

10U

Field: A 40 x 80 rectangle with a halfway line and an 8 yard radius center circle. The goal box is a 15 x 6 yard rectangle in front of a 7 foot x 21 foot goal. The penalty area is 36 x 14 yards, with a 10 yard arc, penalty spot is at 10 yards. At approximately one-third of the field, in each half, there will be a build up line drawn the width of the field. This line will indicate offside and allow the attacking team to build up from the back. When the goalkeeper has possession of the ball the defending team must move behind the build up line. They may advance once touched by an opponent other than the goalkeeper.

The goalkeeper may not drop kick or punt the ball. Distribution by the goalkeeper can be thrown, rolled out, or passed out of the penalty box on the ground.

Ball: Size 4.

Players: Maximum roster 10, with 7 vs. 7 on the field, including the goalkeeper. All players must play half the game, and as many as possible three quarters.

Referees: Certified Ref, or volunteer.

Duration: Two 25 minute halves, with substitution break at approx. midpoint of both. 2 minute quarter breaks and 5 minute half time.

Starts and restarts:

Kick-offs from center circle at start of both halves and after a goal.

Direct free kicks, meaning can score on the first touch.

-opposition must give 8 yards until kick taken.

Indirect free kicks, meaning must be touched by two players before a score.

-opposition must give 8 yards until kick taken.

Throw-ins are as regulation, with change of possession if improperly done.

Corner kicks are normal, with the opposition giving 8 yards.

Goal kicks are normal.

Drop-balls after stoppage without an infraction (dog, rain, injury etc.).

Fouls and Misconduct:

Offside Law applies, indirect free kick awarded.

Penalty kicks awarded for penal fouls in the area.

No heading. Indirect free kick will be awarded to the opposing team in the event of an intentional header. Repetitive infractions will NOT result in a card.

FIFA Law changes include:

Kickoff from center circle can move backwards on first touch.

ABSOLUTELY NO heading the ball. If the ball is touched with the head an indirect free kick is awarded to the opposing team.

Cautions and Ejections:

ABSOLUTELY MINIMAL! Use of red and yellow cards on players only when absolutely necessary.

Practice duration:

Two hours per week. Split at the coach's discretion.