



U.S. Soccer Development Academy | Outside Competition Standards

Please see information below pertaining to details on Outside Competition Standards. All the below formats, guidelines, and rules of competition are Academy approved. Any domestic outside competition event/tournament must follow these competition guidelines/rules to be considered for approval. All international events will be reviewed on an individual basis and require approval by the Academy office and U.S. Soccer's Competitions Department.

Roster size

- 7v7 – Maximum roster size of 14, only 12 players are permitted to be rostered per game
- 9v9 – Maximum roster size of 16, only 13 players are permitted to be rostered per game
- 11v11 – Maximum roster size of 23 players, only 18 players are permitted to be rostered per game

Substitution rule

- 7v7 and 9v9
 - U-12 and younger - unlimited number of substitutions with re-entry
- 11v11
 - U-13 and U-14 age groups - unlimited number of substitutions across 3 moments with re-entry
 - U-15 through U-18/19 age group - 7 substitutions across 3 moments (half-time does not count as a moment) with no re-entry (Event substitution structure)

Heading/Punting Rule

- No heading for U-11 and younger age groups
- No punting for U-11 and younger age groups
- Built out line for 7v7

Game Length

- U12 – 2x30 min halves (if one game per day); 2x20 min halves (if two games per day)
- U13 – 2x35 min halves (if one game per day); 2x25 min halves (if two games per day)
- U14 & U15 – 2x40 min halves (if one game per day); 2x25 min halves (if two games per day)
- U16/17 & U18/19 – 2x45 min halves (if one game per day); 2x25 or 2x30 min halves (if two games per day)
 - U-12 – no more than 80 minutes of competition per day
 - U-13 through U-15 – no more than 100 minutes of competition per day
 - U-16/17 and U-18/19 – 100-120 minutes of competition; each player should play no more than 100 minutes of competition per day (roster management and player rotation required to meet standard)

Competition Format

- No more than **one (1)** game per day (unless mini-game format is used; no more than 2 mini-games per day) and no more than **two (2)** consecutive days of competition. See examples below.
- Play – Play – Rest or Play – Rest – Play type format



Showcase Model

2-Day Showcase Model (2 games)		
	Day 1	Day 2
Team 1	Game 1	Game 2
Team 2	Game 1	Game 2
Team 3	Game 1	Game 2
Team 4	Game 1	Game 2

2- Day Showcase Model (3 Games)		
	Day 1	Day 2
Team 1	Mini-Game 1, Mini-Game 2	Game 3
Team 2	Mini-Game 1, Mini-Game 2	Game 3
Team 3	Mini-Game 1, Mini-Game 2	Game 3
Team 4	Mini-Game 1, Mini-Game 2	Game 3

2- Day Showcase Model (3 Games)		
	Day 1	Day 2
Team 1	Mini-Game 1, Mini-Game 2	Mini-Game 3, Mini-Game 4
Team 2	Mini-Game 1, Mini-Game 2	Mini-Game 3, Mini-Game 4
Team 3	Mini-Game 1, Mini-Game 2	Mini-Game 3, Mini-Game 4
Team 4	Mini-Game 1, Mini-Game 2	Mini-Game 3, Mini-Game 4

Note: Two Day Model Format (Play-Play)

3-Day Showcase Model (2 games)			
	Day 1	Day 2	Day 3
Team 1	Game 1	Off	Game 2
Team 2	Game 1	Off	Game 2
Team 3	Game 1	Off	Game 2
Team 4	Game 1	Off	Game 2

3-Day Showcase Model (3 games)			
	Day 1	Day 2	Day 3
Team 1	Mini-Game 1, Mini-Game 2	Off	Game 3
Team 2	Mini-Game 1, Mini-Game 2	Off	Game 3
Team 3	Mini-Game 1, Mini-Game 2	Off	Game 3
Team 4	Mini-Game 1, Mini-Game 2	Off	Game 3

3-Day Showcase Model (4 games)			
	Day 1	Day 2	Day 3
Team 1	Mini-Game 1, Mini-Game 2	Off	Mini-Game 3, Mini-Game 4
Team 2	Mini-Game 1, Mini-Game 2	Off	Mini-Game 3, Mini-Game 4
Team 3	Mini-Game 1, Mini-Game 2	Off	Mini-Game 3, Mini-Game 4
Team 4	Mini-Game 1, Mini-Game 2	Off	Mini-Game 3, Mini-Game 4
Team 5	Mini-Game 1, Mini-Game 2	Off	Mini-Game 3, Mini-Game 4

