



# 10U Guidelines

---

## The Field:

The field size for 10U games is 80 yards long, 40 yards wide.

## The Markings:

Distinctive lines recommended.

- **Halfway line** the width of the field, marked equidistant between the goal lines.
- **Center circle** with an eight-yard radius in the center of the field.
- **Corner arcs** with a one-yard radius at each corner of the field.
- **Goal area** in front of each goal measuring 4 x 8 yards.
- **Penalty area** in front of each goal measuring 12 x 24 yards.
- **Penalty mark** ten yards from the goal line.
- **Penalty arc** extending in a eight-yard radius from the penalty mark.
- **Build-out line** runs across the field equidistant between the top of the penalty area and halfway line.

## The Goals:

Maximum 7 feet high and 7 yards wide.

## 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. Since 10U is still considered a “developmental” age group, and specialization is discouraged, keepers are required to play another position on the field during games.
- **Teams:** Separate girls and boys teams should be promoted at all levels of play.
- **Coach:** The coach must be a certified 10U coach.

**Player Equipment:**

Shoes and shin guards, covered by the socks are mandatory at all practice and game activities. Soccer shoes, tennis shoes, or similar type athletic shoes are recommended. The type and condition of cleated shoes must be inspected for safety before use. For safety, no jewelry is allowed including watches, earrings, barrettes, etc. (Medical bracelets are okay).

**Duration of Game:**

Two halves of 25 minutes each. A short, running-clock substitution / water break will be taken approximately halfway through each half. Halftime break of approximately 5 minutes.

**Referee:**

AYSO certified Regional Referees or higher are required for 10U and older games. 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.

**Assistant Referees/Club Linesmen:**

If available, qualified assistant referees who have completed Assistant Referee Certification may be used to assist the referee. This is an opportunity for new assistant referees to begin getting experience. If qualified assistant referees are not available, Club Linesmen (untrained volunteers who may be affiliated with one of the teams) may be recruited from the spectators to assist the referee with calling the ball in and out of play only. This is an opportunity for parents to get involved.

**KNOW THE TERMS****The Start of Play:**

The game should be started with a kick-off in the middle of the field. A minimum of five players per team are needed to start the game.

**The Kick-off:**

A coin toss is used to determine which team kicks off to start the game and the other team kicks off to start the second half. Opponents must be eight yards from the center mark while kick-off is in progress.

**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.

**Method of Scoring:**

A goal, in all age groups, is awarded when the ball completely crosses the goal line into the goal.

**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. Both players and coaches are subject to a warning (by issuance of a Yellow Card) or removal by the referee (by issuance of a Red Card, or upon issuance of a second Yellow Card warning) for their misconduct occurring on or off the field.

**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 and older games. A penalty kick results from a player committing one of the ten direct free kick fouls 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 U10 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 goal kick is retaken if the ball is touched or played by either team before leaving the penalty area.

**Goalkeeper Punts:**

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.

**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 offside law applies in 10U and older games. In Divisions utilizing a Build-Out line, the Build-Out line (not the Half-Way Line) determines where the law will be enforced.

**Hand Ball:**

A hand ball infraction occurs when a player *deliberately* handles the ball. A hand ball infraction occurs when a player *deliberately* handles the ball. The 'hand' includes the arm up to the bottom of the armpit. Instinctive, self-protective reactions are not penalized at this young age. Accidental contact (ball striking hand or arm with no intent by the player being struck) is not an offense and should not be penalized.

**Coaching Area:**

Coaches may only give instruction from the area within 2 yards of the team's respective Touch Line and 10 yards in each direction from the Half-way Line of the field. In Divisions utilizing a Build-Out line, the coaching area does not extend to the Build-Out line. Coaches violating this rule are subject to warning and/or removal for misconduct.

**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 in both practices and matches for all age divisions 12U and below. 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).