

Rules of the Game

U10 Boys & Girls Divisions

Updated 03/08/19

Field Dimensions: Field 90ft x 130ft, Corners 3ft Arc

Goal Size: Width – 10ft; Height – 6ft

Goalkeeper Box: 28ft along baseline, 20ft out from baseline

The goalkeeper may use his/her hands inside the goalkeeper box only. If the goalkeeper exits the box, he/she becomes a position player.

The Ball: Size Four (4)

Player Equipment: Shin-guards are **MANDATORY** for all players. Players will not be permitted to play without shin-guards. Standard soccer shoes or tennis shoes are allowed. Cleats shall be soft molded. Hard casts are only allowed with approval. Jewelry, watches, and other dangerous equipment must be removed during games.

Players & Positions: 5v5 Micro Format. Teams should have four (4) position players plus one (1) goalkeeper on the field at all times (total of five players). Each team must have at least one (1) Forward and one (1) Defender meaning only a maximum of three (3) position players can be in the offensive or defensive zones at any time (past midfield area).

Game Duration: All games will consist of three (3) 9-minute periods per half for a total of six (6) 9-minute periods (total playing time = 54 minutes). There will be a 1-minute "sub" break between periods with a 5-minute halftime break after the third period (if needed).

Running Clock: The clock will run continuously at all times (except between periods). However, the clock may be stopped for an injury or any other extreme circumstance that may take more than a few seconds to resolve.

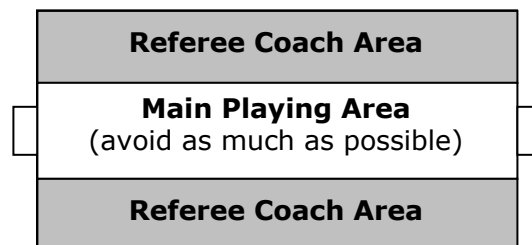
Official Game Timers: An assistant coach or reliable spectator should be designated as the official game timer before the start of each game (stop watches will be available). Coaches should review the *Game Duration*, *Running Clock* and *Ending Games on Time* rules with the Official Game Timer to ensure periods do not run long thus allowing the game to run more smoothly.

Substitutions: Substitutions can only be made during period breaks unless there is an unusual circumstance (injury, etc.). In order to ensure all players receive an equal amount of playing time, players must be "rotated" properly at each period break (refer to examples on Page 4).

Goalkeepers: All players should be given the opportunity to play the goalkeeper position. Players are only allowed to be in the goalkeeper position for three (3) or less periods per game. Ideally, coaches are encouraged to have goalkeepers play back-to-back periods (switching the keeper every two periods will result in using three different players per game).

Ending Games on Time: All games will be given a one (1) hour thirty (30) minute time slot. If necessary, it is the responsibility of the Official Game Timer to end the game when the one (1) hour thirty (30) minute time slot has expired regardless of how many periods have been played or how many minutes may be remaining in the final period.

Referee Coaches: Two (2) on-the-field coaches will referee all games – one from each team. Referee Coaches should position themselves according to the illustration below to avoid being an obstacle for the players. A large portion of the game is played inside the “Main Playing Area”. **All other coaches from both teams must remain outside the playing area at all times.** Sideline/Goalie coaches are encouraged to assist in refereeing duties but must remain outside the active playing area at all times. Referee Coaches are expected to encourage, teach & assist **all players**, not just their own.



Opening Kickoff: Coaches will determine which team will have possession of the ball to begin the game (if a player is willing to lead in prayer, then his/her team will receive possession of the ball first). All games will begin with a center kick-off that must be passed to a teammate (forwards or backwards). The defense must wait to engage until the ball has crossed into the offensive zone (indicated by a white line just passed the center of the field).

Goal Kicks: All players are eligible to take a goal kick (does not have to be the goal keeper). **Players from the opposing team should make their way back to midfield and can only attack once the ball cross midfield OR is touched by an offensive player other than the one taking the goal kick.** Coaches are encouraged to have one of their “defenders” take the goal kick so the goalkeeper can “stay home” in case the opposing team gets a quick steal and shot on goal.

Infringements: All infringements result in an indirect free kick meaning the ball must be touched by another player before crossing the goal line. Coaches are to encourage players to compete honestly and avoid committing deliberate fouls.

Throw-In: One (1) improper throw-in is allowed (stop play and redo). If a second improper throw-in occurs, the ball is awarded to the opposing team. A proper throw-in means:

1. Both feet must be on the ground upon release of the ball
2. Both hands must be on the ball
3. Arms must be coming from behind the head
4. Ball must be released forward *over the head* not on either side of the head

Switching Goals: Teams will switch goals (direction) at halftime.

Offside: No offside penalties will be called unless teams begin to take advantage of the rule.

Penalty Kicks: There will be no penalty kicks in this division.

Yellow/Red Cards: Cards will not be utilized during any situations, but Referee Coaches can verbally send-off any player that commits a "dangerous" foul.

Overtime: There will be no extra time added to the game.

League Standings: There will be no record of league standings.

Creating Good Matchups – Substitution Tips

1. Be prepared with a potential lineup before coming to the field and then be ready to make changes once you get to the field (bring a blank sheet along with the examples below). You will most likely make some kind of change after connecting with the opposing coaches and seeing their lineup.
2. When both teams have the same amount of players, place players with similar abilities in the **same place** on the rotation chart (put top players in A position for one game but then put them in the G or H position the next game).
3. When teams do not have the same amount of players, place players with similar abilities in **different places** on the rotation chart that allow them to be on the field at the same time the most.
4. Players can be placed in different places on the rotation chart from week to week BUT try to make sure all players are getting the opportunity to play “extra” periods. At times some players will play one more period than others during a single game (shouldn't be your best player every game).
5. This system is not perfect so keep that in mind when working with the opposing coaches to setup the best on the field matchups as often as possible.

8 PLAYERS

Player	1	2	3	4	5	6
A	1	4		H	2	5
B	2	5		A	3	1
C	3		1	L	4	2
D	4		2	F	5	3
E	5		3		1	4
F		1	4		2	5
G		2	5		3	
H		3			1	4

7 PLAYERS

Player	1	2	3	4	5	6
A	1	3	5	H		2
B	2	4		A	1	3
C	3	5		L	2	4
D	4		1	F	3	5
E	5		2		4	1
F		1	3		5	2
G		2	4			1
H	OUT					

6 PLAYERS

Player	1	2	3	4	5	6
A	1	2	3	H	4	5
B	2	3	4	A	5	1
C	3	4	5	L		1
D	4	5		F	1	2
E	5		1		2	3
F		1	2		3	4
G	OUT					
H	OUT					

5 PLAYERS

Player	1	2	3	4	5	6
A	1	1	1	H	1	1
B	2	2	2	A	2	2
C	3	3	3	L	3	3
D	4	4	4	F	4	4
E	5	5	5		5	5
F	OUT					
G	OUT					
H	OUT					