Note: Three Day Model Format (Play-Rest-Play)



4-Day Showcase Model (3 games)				
	Day 1	Day 2	Day 3	Day 4
Team 1	Game 1	Game 2	Off	Game 3
Team 2	Game 1	Game 2	Off	Game 3
Team 3	Game 1	Game 2	Off	Game 3
Team 4	Game 1	Game 2	Off	Game 3

4-Day Showcase Model (3 games)				
	Day 1	Day 2	Day 3	Day 4
Team 1	Game 1	Off	Game 2	Game 3
Team 2	Game 1	Off	Game 2	Game 3
Team 3	Game 1	Off	Game 2	Game 3
Team 4	Game 1	Off	Game 2	Game 3

4-Day Showcase Model (4 games)				
	Day 1	Day 2	Day 3	Day 4
Team 1	Mini-Game 1, Mini-Game 2	Game 3	Off	Game 4
Team 2	Mini-Game 1, Mini-Game 2	Game 3	Off	Game 4
Team 3	Mini-Game 1, Mini-Game 2	Game 3	Off	Game 4
Team 4	Mini-Game 1, Mini-Game 2	Game 3	Off	Game 4
Team 5	Mini-Game 1, Mini-Game 2	Game 3	Off	Game 4

4-Day Showcase Model (4 games)				
	Day 1	Day 2	Day 3	Day 4
Team 1	Mini-Game 1, Mini-Game 2	Mini-Game 3, Mini-Game 4	Off	Game 4
Team 2	Mini-Game 1, Mini-Game 2	Mini-Game 3, Mini-Game 4	Off	Game 4
Team 3	Mini-Game 1, Mini-Game 2	Mini-Game 3, Mini-Game 4	Off	Game 4
Team 4	Mini-Game 1, Mini-Game 2	Mini-Game 3, Mini-Game 4	Off	Game 4
Team 5	Mini-Game 1, Mini-Game 2	Mini-Game 3, Mini-Game 4	Off	Game 4

4-Day Showcase Model (4 games)				
	Day 1	Day 2	Day 3	Day 4
Team 1	Mini-Game 1, Mini-Game 2	Mini-Game 3, Mini-Game 4	Off	Mini-Game 5, Mini-Game 6
Team 2	Mini-Game 1, Mini-Game 2	Mini-Game 3, Mini-Game 4	Off	Mini-Game 5, Mini-Game 6
Team 3	Mini-Game 1, Mini-Game 2	Mini-Game 3, Mini-Game 4	Off	Mini-Game 5, Mini-Game 6
Team 4	Mini-Game 1, Mini-Game 2	Mini-Game 3, Mini-Game 4	Off	Mini-Game 5, Mini-Game 6
Team 5	Mini-Game 1, Mini-Game 2	Mini-Game 3, Mini-Game 4	Off	Mini-Game 5, Mini-Game 6

Note: Four Day Model Format (Play-Play-Rest-Play) or (Play-Rest-Play-Play)

- Day 2 or Day 3 can be rest day



List of Approved Domestic Outside Competitions

Approved Domestic Competition	Location
APC Premier Cup	Virginia
Armada Youth Academy Nike Invitational	Florida
AS Roma Showcase	Florida
Austin Labor Day Cup	Texas
Copa Rayados Internacional	Texas
Dallas Cup	Texas
Danone Cup	Multiple Locations
Disney Showcase	Florida
GPS Memorial Day Tournament	Massachusetts
GPS Super Cup	Florida
GPS Thanksgiving Showcase	Massachusetts
IBER Cup International	Multiple Locations
IMG Cup	Florida
LA Galaxy Cup	California
Manchester City FC Cup	California
National Elite Women's Soccer Showcase (NEWSS)	New York
Penn Fusion Winter Showcase	Pennsylvania
Premier SuperCopa	Multiple Locations
Prospects Cup	Florida
SC del Sol President's Day Showcase	Arizona
Silverlakes Thanksgiving Showcase	California
St. Louis Easter Academy Showcase	Missouri
Surf Cup	California
Surf Super Copa	California
VDA College Showcase	Virginia
Visit Raleigh.com Girls Showcase	North Carolina

Academy Clubs are eligible to compete in any of the above listed outside competitions, permitted the event does not conflict with any Academy scheduled games. Clubs looking to participate in either of these events must complete the outside competition participation form and submit it to academy@ussoccer.org with a roster of players participating in the event. All players participating must come within the club. Outside Competition Applications must be submitted at least 10 weeks prior to the event scheduled for review.