

10U Guidelines

The Ball: A size 4 ball is used for 10U games.

The Players:

Numbers: Seven per team on field; one of which is a goalkeeper. Ten maximum on roster.

- **Substitutions:** Between periods, at halftime, and for injuries.
- **Playing Time:** Minimum of two periods per game and no player should play four periods until everyone has played three.

Player Equipment:

Shoes and shin guards (covered by the socks), are mandatory at all practice and games.

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

Referee:

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.

Throw-In:

Second chances are not given for improper throw-ins for U10 and older players. An improper throw-in results in a throw-in for the opposing team.

Goalkeeper Punts:

For 9U to 12U, the goalkeeper shall **not** punt the ball. An indirect free kick will be awarded to the opposing team at the spot of the offense if a goalkeeper deliberately punts the ball during a match. An indirect free kick awarded to the attacking team inside the opposing team's goal area must be taken on the goal area line at the point nearest to where the goalkeeper punted the ball.

Build-Out Line:

- The build-out line promotes playing the ball out of the back in a less pressured setting.
- The build-out line shall be placed across the field equidistant between the top of the penalty area and the halfway line.
- The opposing team must move back behind the build-out line for a goal kick or when the goalkeeper has possession. At any time, the goalkeeper may pass, throw, or roll the ball to a teammate who is behind the build-out line.
- The goalkeeper or the player taking the goal kick does not have to wait for the opposing players to move behind the build-out line. The play from the goalkeeper or from the goal kick must be played to a teammate behind the build-out line. After the ball is put into play, the opposing team can cross the build-out line and play may resume as normal. The first touch is from the goal kick or the pass from the goalkeeper.

- The build-out line shall be used as the line to determine offside. Players cannot be penalized for an offside offense between the halfway line and the build-out line.

No Heading:

Consistent with the US Soccer mandates on heading the ball, heading is banned for all division 12U and below in both practices and matches.

Pushing or Shoving:

Pushing fouls can potentially become more frequent and they are more challenging to identify as the players get older because they do the pushing in different ways. The criteria for a foul remains the same regardless of the age level. An offense becomes a foul when it is committed in a manner considered by the referee to be careless, reckless, or using excessive force. Players may touch other players, and are allowed to feel around them to know where other players are. Older players often run with their arms outstretched. This is acceptable, so long as they do not shove or push off. Often, a gentle reminder that pushing is dangerous is all that is needed. If a player commits a foul, the correct restart is a direct kick. If it occurs in the penalty area, it is a penalty kick.