

# On the Field Details

Item	Academy Standard	Thought-Process
Age Brackets	U-18; U-16 Birthyear – U-18 = January 1, 1989 U-16 = January 1, 1991	There are three core dynamics with this issue 1) Ensuring that 17-year old players have a place to continue their development before college/pros. 2) Ensuring the proper physical match-ups to allow players to develop (15 year old players v. 17 year old players). 3) Remains consistent with our National Team programming at the youngest level and not burning out 13 year old players. Adopting an Academy-like schedule for younger players is an appropriate level of activity at the 12-13 age group.
Age Group Determination	January	January deadline aligns with international standards and makes a larger number of players eligible to participate in the Development Academy.
Roster Size	Minimum of 20 players; up to six “developmental” slots on a game roster; Initial roster submitted 21 days prior to first match	Clubs may have more players based on their individual judgment. Developmental players will be allowed to appear in up to 6 Academy games and will not be subject to minimum start requirements.
Roster Changes	Up to 4 changes from within the Club; Roster changes made on April 1 of the season; New roster players must be from within the Club.	Allows for Clubs to “promote” players and replace players who may want to leave the Academy system.
Minimum Playing Time	Each player must start a minimum of 30% of the games	This accomplishes two things: 1) Ensures coaches are looking at the development component of players; 2) Allows each player to gain meaningful experience and playing time
Substitutions	Maximum of 7; No-reentry	Allows the entire travel party to be eligible to participate; no re-entry ensures that the coach is looking at managing the entire game and not segments of the game through multiple re-entries in a single game.
Game Length	U-18 = 2 x 45 minutes U-16 = 2 x 40 minutes	This is consistent with U.S. Soccer’s Best Practices.
Training/Game Ratios	Minimum of 3 trainings and 1 day of rest per week	Ensures proper levels of activity for Academy players
Participation in outside activity	Permitted in designated windows with certain parameters – International travel or Events with a maximum of 1 game per day	Designated windows allow for meaningful competition, especially international events. Designated windows are Nike Friendlies, Christmas/New Years week; Easter and the end of the season to September 1.