

Soccer FAQs

Written by Scott Sotelo

Thursday, 27 December 2012 14:09 - Last Updated Thursday, 27 December 2012 14:18

How do I register my child for soccer?

We have two ways to register, online and walk-up. To register online follow the online [registration links](#) from our Quest website.

Payment can be made with credit card or debit card online. Quest also holds walk-up registration dates. This is a more traditional registration. Registrations are held at our two play sites Northwest Park in La Porte and Dow Park in Deer Park. A copy of your player(s) birth certificate will be needed. When registering online we ask that a scanned copy be emailed to us. If you attend a walk-up registration please bring a copy.

What is the cost?

Fees vary according to what level of play you are involved in and the season can cause the cost to change. We try to post the current season's fee structure on the website. Since many factors affect the fee structure please check our website for the most current information.

What is the soccer season?

There is no traditional season in youth soccer. Our fall season extends (September through November) and our spring season (February through May). Many competitive programs may play with only a short break in the winter and a short break in the summer.

Do I register and pay for spring soccer if I played in the fall?

YES. You pay separately for each season of soccer.

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My child is playing for the first time in the spring and would like to play again in the fall. Do I have to re-register?

Yes.

What does the U in U-6 mean?

The player's age as of August 1 is Under-6.

How many practices are there per week?

Usually teams practice two times per week.

What equipment do I need?

Shinguards are required for all practices and games. Cleated shoes are needed if play will be on wet, muddy or soft surfaces. For very young players, sneakers will do fine. Items can be found online through the [US Youth Soccer Shop](#).

How long does practice last?

Practices for players six and younger should be no more than an 50 minutes. Under-8 players practice one hour. Under-10 players are about an hour and 15 minutes. Older players practice for about an hour and a half.

What does my child need to bring to practice?

A ball, soccer shoes, shinguards and plenty of water.

Do I need soccer shoes or will tennis shoes be okay?

For younger players, sneakers work fine on a dry field. Older players or wet and muddy conditions may require cleats.

What size ball do you use?

Under-8s and younger play with a No. 3. Under-10 through Under-12 play with a No. 4. Players Under-14 though adult use a No. 5.

My child has a disability. Is there a place for her?

US Youth Soccer TOPSoccer is a program for players with mental or physical challenges.

Can I wear a cast (or earrings, religious medals, eyeglasses)?

The FIFA Laws of the Game prohibit anything which is dangerous to a player or other players. Referees determine if an item can be worn without being dangerous.

Why can't players wear helmets?

Helmets are not included in the Laws of the Game under Players Equipment. Although the player wearing the headgear is protected, he may play in a physically more aggressive manner

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than others not protected, thereby becoming a danger to others.

Are mouth guards needed?

Injuries to the teeth are so few that insurers do not require them. Many dentists however recommend them.

How many players are on a team?

U-6 play 3v3, U-8 play 4v4, U-10 play 6v6, Under-12 play 8v8 and older teams play 11v11. See more recommendations for [Small-Sided Games](#) .

How big is the field?

Field sizes vary by age group. For U-6 we recommend 30x20 yards, U-8 30x25 yards, U-10 55x40 yards, U-12 75x50 and U14-19 play 100x50 up to 120x80 yards. See rules for [Small-Sided Games](#)

Why does our league not post standings?

At the younger ages we place a priority on participation and deemphasize results.

How do I get information about coaching license courses?

For the D and E licenses, U-6/U-8 Youth Module, U-10/U-12 Youth Module and the US Youth Soccer TOPSoccer Coaching Course you can contact your [State Association](#) . For the A, B and C licenses, please contact U.S. Soccer. For the National Youth License, you can register through US Youth Soccer.