

# Guide to U10



**EAGLE MOUNTAIN  
YOUTH SOCCER**



## Rules of Play

We are thrilled to have you join us this soccer season! Please remember this is recreation, not competition. The goal is to have fun, learn the game of soccer and develop soccer skills!

The focus should be on developing skills to help the players be successful in games. An example is dribbling – “inside, outside, laces” with lots of repetition to see improvement. You may also begin teaching pull backs and hook turns! The score is irrelevant. Encourage correct development of skills not “winning.”

### Coaches' Responsibilities

- Home Team Coach – supervises from the sidelines at mid field (not on the field)
- Visiting Team Coach – supervises from the other sideline at mid field (not on the field)
- Assistants – stands by coach and helps
- Spectators - Sit on the same side as your team, not behind the goals.

## Game Play

- Game Ball
  - size 4 (U10)
- Number of Players
  - 7v7 players on the field
  - A minimum of 4 per team is required to start play. Teams are recommended to be equal but it is up to the coaches and teams to decide whether “borrowing” a player to create even teams will be allowed.
- Duration of the Match: The match is divided into:
  - Two (2) halves of twenty-five (25) minutes each
  - Five (5) minute half time
  - All time is kept by the referee
- Substitution
  - After a goal kick is called for either team
  - After a goal by either team
  - After a throw-in is called for your team (or during the other team's throw-in if they are subbing)
  - At halftime
  - You CANNOT sub on corners or free kicks
  - Substitutions may ONLY OCCUR with the referee's permission (you can get their attention by yelling “sub” and waiting for them to signal it is ok to sub)
  - Players entering and leaving the field should do so at the halfway line
- Refereeing
  - A registered referee will officiate each game
  - All rule infringements shall be briefly explained to the offending player
- Fouls and Misconduct
  - No caution or send off shall be issued to players
  - If a child is acting out of control, the coach will make a substitution of that player to give the child a chance to calm down before returning to play
- Starting and Restarting Game Play
  - Kick offs, free kicks, throw-ins, goal kicks and corner kicks are used to start or restart play

- Throw-in
  - This is the only time a player other than the Goalkeeper is legally allowed to pick up the ball with his hands
  - For a throw-in ball to be legal:
    - the ball must be thrown from behind and over the head
    - it must be thrown using both hands
    - the thrower must face the field
    - both feet must be on the ground, either on or outside the sideline
    - the ball must be thrown-in from the place where it went out of bounds (referees usually let the throw-in be taken from the approximate point where the ball went out of bounds)
    - if the thrown ball does not enter the field, the throw-in is retaken by the same team
    - the thrower may not touch the ball again until it has touched another player
    - the penalty for an illegal throw-in is that your team loses the ball and the other team gets to take a throw-in from the same spot
    - a goal MAY NOT be scored on a direct throw-in (i.e., it doesn't count if it is thrown into the goal without another player touching it first)
    - a player is not offside if he receives the ball direct from a throw-in
  
- Goal Kicks
  - The ball is placed in the goal box. The defending players must stand past the breakout line (dotted line) until the ball is in play.
  
- Corner Kicks
  - The defending players must stand at least four yards away from the ball until it is in play.
  
- Offsides
  - Offsides will be called by the referee
  - A player is not offside if any of the following occur:
    - on their own half of the field, unless playing with build out lines (a team's half is the one with their goalkeeper in goal)
    - are even with or behind the ball at the time of the pass
    - don't go past the "Second to Last Defender" (the goalkeeper is usually, but not always, the last defender; this might be the case if the goalkeeper is out of the goal)
    - receive the ball directly from a goal kick, corner kick, or throw-in. (But you can be offside if you receive it direct on a "free kick")
    - are the ball handler (the ball handler can be closer to the goal than the ball if he has his back to the goal)

- The penalty for Offside is that an Indirect Free Kick is awarded to the opposing team to be taken from the place where the offside occurred.
- Build out line or Break out line (dotted line)
  - The build out line denotes where an offside offense may begin to be penalized, replacing the halfway line for 7v7 competition. Players are not penalized for offside between the halfway line and the build out line. **Opposing players must move behind the build out line during the taking of a goal kick, unless the goalie chooses to proceed with kicking the ball..**
- Scoring
  - No score or standings should be kept. Coaches should remind parents the primary objective is fun, skill development and improvement with each game
- Weather
  - Games are not canceled for any reason except lightning. That decision is only made at game time on the field by administrators at the complex. Plan to play in all kinds of exciting weather