

SUBURBAN FRIENDSHIP LEAGUE

An option for those players “aging out” of Gunston Micro Soccer is the Suburban Friendship League (SFL).

The SFL has been operating since the Fall 1990 season providing scheduling services for recreational soccer teams. The league's charter and decisions are based on whether the result is *for the good of the players*. During the spring and fall seasons, the SFL provides scheduling services to over 475 teams representing almost 30 different clubs. The primary age groups covered are the Under 12, Under 14, Under 16, and Under 19 Boys and Girls.

The SFL offers players a higher level of competition than recreational soccer and the opportunity to play teams from other soccer clubs. Half of the games are played “Home” at Grist Mill and the other games are played “Away” at other clubs fields. The SFL is a good option for those players that are looking for more competitive soccer but not yet ready for “Travel” soccer. Best of all the cost is the same as regular Recreational soccer.

You can find out more about the SFL at www.sflsoccer.org

SFL Rules and Regulations

SFL plays according to a modified version of FIFA's Laws of the Game on standard size fields.

How SFL teams are formed

Each fall, coaches and Age Level Commissioners (ALC's) get together to form teams ranging in size from 16 players at U12, to up to 22 players at U19. The core group of most teams stays together year after year.

Registration

Registration for the SFL is done through the same Gunston Recreational Micro Soccer player registration process that you have used for Recreational soccer.

More Information

If you have any questions or concerns please contact the SFL Age Level Commissioner – Andrew Cheng at andrew.cheng@verizon.net.