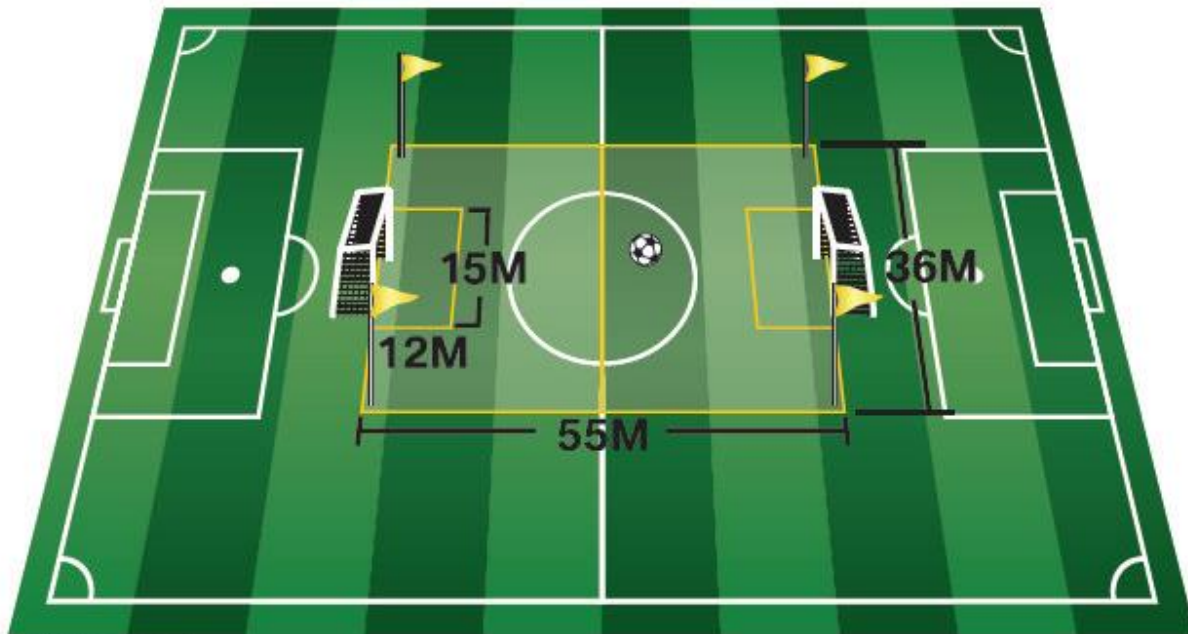




## The Field

- U10 Soccer will be played on  $\frac{3}{4}$  size pitches at the Henk Van Dyk Soccer Complex on York Street, or the Cuddy Soccer Complex. Smoking is forbidden at the Soccer Fields.
- 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.**



**DIAGRAM 6**

7v7 soccer has been played in Ontario for many, many years. Therefore there are many 7v7 fields available for use. If temporary 7v7 fields are required they can be installed along an 11v11 field, using different colour paint (or cones) and portable goals.

## Length of Game

- Games are divided into two (2) halves of 26 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 6:45pm.
- Parents are asked to have their children at the field at least 20min prior to warm-up with their team.
- U10 Game Days are scheduled on our website, Practices dates will be determined by the Club & the Coaches.
- The game starts with a kickoff in the center of the field. The Team with possession must kick the ball forward over the centerline. 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.



- The home team shall supply the game ball, and the Coach will ensure that the ball is properly inflated as per the ball's specifications. A pump is supplied in the Coaches Bag at the start of the season.

## Number of Players

- Each team roster has a maximum of fourteen (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

- Must wear the full uniform provided, with shirts tucked into their 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 Board, and can only be used by teams in the U8 division.

## Method of Scoring

- Goals are scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided it has not been handled.
- U10 Soccer has no score keeping or standings, unless it is a tournament hosted by the association.

## 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 Start and Restart of Play: Conform to FIFA, with the exception of the opponents of the team taking the kick-off are at least four (4) yards (outside the circle) from the ball until it is in play.
- 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. Opposing players must retreat to their side of the pitch until it is in play.
- 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.



## **Practices & Coaches Clinics**

- In order to further develop the Children playing in our U10 Division Coaches will be strongly encouraged to have practices throughout the year to help in their teams Soccer Development. These practice times will be set up by both the Club and the Coaches to ensure that schedules and field times are utilized to their maximum capacity.
- Coaches are also encouraged to take the necessary Coaches Clinics being offered by the Club.

**The U10 Soccer Program emphasizes participation, friendship, development, effort, co-operation, and enjoyment for all.**