



SUMTER COUNTY YOUTH SOCCER CLUB

AYSO 1408



U10 Guidelines

The Field: The size for U10 games is 55-65 yards long and 35-45 yards wide

The Markings:

- Halfway line: Width of the field, equal distance between goal lines.
- Center circle: Eight-yard radius in the center of the field.
- Corner arcs: One-yard radius at each corner.
- Goal area: 4 yards x 8 yards in front of each goal.
- Penalty area: 12 yards x 24 yards in front of each goal.
- Penalty mark: Ten yards from the goal line.
- Penalty arc: Eight-yard radius from the penalty mark.

The Goals: The maximum height is 6.5 feet, and the maximum width is 18.5 feet.

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

The Players: Each team consists of seven players on the field, including one goalkeeper. The maximum roster size is ten players.

Substitutions: Substitutions may only occur between quarters, at halftime, and in cases of injury. On particularly hot days, exceptions will be made to allow substitutions as needed. Referee discretion may be applied for any other substitution needs.

Playing Time: Each player must participate in a minimum of two quarters per game. No player should play four quarters until all teammates have played at least three quarters.

Duration of Game: Four 12.5-minute quarters with a 5-minute halftime break and 1-minute breaks between quarters for substitutions.

Player Equipment: Shoes and shin guards- shin guards must be covered by socks and are mandatory for all practice and games. It is recommended to use cleats but soccer shoes, tennis shoes, or similar types of athletic footwear are acceptable. The type and condition of cleated shoes must be inspected for safety before use.

Referee: AYSO certified U10 Regional Referees or higher are required. The referee should briefly explain any infringements and encourage proper play and sportsmanship. Keep the game moving with minimal stoppages for doubtful infractions. Let them play and enjoy.

Assistant Referees/Club Linesmen: Qualified assistant referees with certification may assist the referee, providing an opportunity for new officials to gain experience. If none are available, Club Linesmen (untrained volunteers from spectators) can help call the ball in and out of play, allowing parents to participate



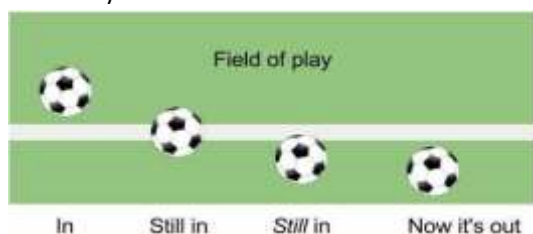
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The Kick-off: A coin toss determines which team kicks off to start the game, while the other team kicks off to start the second half. Opposing players must remain outside of the center circle until the ball is placed in play. Kickoffs occur at the start of both the first and third quarters, as well as after each goal scored. Teams switch sides of the field at the end of the first half. Kickoffs are executed from the midfield line at the center of the field. Each team must stay within their own half of the field until the ball moves forward into the opposing team's half. If a kickoff is directed backward initially, it must be retaken as it was not legally put into play. The player taking a kickoff, or any free kick, cannot touch the ball again until another player has touched it. An Indirect Free Kick is awarded to the opposing team if the player taking the free kick touches the ball again before another player. A kickoff is a Direct Free Kick, meaning that a goal can be scored directly from the kick without another player needing to touch the ball first.

Ball In and Out of Play: The ball is out of play in all age group games when it completely crosses the touch line (side line) or goal line (end line), either on the ground or in the air. The referee or coach in the U6 games will determine when one of these restarts is necessary and should then minimize involvement in the restart process. The focus can shift to technique instruction later.



Method of Scoring: A goal is awarded when the ball completely crosses the goal line. Own goals are valid, an own goal occurs when a player accidentally kicks or deflects the ball into their own team's net, resulting in a goal for the opposing team.

Misconduct: Misconduct should be rare in U10 games. Coaches can call players to the touchline for positive instruction. *A player is cautioned and shown the yellow card when committing one of the following six offenses.*

1. Unsporting behavior.
2. Dissent by word or action.
3. Persistent infringement of the Laws of the Game.
4. Delaying the restart of play.
5. Failure to respect the required distance when play is restarted with a corner kick, free kick or throw-in.
6. Entering, re-entering, or deliberately leaving the field of play without the referee's permission.

Fouls: A foul is an unsafe and/or unfair act...committed by a player, against an opponent, and while the ball is in play. There are two types of fouls, Direct Free Kick Fouls and Indirect Free Kick Fouls

Indirect:

The first 4 apply to Goalkeepers:

1. takes more than six seconds while controlling the ball with their hands, before releasing it from his/her possession.
2. touches the ball with their hands after it has been released from their possession and has not touched any other player
3. touches the ball with their hands after it has been deliberately kicked to them by a team-mate
4. touches the ball with their hands after they have received it directly from a throw-in taken by a team-mate.

The following 4 IFK Fouls will apply:

- Plays in a dangerous manner
- Impedes the progress of an opponent without contact
- Prevents the goalkeeper from releasing the ball from his/her hands
- A player deliberately touches the ball with his/her head during a match.
- A goalkeeper punts the ball.



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Direct:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Strikes or attempts to strike an opponent
- Jumps at an opponent
- Charges an opponent
- Pushes an opponent
- Tackles/challenges an opponent.
- Holds an opponent
- Spits at an opponent
- Hand Ball: A handling infraction occurs when a player deliberately handles the ball. The term '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 (where the ball strikes the hand or arm without any intent from the player) is not considered an offense and should not be penalized.
- Impedes an opponent with contact
- Throws an object at the ball, opponent or match official, or makes contact with the ball with a held object.

Free Kicks: Free kicks can be direct (score directly) or indirect (must touch another player to score). Opponents must be at least eight yards from the ball or on the goal line between the posts during free kicks.

Penalty Kicks: Penalty kicks may be awarded for one of ten direct free kick fouls committed inside a player's own penalty area. The kick is taken from the penalty mark with all players, except the opposing goalkeeper, outside the penalty area.

Offside: Three conditions must be met: -The offensive player must be in the offensive half of the field AND -The offensive player must be closer to the opponent's goal line than the ball AND -The offensive player must be closer to the opponent's goal line than the next to last defender.

For an offside penalty to be called, these conditions must be met and the player in the offside position must gain an advantage by being in that position when the ball is played to them by a teammate. If the player is even with or behind the next to last defender when the ball is played and then moves past the defender to get to the ball, no offside is called. A player in the offside position cannot move back onside to receive a ball played to them by a teammate. When offside is called, an indirect free kick (IFK) is awarded to the defending team at the location of the infraction.

Goal Kick: A goal kick is awarded to the opposing team when the attacking team is the last to touch the ball before it crosses the line between the goal line and corner box, without scoring a goal. The goal kick may be taken from any point inside the goal area. The opposing team must remain at least ten feet away from the ball when the goal kick is taken.

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 line between the goal line and corner box, without scoring a goal. The opposing team must be at least 10 feet from the ball when the corner kick is taken.