

RULES FOR U - 10

Players per team on the field: 7, one of which will be the goalkeeper (Min. 5)

Length of game: 4) equal 14 minute quarters. 2) Two minute breaks and 1) Five minute halftime break.

Coin Toss & Kick Off: Winner of coin toss chooses which goal to defend, other team kicks off at beginning of 1st & 2nd quarter, after half time, players switch sides and other team kicks off for beginning of 3rd & 4th quarters.

Substitutions: Players can be changed any time there is a stoppage of play, no limit.

Goals: Goals are scored when the ball completely crosses the line inside of the net. ***NO SCORES ARE KEPT AT THIS AGE LEVEL.***

Goal Kicks: If an attacking player kicks the ball out of bounds at the net end of the field (not inside the net), the defending team gets to take a free kick back towards the other end of the field... All other players except for the kicker are REQUIRED to stay 15 feet away from the ball.

Corner Kicks: If a defending player kicks the ball out of bounds at the net end of the field (not inside their own net), the attacking team gets to take a free kick from one of the small semi circles located at the corner of the field. All other players except for the kicker are REQUIRED to stay 15 feet away from the ball.

Offsides: Offsides will be called when it applies. **Players will be verbally warned by lines people ONCE when they are in an offsides position, prior to the commitment of a foul, after that they will not be warned again, but penalized for offsides if applicable.**

Throw-Ins: A throw in occurs when the ball is played out of bounds over the sides of the field. The team, who didn't play the ball out, gets the opportunity to throw the ball back into play. All Defensive players are REQUIRED to stay 15 feet away from the ball. A proper throw-in is made by having both feet on or behind the sideline and the ball thrown from behind the head with both hands; the feet may not leave the ground. If there was any part of the throw in done improperly, the referee will stop play, bring the ball back, instruct the thrower what was done wrong and allow another chance. There is a limit of 2 chances on throw-ins at this age level, if the player still does the throw-in improperly, the ball is given to the other team for a throw-in.

Goal Box: The goalkeeper can touch the ball with his / her hands anytime the ball is within the goal box. The only exception is, if the ball is deliberately kicked to the keeper by his own teammate, then it must be kicked away and not touched with hands.

Free Kicks and Penalty Kicks: FIFA rules apply at this age level. NO CARDS WILL BE ISSUED.

Referee: There is one center referee and two assistant referees (all must be certified) used at this age level. The center referee is in charge of the game, field conditions as well as players, coaches and spectators discipline. Any postponements and / or cancellations due to weather conditions or discipline problems are at the discretion of the referee and should not be disputed.

Complaints: Should **NOT BE DIRECTED TO COACHES OR REFEREES**, any comments should be expressed either verbally or in writing to club administrators after game day.

SPRING 2009 SEASON