



10U Guidelines for AYSO Region 688

1. Game times are 25-minute halves with a quick water and substitution break at approximately 12-minute mark. Halftime is no more than 5 minutes long.
2. Play is 7 v 7 on the field (6 field players and a goalkeeper)
3. No slide tackling
4. No heading the ball - penalty will be a free kick from the point of infraction
5. No punting of the ball by the goalkeeper.
6. A build out line runs across the field equal distance between the top of the penalty area and halfway line.
 - the opposing team must move behind the build out line for a goal kick or when the goalkeeper has possession of the ball
 - after the ball is put into play, the opposing team may cross the build out line and resume play as normal
 - the ball is considered in play after the first touch from the goal kick or the pass from the goalkeeper
 - the build out line shall be used as the line to determine offside
7. Opponents must be at least 8 yards from the ball for restart kicks (free kick, corner kick or kick-off)
8. Be FAIR, SAFE and most of all HAVE FUN!