



## U-10 General Information

*Please have the players at the field no less than 20 minutes before the game. The coaches can require earlier.*

**The Duration of the Match:** The match shall be divided into equal, twenty five (25) minute halves. There shall be a short water break in the middle of the half. There shall be a half-time interval of ten (10) minutes.

**Substitutions:** Substitutions occur at dead ball situations, water breaks and at half time. The referee should be informed of all substitutions before the players enter the field.

**Playing time:** Each player SHALL play a minimum of 50% of the total playing time. Players cannot play in one position for more than 2 quarters of the game. Teams and matches are not coed.

**The Ball:** Size four (4).

**The Number of Players:** A match is played by two teams, each consisting of not more than six players unless instructed differently by the director of coaching or age group coordinator in special instances. There are goalkeepers.

### **The Field of Play**

**Dimensions:** The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.

Length: 60 yards

Width: 40 yards

### **General Rules**

**Fouls and Misconduct:** Conform to FIFA guidelines. Fouls will result in either a direct or indirect free kick.

**Free Kicks:** Conform to FIFA guidelines that all kicks are either direct or indirect and all opponents are at least ten (10) yards from the ball until it is in play. The simple difference between the two is this: On a direct kick you can score by kicking the ball *directly* into the goal. On an indirect kick you cannot score. An indirect kick must be touched by another player before it can go into the goal – that is the kicker and a second person.

*As a parent on the sideline, you can tell whether the kick is direct or indirect by looking at the referee. For an indirect kick, the referee will hold one arm straight up in the air until the second person touches the ball. No arm up, it's a direct kick.*

**Penalty Kick:** Conform to FIFA guidelines. A penalty kick results from a contact foul or hand ball by the defending team within the penalty area – the large box on either end of the field. So it's a type of direct kick also. All players must remain outside the penalty area and the penalty arc until the ball is kicked. The goalkeeper must have both feet on the goal line until the ball is kicked. If after the ball is kicked, it rebounds off of the goal and stays on the field, the ball is "live" and anyone can play it ***with the exception of the person who just kicked the ball.*** If the ball rebounds off of the goal and back into play, the person who kicked the ball cannot play it until the ball is touched by another player – otherwise he/she will be called for two touches.

**The Throw-In:** Conform to FIFA guidelines. The two basic soccer rules for a proper throw-in are to have both feet on the ground and to throw the ball with both hands over the head.

**The Goal Kick:** Conform to FIFA guidelines. You may be confused at times in youth soccer games to see a goal kick retaken. This is because the FIFA soccer rules state that the ball is not back "in play" until it leaves the penalty area, the large box outside of the "goalie box". If either team touches the ball before it leaves the penalty area the kick must be retaken, and if the ball is not kicked well enough to leave the area, the kick must be retaken.

**The Corner Kick:** Conform to FIFA guidelines that opponents remain at least ten (10) yards from the ball until it is in play.

**Goal Keepers:** Generally conform to FIFA guidelines. They are expected to stay in the eighteen yard box to use their hands, but at this age it is a little loose. We are trying to teach the game, so the ref can give a warning as seen fit without giving a hand ball penalty. This is to help teach the game at this age group.

**Offside:** Conform to FIFA guidelines. **A player is in an offside position if: *he is nearer to his opponents' goal line than both the ball and the second last opponent.*** This is without a doubt the least understood rule by parents and coaches alike. The first thing to know is that you cannot be offside on a corner kick, goal kick, or throw-in. Also, *it is not an offense for a player to be in an offside position.* The player must be involved in active play as determined by the referee to be called offside. You can't be offside if you are standing on your half of the field. Also, the offside rule applies *when the ball is kicked*, not when the player receives the ball.

Clear yet? Well, try this one, an offensive or attacking player can't be ahead of the ball and involved in the play unless there is a defender between him and the goalkeeper. Or, you can't hang out at the other team's goal waiting for the ball

**Parents:** Parents should stay on the opposite sideline from the coach and players. Neither coaches nor parents should enter the playing field during play except to attend to injuries. Neither parents nor coaches will be allowed to stand behind the goals to watch or to help coach the goalies. Please remember most of the referee's for the In House games are in their early teens and are learning how to referee. Please do not treat them like you would an adult if you have a discrepancy. If you have a discrepancy with the way the game was called do not approach the referee, instead find one of the people in charge of the fields with GISA and let them handle it.