



# **TEXAS ACADEMY LEAGUE TECHNICAL STANDARDS**

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## **General**

**Ages: U11 & U12 and**

- U13
- U14
- U15
- U16
- U17
- U19

**League Requirements:**

- Each Club must have a full pathway, 6 teams, one for each age group, U13 - U19,
- Each team participating in the Texas Academy League is not allowed to play in any other league or league competition without requesting and receiving permission from Texas Academy League Leadership.

**Playoff Ages:**

- All age groups are eligible for playoff and showcase events.

**High School Participation:**

- High school soccer is permitted and league play will cease during the high school season (January - March).

## **Rosters**

**Roster Minimum:**

- 14 Primary Players per Team.

**Roster Maximum:**

- No limits on size of roster.

**Matchday Roster:**

- 18 players max per team.

### **Start Percentage:**

- All Ages: Recommend that all Primary Players start in 25% of official matches.
- U13, U14 & U15: Recommend that all players participate in 50% of minutes per week.

### **Playing Up:**

- Players are eligible to play in an older age group while being rostered in their younger birth year age group, so long as they meet competition standards and play only 90 minutes per day across a maximum of 2 matches.

### **Roster Freeze:**

- The deadline to make any roster additions is ***Thursday, May 7th, 2026.***

## **Designations**

### **Late Developers (L):**

- Three (3) Late Developers per team - Late Developers can only be Primary Players.
- All age groups are eligible.
- Must complete Late Developer forms and receive approval from Texas academy League.

## **Staff**

### **Staff Requirements:**

- Academy Director must have USSF Academy Director Course, EFCL Certificate or USSF/CSA A license or equivalent.
- Academy Head Coach must have C License or equivalent (exceptions must be approved by Texas Academy League Technical Director).
- Recommended best practice: Head Coaches should have additional Assistant Coaches, especially if coaching more than one team.

## **Matchday Staff:**

- Maximum of 5 coaching staff members permitted in technical area and must be listed on the Digital Match Roster. (Not including Qualified Medical Professional or ATC).
- There must be a minimum of one (1) registered staff members in the technical area for each match.
- Any Staff members that will be working with Texas Academy League players or will be in the technical area during Texas Academy League matches will be required to complete the entire registration process.

# Competition

## **Match Timeframe:**

- Players can only play in 90 minutes per day across a maximum of 2 matches.
- Players should not appear in more than 2 consecutive matchdays.

## **Match Ball:**

- Size 5 match ball must be used for all U14 - U19 Texas Academy League matches
- Size 4 Official match ball must be used for all U13 Texas Academy League matches.

## **U11 and U12:**

- Games use a size 4 ball
- Standard heading rules for U11 and U12
- Unlimited substitutions and re-entry
- U11 Games are 9v9 games and 2 x 30 minute halves
- U11 Fields are 70-80 yds long & 45-55 yds wide with a restraining line 30 yds from the goal
- U12 Games 9v9 for the first half of the season and 11v11 for the second half of the season will be an option that is offered. Final decisions for clubs to move to 11v11 at U12 will be discussed in November/December
- U12 Fields 9v9 are 70-80 yds long & 45-55 yds wide with no restraining line
- U12 Fields 11v11 are MLS Next u13 11v11 Size approximately 110 yds x 55 yds
- U12 Game times 2x30 minute halves

## **Hydration:**

- It is recommended that the Home club provide adequate hydration for both teams.

## **Technical Area:**

- Home club must provide adequate seating (benches) and tents for both teams.

## **Athletic Trainer:**

- Home club is encouraged but not required to provide a Qualified Medical Professional (QMP) for all venues.

## **Match Video:**

- Video is not required but it is suggested home club film and share film for U13 - U19 age groups to video platform and/or analysis provider by 12pm EST on the Tuesday after matches.

## **Spectators:**

- Home club must ensure there are no spectators/parents in the technical area or that sideline.
- Each club is responsible for the behavior of their spectators.

### Match Length:

- U13 = 2x35 minute halves, 10 minutes HT
- U14 & U15 = 2x40 minute halves, 15 minutes HT
- U16, U17, U19 = 2x45 minute halves, 15 minutes HT

### Warm Up Periods:

- Teams must be provided with an appropriate warm up area 30 minutes prior to kick off.

### Kick Off Times:

- No earlier than 9:00 AM without agreement from the opponent
- Time between Matches: Recommended minimum of 18 hours between matches if playing on consecutive days.

### Matchday Roster:

- Maximum of 18 players and minimum of 14 players on match day rosters.

### Substitutions:

- Unlimited over 3 moments per half, plus HT.
- U13-U14 - Re-Entry allowed per half.
- U15-U19 - No re-entry per half.
- ***Exceptions according to Concussion Protocol.***

### Match Changes:

- Texas Academy League must approve any request for schedule changes.

## Discipline

- Card accumulation will follow a player and staff member across all age groups
- Card Point system for players will be as follows:
  - Yellow Card (YC) = 1 point
  - Red Card (RC) =
    - 5 points for non-Violent Conduct
    - 10 points for Violent Conduct
    - Further punishment may be deemed necessary by Texas Academy League for more serious offenses.
- Suspensions will be as follows:
  - 5 points = 1 match suspension
  - 10 points = 2 match suspension
  - 15 points = 3 match suspension
  - 20 points = 4 match suspension
  - Players accumulating more than 20 points will be reviewed by the league discipline committee.

- Card point system for coaches and staff will be as follows:
  - 3 points = 1 match suspension
  - 5 points = 2 match suspension
  - 8 points = 3 match suspension
  - 10 points = 4 match suspension
  - Coaches accumulating more than 20 points will be reviewed by the league discipline committee.

#### **Discipline within Fixture**

- If a player receives a Yellow Card in two different matches within the same fixture, both cards will count towards their Yellow Card accumulation.
- If a player receives a Red Card in the first match of a split fixture, then they will not be able to appear in the rest of the matches in the fixture.

#### **Fixture:**

- When two clubs play against each other across multiple age groups over one weekend, then all matches between the two clubs are considered part of the fixture.

## **Facilities & Training**

#### **Field Standards for Matches:**

- Expectations for Texas Academy League clubs to provide appropriate, high-quality fields to host matches.
- Minimum Field Sizes:
  - U13 & U14 = Minimum of 64x105
  - U15 & Older = Minimum of 70x110
- Any fields outside of these standards, must be approved by Texas Academy League staff before the season.

#### **Match Locations:**

- Clubs can use multiple locations for Texas Academy League Regular Season matches subject to approval.

#### **Training:**

- Texas Academy League teams are recommended to train 3 days per week.

#### **Rest Day:**

- Individual players must be given at least one day off per week.