)
U14 BOYS Red U14 BOYS U14 BOYS Black	2009 & 2010	12, 13 & 14	U12 Boys Red & White U12 Boys Black & White	Wednesday	Location varies check schedule (usually start time is 7:00 pm)	2x35mins	11	5	Yes	June 9 - 11 (Playoffs Built into League Season)
U17 GIRLS Red	2006, 2007 & 2008	14, 15, 16 & 17	U14 Girls Red	Wednesday	Location varies check schedule (usually start time is 7:00 pm)	2x40mins	11	5	Yes	Built into League Season
U17 BOYS Red U17 BOYS Black	2006, 2007 & 2008	14, 15, 16 & 17	U14 Boys Red U14 Boys Black	Monday	Location varies check schedule (usually start time is 7:00 pm)	2x40mins	11	5	Yes	Built into League Season