

u10 Division Rules – Fall 2023

Points to remember for U10 play

In the event of poor weather, assume the games are on as scheduled unless notified by a league official.

Games are **NOT** cancelled for rain.

- **Game play**

- Play is 7 v 7
 - The number of players fielded by both teams can be adjusted downward based on player attendance.
 - Coaches need to agree, and the ref needs to be informed.
- Quarters are 12 minutes.
- Ball size is number 4.
- Line-up cards must be filled out and given to the referee prior to the game.
- No jewelry of any kind during games or practices. Earrings must be removed prior to the game. Earrings covered by tape or band aids will not be acceptable.
- Players must have shin guards and shin guards must be worn under the socks.
- U10 has goalkeepers
- Players cannot play if bleeding.
- Substitution: Every player must play in at least half of the game. It is recommended players play equal time and rotate positions. The games in AYSO are about PLAYER DEVELOPMENT and playing only one position limits the player's development.
- No player should play a 2nd quarter until all players have played a 1st quarter and going forward. This rule is progressive for all four quarters of the game.

- **Referees and game rules**

- U10 games are youth refed.
- ***If you believe a call is incorrect, either let it go in the spirit of good sportsmanship or speak privately to the ref at the quarter or half break. Constructive criticism is fine, but don't make it abusive. Remember your behavior sets an example for your team.***
- There can be penalty kicks.
- Players are allowed a rethrow on the first bad throw. Thereafter, the ball is turned over to the other team.
- Goal kicks - The ball is in play once the goal kick is taken.
 - The ball does not have to go out of the box to be played.
- Corner kicks are full corners. They are taken from the intersection of the end line and the sideline (by the corner flag).
- **Build Out line**
 - Defenders can be in the box.
 - The line will be about 5 yards from the penalty box.
 - All offensive players must be behind it when the goal kick is taken.
- There is no offsides.
- Heading is not allowed.
- Slide tackling is NOT allowed. It will be considered dangerous play.
- A handball needs to be deliberate and affect the play in the opinion of the referee to be a penalty. Every touch by a hand isn't necessarily a penalty.
- If the ball is intentionally passed back to the Goalkeeper by their own team and the Goalkeeper fields the ball with their hands, an indirect kick will be awarded where the goalkeeper fielded the ball.
- If a penalty occurs but it is to the fouled team's advantage to continue play, the penalty is not called. This is referred to as advantage.

- **Half-line violation:**
 - The ball must touch the field or a player before it crosses midfield when distributed from inside the penalty box by the keeper or any other player.
 - This is regardless of the distribution method, including throw, punt, drop kick or even putting the ball on the ground and kicking it.
 - The restart is an indirect kick to the other team at the center spot of the halfway line.

- **“Blowout” games**
 - Coaches should do what they can to avoid running up the scores.
 - Put the better players on the bench (assuming they’ve had their 2 quarters of play) or allow the other team to play with one additional player until there is only a 5-goal difference. Coaches should be able to agree on this at the quarter breaks.
 - Put the better players on defense.
 - Ask the players to pass “x” number of times before shooting. Instruct your team at the quarter breaks.

- **Post game**
 - If you have the first game of the day, please get there early to help set up the nets.
 - If you have the last game of the day, please help take down the nets and corner flags.

Contact Information

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