U10 Division Rules of Play

**Number of Players:**

* The max number of players on the field at any one time is 7 (1 goalie and 6 field players.)
* Games may not be rescheduled due to insufficient # of players. If there is a schedule conflict, please reach out to the Director of Recreation.

**Age Specific Rules:**

* Throw-ins: A poor throw-in will result in a redo. If there is a 2nd poor throw-in, all play will continue without a redo.
* Goal Kicks: All defending players must be at midfield and allow the offensive player to receive a touch before they can cross mid field to defend. **Early encroachment results in re-kick.**
* Goalie Saves: All defending players must be at midfield and allow the offensive player to receive a touch before they can cross mid field to defend. **Early encroachment results in re-kick.**
* Fouls: No direct free kicks. All fouls will result in an indirect free-kick from the spot of the foul \*unless foul is committed inside the “18 yard” box. This will result in an indirect free kick from the closest line of the 18 yard box.\* These must be touched by a player before going into the goal and counted as a point.
* Each player must play half of the game.
* Offsides will not be called. Please discourage cherry picking (hanging out in the goal waiting to score)
* NO heading of the ball will be allowed \*NO EXCEPTIONS\*

**Substitutions:**

* Prior to a throw-in (by EITHER team)
* Prior to a goal kick (by EITHER team)
* After a goal (by EITHER team)
* At halftime

**Goalkeepers:**

* We encourage coaches to use 2 different goalkeepers for each game.
* Goalkeepers are **NOT** allowed to punt the ball
* Goalies must wear a different colored pinnie
* Goalie gloves may be used, but are not required.

**Coaching Position/Player Seating:**

* Coaches and players must sit in the Technical Area, where the player benches are located.
* Coaches cannot cross the 50-yard line into the other team’s side of the field
* Coaches cannot enter the field of play unless a player gets hurt
* Parents and siblings must sit along the outside perimeter of the field on the opposite side of the players and coaches
* **\*\*NO ONE IS ALLOWED BEHIND OR BESIDE THE GOALS DURING PLAY\*\***

**Duration of Game & Game Delays:**

* Two 25-minute halves with a 5-minute halftime
* In the instance of any thunder and lightning, game play will be suspended for 30 minutes from the first sound of thunder or sight of lightning. Every time either of these things occur, the “timer” will restart and the 30-minute delay will begin again. All players, coaches, and families must leave the field during this time and go to the nearest safe shelter or vehicle

**Field and Goal Sizes:**

* Max Field Size- 45x65
* Min Field Size- 35x55
* Goal Size- 7x21
* Refs- 1

**Equipment:**

* Shin guards MUST be worn under socks
* A Size 4 Ball will be used in all games

**Apparel:**

* No jewelry is to be worn
* Please have both jersey tops with you at all games.

**Arrival/ Attendance/ Conduct:**

* Arrive at the field 30 minutes before scheduled game time, ready to play.
* Please let your coach know if you cannot attend a game in a timely manner.
* Coaches, players and parents are expected to honor the game.
* Families on the sidelines during the games are expected to conduct themselves in a positive way and encourage the players on the field. Remember, we want the kids to be able to focus on what their coaches are saying to them and not get mixed signals.
* Please refrain from negative comments especially towards the Referees.
* We want all of our players to have a great experience!

**Mercy Rule:**

* Any match that goes above 4 goals advantage to one team, the struggling team may add another player if they would like. **\*The team with the current advantage WILL NOT remove players from the field of play to create an advantage for the other team**
* Once the game is back within 2 goals between the teams, field numbers can go back to normal numbers.