

U10 Short Sided Games Rules

Field Dimensions: The field of play shall be rectangular, 80 yards in length and 40 yards in width.

Markings: Distinctive lines not more than five inches wide.

- a. A halfway line shall be marked out across the field.
- b. A center circle with a 8 yard radius.
- c. Four corner arcs with a 1 yard radius.
- d. Goal area - 6 yards from each goalpost and six yards into the field of play joined by a line drawn parallel with the goal line.
- e. Penalty Area 14 yards by 36 yards.
- f. Goals: Maximum seven (7) feet high and seven (7) yards wide.

The Ball: Size four.

NUMBER OF PLAYERS: Maximum number of players on the field at any one time: seven (7), one of whom may be a goalkeeper.

Maximum number of players on the roster should not exceed

Substitutions: Between playing periods and for injuries.

Playing time: MINIMUM of 50% of the total playing time for each player. Coaches will substitute between quarters to ensure that all players present play a minimum of 50% of the game (*75% highly recommended*).

Player's Equipment:

Footwear: Tennis shoes or soft-cleated soccer shoes.

Shinguards: MANDATORY

Referee:

Registered referee.

Youth referee.

They will work cooperatively with the coaches to eliminate the need for cautions and send-offs. Referee's decisions final on points of fact connected with the game.

Referees shall emphasize:

- a. Safety
- b. Fairness
- c. Fun
- d. Learning

Assistant Referees:

May use parents as assistant referees.

Duration of Game:

Four equal 12½ minute periods with two equal halves of 25 minutes each.

A halftime break of 5-10 minutes.

The Start of Play:

No change from regular play except: opponents must be 8 yards from the center mark while kickoff is in progress.

Ball In and Out of Play:

No change from regular play.

Scoring Method:

No change from regular play.

Offsides:

No change from regular play.

Fouls and Misconduct:

No change from regular play except no caution or ejections issued to players except by an independent neutral referee.

Free Kick:

No change from regular play except opponents must be 8 yards away before kick is allowed.

Penalty Kicks:

No change from regular play except opponents must be 8 yards away before kick is allowed.

Throw-In:

No change from regular play.

Goal Kick:

No change from regular play.

Corner Kick:

No change from regular play except opponents must be 8 yards away from the ball.