

U10 Guidelines

The Field:

The field size for U-10 games is 80 yards long, 40 yards wide (max).

The Markings:

Distinctive lines recommended.

- **Halfway line** the width of the field, marked equidistant between the goal lines.
- **Center circle** with an eight-yard radius in the center of the field.
- **Corner arcs** with a one-yard radius at each corner of the field.
- **Goal area** in front of each goal measuring 6 x 15 yards.
- **Penalty area** in front of each goal measuring 14 x 30 yards.
- **Penalty mark** ten yards from the goal line.
- **Penalty arc** extending in a eight-yard radius from the penalty mark.

The Goals:

Maximum seven feet high and seven yards wide..

The Ball:

A size 4 ball is used for U-10 games.

The Players:

There will be seven per team on field; one of which is a goalkeeper. Ten maximum on roster. Substitutions are between periods, at halftime and for injuries. There will be a minimum of two periods per game and no player should play four periods until everyone has played three. The players will be separated by girls and boys teams at all levels of play.

Player Equipment:

Shoes and shinguards, covered by the socks are mandatory at all practice and game activities. Soccer shoes, tennis shoes, or similar type athletic shoes are recommended. The type and condition of cleated shoes must be inspected for safety before use.

Duration of Game:

Four 12.5-minute periods. Halftime break of 5 -10 minutes.

The Start of Play:

The game should be started with a kick-off in the middle of the field. Coaches determine which team starts the game with a coin flip and the opposing team starts the second half. Opponents must be eight yards from the center mark while kick-off is in progress.

Fouls & Misconduct

Opponents must be eight yards from the ball on restart kicks. Referees will work cooperatively with the coaches and eliminate the need for cautions and send-offs.

Referee:

AYSO certified Regional Referees or higher are required for U-10 and older games. The referee should briefly explain any infringements to the player(s) and encourage proper play and sporting behavior. As with all games, every effort should be made to keep the game moving and free from stoppages for doubtful infractions. Let them play and enjoy.

Assistant Referees/Club Linesmen:

If available, qualified assistant referees who have completed Assistant Referee Certification may be used to assist the referee. This is an opportunity for new assistant referees to begin getting experience. If qualified assistant referees are not available, Club Linesmen (untrained volunteers who may be affiliated with one of the teams/clubs) may be recruited from the spectators to assist the referee with calling the ball in and out of play only. This is an opportunity for parents to get involved.