

U10 Modified Rules

WELCOME we are thrilled to have you be apart of our spring/fall season.

The purpose of recreational soccer is to provide an opportunity for the participants to have fun, learn the sport and develop life skills including a lifelong love of the game.

- Emphasis is on active participation
- Focus will be on dribbling/foot skills/ball control - “inside, outside, laces” with repetition to see improvement. Teach pull backs, hook turns, cut backs, crosses and shots after the inside, outside, laces dribbling patterns
- Objective is for the players to enjoy the experience
- Recreational soccer is all about fun, recreation, love of the game, and winning is not a measure of success.
- Soccer may be considered a “players’ game.” Decisions are made at the moment, on the field, by the players themselves. Coaches are encouraged to direct the game from the sidelines keeping the momentum going and utilizing practices to teach skill development.

Rules of the game

Game Ball: size 4 - The smaller ball is lighter and more easily kicked, received, dribbled and passed. The Home Team is responsible for providing the game ball. The game ball will be provided by the home team

The Number of Players: U10 = 8v8 or can be 7v7 depending on numbers; one of whom is the goalkeeper A minimum of 4 per team 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.

The Duration of the Match: the match is divided into two (2) halves of twenty five (25) minutes each. There shall be a half-time interval of five (5) minutes.

Substitutions: At any stoppage and unlimited: after a goal kick is called for either team, after a goal by either team, after a throw-in is called for your team (not the other team), at halftime. You cannot sub on corners, or free kicks. Substitutions may only occur with the Referees' permission (you can get his attention by yelling "sub"). Players entering & leaving the field should do so at the halfway line.

- A registered referee will officiate each game. All rule infringements should be briefly explained to the offending player.

Throw-In: the method of restarting play. 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 to be legal:(a)

the ball must be thrown from behind & over the head (b) it must be thrown using both hands (c) the thrower must face the field (d) at the instant the ball leaves the thrower's hands, some part of both feet must be on the ground, either on or outside the side line (e) the ball must be throw-in from the place where it went out of bounds (Referee's usually let the throw-in be taken from the approximate point where the ball went out of bounds, and you rarely see arguments about this). 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 & 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.

Offside: will be called. You are **not** offside if you are doing any of the following:

1. Are in your own half of the field (your half is the half your goalkeeper is on). Or,
2. Are even with or behind the ball. Or,
3. Don't go past the "Second Last Defender" (The goalkeeper is usually, but not always, the last defender; this might be the case if the goalkeeper is out of goal). Or,
4. Receive the ball direct from a goal kick, corner kick or throw-in. (But you can be offside if you receive it direct on a "free kick"). Or,
5. 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.

No score or standings should be kept. Coaches should remind parents the primary objective is fun, skill development and improvement with each game. Avoid excessive starting and stopping on the field.

- Encourage your parents to cheer. Let the coaches "coach" and the parents "cheer."
- Coach during practices and then allow your players to play and make decisions during the game.
- Split the field between teams. Home team chooses the side of the field. Visiting team sits on the opposite side. Parents sit on their team's sideline.
- Substitutions come into the game at the center line.
- Encourage everyone to pick up garbage (theirs and anyone else's) after the game to help keep our fields well- groomed.

Weather: Games are not cancelled for any reason except lightning. Plan to play in all kinds of exciting weather. Cancellation of games is a case by case and must be coordinated with and agreed to by both head coaches. If your age group requires referees the referee must be advised of canceled games. Make up games will be scheduled and coordinated by the head coaches of both teams. If your age group requires a referee and you would like one present you may notify the referee coordinator.

Thank you for volunteering. This is 100% volunteer and we are so glad to have you on our team. With your help you will be creating a fun and exciting environment for the kids

Resources: They are now endless. Search on the internet for helpful websites and youtube videos.

Local = <http://www.priceyouthsoccer.com> updated often during the season. Please check for any new information.

State UYSA = <http://www.utahyouthsoccer.net> “technical Tuesday” with Eric Landon

National US Youth = www.usyouthsoccer.org