

U10

6 V 6 OFFICIAL RULES

Ball Size: Size four (4)

Goal Size: 6' high x 18' wide

Players:

Number of Players: The maximum number of players on the field per team at any one time is six (6). The game is played with one goalkeeper and six field players per team. Three offense, three defenders and one goalie.

Substitutions: With the permission of the referee, substitutions may be made:

By the team in possession of the ball, prior to a throw-in. If the team in possession makes a substitution, the opposing team may also make a substitution.

By either team prior to a goal kick

By either team, after a goal is scored (prior to the kick-off)

By either team when the referee has stopped play after an injury

By the team of a player who has been cautioned by the referee

Playing Time: Each player shall play a minimum of 50% of the total playing time regardless of skill level, as long as the child arrives prepared to play in the proper uniform, is not under disciplinary suspension and is not physically handicapped due to illness or injury.

The Referee:

A DK referee will oversee all games.

All rule infractions shall be briefly explained to the offending player.

Duration of the Game:

For U10, the game shall be divided into two (2) twenty-five (25)-minute quarters.

There shall be a half-time break of five (5) minutes.

The Start of Play:

Play is started by kick-off at the center of the field. Players of the defending team shall stand on their side of the field, no closer to the ball than the perimeter of the center circle. This circle shall be 16 yards in diameter.

Teams shall rotate kick-offs for the beginning of each quarter.

Ball In and Out of Play:

Any ball crossing the touch-line will result in a throw-in for the opposing team.

Any ball crossing the goal-line will result in a goal kick for the defending team or a corner kick for the attacking team.

Free Kicks:

The referee will indicate whether the free kick is a direct (arm pointed at attacking goal) or indirect (arm pointed straight up) free kick.

No penalty kicks shall be awarded as a result of fouls occurring in the penalty area that would otherwise be a direct free kick.

Indirect free kicks shall be taken by the attacking team within the defending team's goal box.

Opponents must be eight (8) yards away from all free kicks.

Offside Rule:

There are no offsides in this division.

Dangerous Plays:

Heading the ball is not allowed in U10 due to concussion awareness.

Slide tackling is not allowed in U10.

Misc. Rules:

- DK encourages healthy and positive sports competition and puts a priority on the developmental process and the quality of play instead of the game outcome. It is not our desire to instill the "killer instinct" in the player, but rather to foster physical fitness, knowledge of the sport, agility, quick thinking and aggressive offensive and defensive play. Dangerous play and/or abusive language to coaches, players, or referees will not be tolerated.
- Parents/coaches and spectators should be there to enjoy the game, foster a positive sporting environment and to encourage the activity of all the youngsters participating in the game. Please leave the "coaching" to the coaches.
- Parents, spectators and coaches should not keep score – leave that to the players. Seek always to build character through soccer by focusing on the long-term developmental process over the short-term result of a game.

COACH CONDUCT RULES & GUIDELINES

- The game is to be played for the enjoyment and safety of the PLAYERS. **U10 is recreational and instructional ONLY.**
- It is expected that coaches, parents and players respect every individual at the field.
- It is expected that there be NO yelling at players, referees or coaches. Positive comments only.
- If a team is winning the game by 5 or more goals, it is the responsibility of the winning coach to offer to the opposing team coach to place an extra player on the field or for the winning coach to remove a player from the field. Strategies should be used to avoid a slaughter. Strategies may include those listed above, i.e. remove player from field, add player to field and/or place stronger players in defensive position or in goal, instruct players to pass the ball three times before shooting on the goal.
- Coaches and parents must stay off the field during the game unless a child is injured, then the COACH may enter the field.
- Please report to your coach if you witness an unruly person at a game.
- In the case of inclement weather it is the U10 Commissioner's decision (SAFETY FIRST). The commissioner will alert both coaches and the ref coordinator to notify them of the cancellation. Coaches will alert their players