



The Field

- U10 Soccer will be played on $\frac{3}{4}$ size pitches
- Goals will be permanent structures and fields will be marked with lines and flags.
- Safety: Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement.
- Spectators will be asked to sit on one side of the field approx. 1 metre from the sidelines, across from their team's bench.

Length of Game

- Games are divided into two (2) halves of 25 minutes. Teams will switch ends at Half Time.
- The referee will then call for captains who will call a coin toss to determine possession preferences or side preferences.
- Teams will shake hands at the start of each game.
- Games will start promptly as per the scheduled time of 6:30pm.
- The game starts with a kickoff in the center of the field. The opposing team must stay out of the center circle until the ball is kicked.

The Ball

- The U10 Soccer program will use a Size 4 ball at all times.

Number of Players

- Each team roster has a maximum of fifteen (15) registered players.
- U10 Soccer is played in a 7 v 7 format, (six players, and one keeper)
- Spare players are asked to sit on the outside of the pitch with their coaches.
- Keepers will be identified with a Keeper Shirt or a Coloured Pinney; Keeper Gloves are required, and will be supplied by the association.

Player Equipment

- Players must wear the full uniform provided, with shirts, shorts and socks pulled up to the knee over the shin pads. Soccer Shoes or Boots are strongly recommended at all times.
- NO jewelry (earrings, necklaces, bracelets, etc.), metal or plastic hair clips are allowed on the playing field. Band-Aids or tape to cover earrings is not allowed.

Playing Time

- Each player must receive equal playing time.
- No player/s shall be left on for the entire game (if you are short of players please share with your opposing team)
- Substitutions: At any stoppage and unlimited.
- Any Call-ups must be approved by the executive, and can only be used by teams in the U8 division.

Rules of the Game

- The U10 Program uses a modified and a more simplified set of FIFA rules.
- A certified Level #1 or Level #2 Official can be used throughout the match. If no Official shows up the Coaches from both teams will each officiate one half of the game while on the pitch. Linesman or Assistant referees will be used, for training purposes to further develop the Referee's in the Association. Parents may be asked to volunteer as well.
- The Ball In and Out of Play: Throw-ins when the ball passes over the side lines.
- No Offsides will be called.
- Fouls and Misconduct: Conform to FIFA with the exception that all fouls shall result in a direct free kick. The referee/coach must explain ALL infringements to the offending player. No cards shown for misconduct.
- Free Kicks: Conform to FIFA with the exceptions that all free kicks are direct and opponents are at least four (4) yards from the ball until it is in play.
- There will be penalty kicks
- The Goal Kick: The goal kick should be taken within 2-3 yards of the goal line anywhere across the width of the field of play at the nearest point from where the ball was retrieved.
- The Corner Kick: Conform to FIFA with the exception that opponents remain at least four (4) yards from the ball until it is in play.