



Under-10 Game Guide

- Team Size: 7 v 7 (including goalkeeper)
- Ball Size: 4
- Goal Size: 6' x 18'
- Field Size: 40'x 60'
- Game Time: 2 - 25-minute halves
- No parents or coaches behind the goals

Pre-Game

- Coach from the opposite sideline from where parents are sitting
- Instruct your players to bring their water and other belongings they may need during the game to the sideline you select
- Introduce yourself to the referee
- Select captains for coin toss -- referee will ask for captains before game begins
- Have a game ball ready
- Have a goalkeeper pinnie/jersey that is a different color than your team or the opposing team

Referees:

- Referees are certified and hired by the Christiansburg Soccer Club
- Coaches, players, and parents shall not abuse (verbally or physically) referees -- any abuse should be reported to the club

Substitutions:

- Substitutions are unlimited
- When substituting, have your players line up on the sideline at midfield
- You may need to shout 'Substitution' to the referee during a dead ball to get their attention
- Wait for referees signal before allowing your players to enter and leave the field of play

Miscellaneous:

- Referees are usually lenient when it comes to the rec players. They usually allow players to re-do throw-ins and goal kicks.
- Keep in consideration the Advantage rule, referees will let a play continue after a foul is committed if stopping play would benefit the team that committed the foul.
- Handballs are called
- Headers are called
- Offsides can be called
- Penalty kicks are used
- New Rule with Kick-Offs: ball can go either direction -- not restricted to a forward direction like before.
- New Rule with Kick-Offs: the team that wins the toss can now choose to take the kick-off or which goal to attack (previously they only had the choice of which goal to attack)
- New Rule with Goal Kicks: the ball is in play once the kick is taken; it can be played before leaving the penalty area. Opponents must remain outside the penalty area until the ball is in play.
- New Rule with Substitutions: a player who is being substituted must leave the field by the nearest point on the touchline/goal line (unless the referee indicates the player can leave quickly/immediately at the halfway line or a different point because of safety, injury etc.).