

# COACH'S GUIDELINES FOR U-10

The referee's decisions will follow FIFA Rules and may override items listed in BASL rules. These rules are to be used as helpful guideline.

## Number of Players

The maximum number of players on the field at one time for U-10 is 7v7. One player shall be designated as the goalkeeper.

Coaches must coach from the sideline in their team area.

## Time

25 minute halves with a 5 minute half time.

Sessions vary between 9:00am and 10:30am.

Each 1.5 hour session begins with 1/2 hour practice and concludes with 1 hour of game play according to rules posted on the website.

No other practices are permitted.

## Ball Size 4

## Equipment

Shin guards must be worn when playing.

Shin guards must be covered either by socks or long pants.

Soccer cleats or tennis shoes only. No other type of cleat is allowed. Any cleats that have a toe cleat are considered a safety issue.

No jewelry (including wristbands). Soft hair ties are acceptable.

No hooded sweatshirts.

Team shirt (or similar color) must be worn overtop any shirt.

Any special equipment must be approved by the referee/official.

## The Referee

An assigned referee shall monitor play.

The primary concerns are safety and enjoyment of the players.

## Start of Play

There is a Kick-off at the beginning of the game and following each goal. The ball must go forward at the initial kick.

Players should remain in their own half of the field until the ball is kicked.

## Substitutions

Substitutions are unlimited for the team in possession prior to a throw-in.

Both teams may make substitutions after a goal or a prior to a goal kick.

No substitutions allowed prior to a corner kick.

## Corner Kicks

When a ball crosses a goal line and was last touched by a defender, the game is restarted by a corner kick by an attacking team player.

Opponents must be at least 8 yards from the ball.

## Goal Kicks

After substitutions have been completed. Team in possession shall kick the stationary ball from the ground anywhere within the goal box area (small box) into play.

Ball must exit goal area (large box) before it is in play or can be touched by another player.

All opposing players shall remain outside the goal area (large box) until ball is in play.

Ball shall not enter opposite team's penalty area (large box) in the air without first being touched by opposing player or the ground.

If the goalie gains possession of the ball by picking it up within the goal area, he has 10 seconds to put ball into play or an indirect free kick is awarded at spot of foul.

## Penalty Kicks

A direct kick is awarded to the attacking team if the defending team's foul is committed inside the penalty (large) box.

## Throw-ins

The ball shall be restarted with a throw-in from the spot where it left the field of play.

Two hands on the ball thrown overhead with both feet on the ground. One re-throw is allowed.

## Restarts/Free Kicks

All restarts are direct kicks - the ball may be shot directly onto goal.

Opponents must be at least 8 yards from the ball.

## Goals

Following a goal, the ball is restarted with a kick-off similar to Start of Play. Possession goes to the "scored-against" team.

## 4 Goal Rule

If one team is ahead by 4 goals, the other team may add another player to try and make the game closer.

The team that is ahead can also remove a player instead.

## Offside

The offside rule does not apply, but a team cannot station an attacking player at their opponent's goal.

## Sliding and Slide Tackling

No slide tackling is allowed, but players can legally slide to play the ball if there is no danger to an opponent.

## Heading

No intentional heading of the ball is allowed.

## Misconduct

A player who receives a yellow card may have to leave the playing field. The player may be allowed to reenter the game after a cooling off period at the discretion of the referee.

A player who receives a red card must leave the playing field not to return.

## Young children are having fun when:

- \* They score goals
- \* They dribble the ball
- \* They pass the ball
- \* They refine existing skills
- \* They learn new skills
- \* They learn more about the game
- \* The experience success
- \* They are challenged at their own level
- \* They are encouraged to experiment
- \* They are not scolded for making mistakes
- \* They are given freedom to make decisions
- \* They are playing children's games, not competing in adult sports
- \* Games are against like-skilled opponents
- \* Games are not one-sided
- \* Adults are supportive and not critical
- \* Adults provide helpful feedback

