



## Rules of Play Under 10 (7v7) Outdoor 2007

- ◆ The season will see a transition and growth of our game to allow our players to participate in a safe, enjoyable and state of the art facilities!

### Objective of U10 Mini Soccer

- To Provide a safe and enjoyable environment for our young players to learn the basic individual skills of soccer
- To Prepare young players for the transition from small – sided play to 8 vs. 8 (U11 & U12) and eventually the 11 vs. 11 game by producing a fast-changing game.

### 1. The Field

The field is approximately:

Length- Min. 50 yds, Max. 65 yds

Width- Min. 35 yds, Max. 50 yds

Must be rectangular in shape, and may be adjusted when lines are not already painted on the grass.

If no lines exist, use cones to mark off the appropriate area.

A line is made parallel to the goal-line 6 yards out from the goal adjoining both sidelines. This is the goal area, and one designated player (bib) on each team is the keeper and allowed to use his/her hands within their own goal area. **NOTE: At Under 6, 8, and 10 there should be no specialization of goalkeeper placed on any one player. Each athlete will have the opportunity to play in goal (see substitutes).**

### 2. The Goals

Goals are approximately:

Width- 8ft-9ft

Height- 4.5ft-5ft

Must be rectangular in shape

Goals can be: portables, cones, or flags but must always be the appropriate size indicated.

Remember safety first; don't improvise crossbars with rope etc.

Goals can be scored from anywhere on the field but must pass under the height of the crossbar or flag and between the posts or flags cones. Where only cones are available judgement is best! Remember this is not meant to look like adults playing.

**There are not to be any goalkeeper specialization!**

### 3. Corner/Halfway Markers

Corner flags, halfway markers and 6 yard markers are recommended but not mandatory. They should be safe regardless of what they are.

### 4. Ball

The ball must be appropriate for the age of the player.

U10 = Size 4

Please ensure that the ball is pumped up, but with a small amount of "give" to assist players with ball control

Remember safety first.

## 5. Kick-offs

At the kick-off to start the game and after a goal is scored the opposing team will retreat to their own half and cannot move forward until the kick has been taken. Opposing players must be at least 3 meters away from the ball at the kick off after a goal and/or the start of the game and/or half time. The ball must move forward. All Kick offs at the start of the game and after a goal is scored must be taken at center field.

## 6. Scoring and Offside

There is no offside in mini soccer. Goals can be scored from anywhere on the field, but cannot be scored directly from a kick off. In Under 8 Mini Soccer the Keeper must be outside of his/her own 3-yard area in order for a goal to count by his/her own team. This is done to ensure that the keepers (designated keeper at that time) are involved with the attacking game (angles, passing, support etc) as well as stopping the ball at the other end (cutting down angles moving the feet, etc) After a goal is scored the kick-off will be at the center spot of the field for the team that was scored on.

## 7. Corner, Goal, Throw/Kick-In Kicks

After the ball goes out of play, which means the entire ball goes over the line, the game is restarted by one of the following methods:

- a) Sidelines-with a Throw-in. Ball is thrown in with the following stipulations:
  - 1) Two hands on the ball.
  - 2) Ball is thrown from behind the head
  - 3) Both feet must remain in contact with the ground at all times during the throw.
  - 4) Must face in the direction that the player is facing

NOTE: At this age players might find this skill difficult to execute. If the ball is not thrown in correctly then allow for a re-throw. If the ball is not thrown properly again play on. Remember why we are here, let them play, explain the above items to him/her and move on.

- b) Goal-line or End-line. With a goal kick if the attacking team touched the ball last; a corner kick if the defending team touched the ball last.
- c) Goal or Re-Star. From the centre with a kick-off

Opponents must be at least 5 yards away from the ball on all the above.

## 8. Number of Players and Substitution System

The game is played with 7 players (6 out players + 1 Keeper) on the floor at a time. The designated keeper is the only player allowed to use their hands in the goal crease. The designated keeper is the only player allowed to use their hands in the goal crease. Keepers will be distinguished by a bib or different colored shirt as their teammates.

Substitutions are to be made every 8 – 10 minutes. The rationale with this change is that players that are changed every 2-3 minutes very seldom touch the ball during that time (sometimes never touching the ball). With a longer consistent time on the floor the players will have more of an opportunity to touch the ball and learn to play the game, enjoying their soccer experience. At no time are keepers to play full halves or full games. Everyone should be allowed the opportunity to play goal.

It is recommended that teams carry 14 players per team to allow for ample playing time through out the season.

**There are not to be any goalkeeper specialization!**

## 9. Fouls

Even though fouls in the game occur, they are almost always unintentional. Remember the age of these children in front of you. So when fouls occur such as tripping, kicking, pushing, handling the ball intentionally, etc the opposing teams is awarded an **INDIRECT FREE KICK**. This means that the ball must first be passed to another player before a goal can be scored.

Also, an explanation of why the Free Kick was given should be made to everyone including the player who committed the foul. This will assist in not alienating the player and gives everyone an explanation of what is not correct behavior on the soccer field.

**NOTE:** With walls being in play the chance of injury due to players being pushed into them does increase. Please instruct your players to be **CAREFUL** when approaching the walls. Make sure that players that do create these unfortunate accidents are explained the reasons why it is dangerous.

## 10. Equipment

Players should wear equipment that is safe to both themselves and others. Each team should try to wear colors that differentiate from each other. An official “soccer kit” includes a jersey, shorts, socks and shin-guards. Shirts should be tucked in and socks should be pulled up over the shin-guards. This is done in case the shin-guards have edges to them that may hurt their fellow players. Shoes should not be wet!! Don’t let players on the gum floor with wet shoes as it creates a danger for everyone!

*Note: In a recent study of soccer drop out rates it was noted that a fair number of players quit soccer because of a lack of proper equipment. An example is poorly fitting shoes (footwear too big or small), holes in socks, or no sock at all, which all cause foot pain and since children are on their feet during a soccer game (most of the time), you can see where they would not want to participate in the game.*

Please remember safety first.

## 11. Referees

Coaches/Assistant coaches are the referees in under 6, 8 and 10 Mini Soccer. Coaches are encouraged before each game to talk with their counterpart concerning rules of play. Make sure that the rules are followed and that the Fair Play nature of the game is followed. Remember kids emulate adults all the time.

Each coach should stand outside the field of play in his or her own half of the field. Since the field is small and with the end-to-end nature of the game the ball may leave the playing area quite a bit. Have parents or the substitutes help get the balls back into play quickly, this will assist in game management.

***We are here to make the game enjoyable for the children, parents and fans watching the game come second!***

## 12. Game Time

In Under 10 Mini Soccer, we will play a game lasting 60 minutes.

There are two 25-minute halves, with a 5-minute half time.

Estimated 4 x 10 Minute Substitution Changrs

NOTE: In extreme weather conditions please remember that the safety and well being of the players is the most important thing.

In extreme heat off lots of water, allow head wear, find shade, and make sure to communicate with your fellow coaches on the other team if you fell that conditions are too bad to continue. Remember there must be a balance between wanting to play, as the kids will want to do, and being safe.