



10U Division Guidelines

All games and practices will take place at San Benito Elementary. There will be 3 fields at this location.

Player Equipment: Soccer cleats(recommended), closed toed shoes and shin guards covered by the sock are mandatory at all practice and game activities. The type and condition of cleats must be inspected for safety before use. *(Note: They can not have a toe spike - like baseball or football cleats.)*

Field Setup:

- 65 yards long by 45 yards wide. All equipment will be located in the field boxes behind the backstops. (upper fields)

(The Markings:)

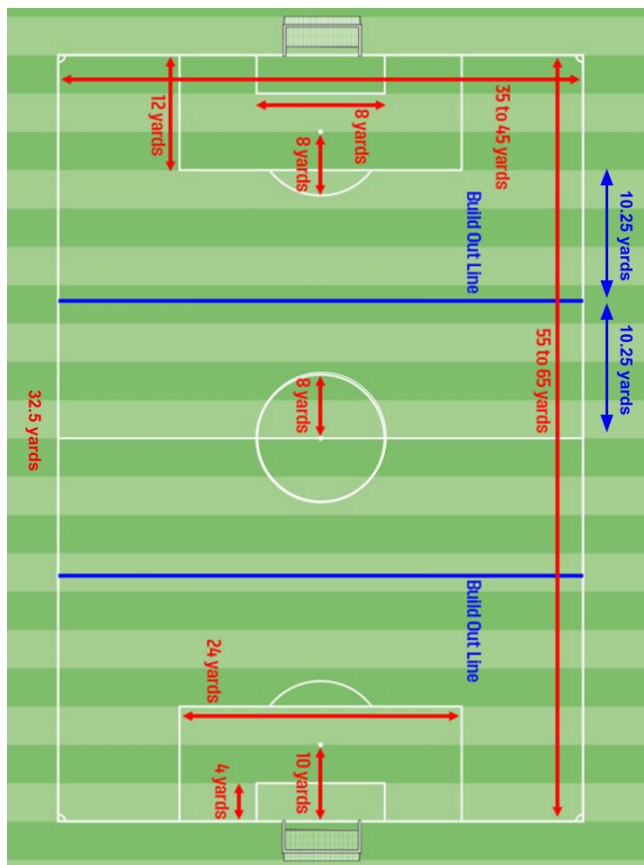
- Halfway line
- Center circle
- Corner arcs
- Goal area
- Penalty area
- Penalty mark
- Penalty arc.
- Build-out line (blue line)

The Goals: 6.5 feet high and 18.5 feet wide.

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

Players:

- Numbers: 7 v 7 (6 field players and 1 goalkeeper). Ten maximum on roster.
- Games may not start or continue if there are less than 5 players on a team.
- Substitutions are unlimited and can occur at any stoppage at the discretion of the referee.



Game Time:

- Two (25) minute halves. 10-minute halftime.
- Playtime should be distributed as equally as possible. Each player should participate for a minimum of 50% of the time. No Player shall participate as goalkeeper for more than 1/2 of the game and should play the other 1/2 on the field.

Number of Players	Playtime	Sub (Examples)
8	@ 24 min.	2 players 1/2 & 1/2 on the field - 1 player @ every 6 min
9	@ 36 min	2 players 1/2 & 1/2 on the field - 2 player @ every 6 min
10	@ 32 min	2 players 1/2 & 1/2 on the field - 3 player @ every 6 min



The Start of Play: The game should be started with a kick-off in the middle of the field.

The Kick-off:

Visitor will kick off first half and home team will kick off second half. The kick off is taken from the center of the field with each team in their own half and the team not kicking off at least ten feet from the ball (*outside the center circle*). The ball does not need to roll forward upon kick-off. Remember, let them play and do not interfere for technicalities.

10U Officials:

Cal South certified referee. Assistant referees will be club referees provided by the teams and will only be relied on for out of bounds calls.

Fouls:

For 10U and older games, all fouls identified in Law 12 apply. Refer to the *Laws of the Game* for more information.

Misconduct:

Misconduct should still be relatively rare in 10U games. Coaches at all levels of play have the option of calling players to the touchline to receive words of 'positive instruction' concerning player's behavior.

Free Kicks:

Free kicks, in 10U and older games, may be either direct (may score directly), or indirect (must be touched or played by another player before a goal can be scored). Opponents must be at least eight yards from the ball or on the goal line between the goal posts during free kicks.

Penalty Kicks: Penalty kicks may be awarded in 10U games. A penalty kick results from a player committing a direct free kick foul inside his/her own penalty area. The penalty kick is taken from the penalty mark with all other players outside the penalty area except the opposing team's goalkeeper.

Throw-In:

Second chances are not given for improper throw-ins for 10U and older players. An improper throw-in results in a throw-in for the opposing team.

Goal Kick:

A goal kick is awarded to the opposing team, in 10U and older, when the attacking team is last to touch the ball before it crosses the goal line but without scoring a goal. The goal kick may be taken from any point inside the goal area. The ball is in play when it is kicked and clearly moves.

Corner Kick: A corner kick is awarded to the opposing team when the defending team is last to touch the ball before it crosses the goal line but not scoring a goal. The opposing team must be at least eight yards from the ball when the corner kick is taken in 10U games.

Offside:

The build out line will be used to assess where offside offenses can be punished.



- Players cannot be penalized for an offside offense between the halfway line and the build out line.
- Players can be penalized for an offside offense between the build out line and the goal line.

Build-Out Line:

A Build-Out Line is a line across the width of the field of play mid-way between the top of the penalty area and the half-way line in each half. They should be equidistant between the penalty area line and the halfway line.

- When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing team must move behind the build out line until the ball is put into play.
- Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punts and drop kicks are not allowed).
- The ball may be played to either side of the build-out line.
- After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal.
- The build-out line promotes playing the ball out of the back in a less pressured setting.

Handball: A handball infraction occurs when a player handles the ball deliberately. The 'hand' includes the entire arm up to the top of the shoulder. Instinctive, self-protective reactions are not penalized at this young age. Accidental contact (ball striking hand or arm with no intent by the player) is not an offense and should not be penalized. Let the players know to “Play on”

No Heading: Consistent with the US Soccer mandates on heading the ball, heading is banned for all divisions 11U (12U and below for programs without single age divisions) and below in both practices and matches. An indirect free kick will be awarded to the opposing team if a player deliberately touches the ball with his/her head during a match (taken where the player touched the ball with his/her head).

Field Striping: Coaches please help us secure 1 or 2 individuals who will be striping fields for the season - it will take about an hour a week to stripe both fields and if you practice on Thursday or Friday this can be done during practices. Please coordinate this through Shauna and Allison.

Division Contacts:

- Misty Owens - 10U division coordinator - 10udc@atascaderosoccer.org