

AYSL Coach/Referee U10 Game Rules

Division Officials

Commissioners: Boys - Bill James – 570-815-1424

Girls – Becky Davis 570-239-6534

Referee Coordinator – Emma Black – 570-702-9271

TO START THE GAME

- Referees arrive 10 minutes early and wear red AYSL ref's shirt
- Visiting (gold) team kicks off and the home team (blue) chooses which goal to defend.
- Start on time, so games stay on schedule.

GAME DURATION

- 10 minute quarters
- 1 minute break at quarters
- 5 minute break at the half
- change directions at the half

PLAYERS

- 8v8 – 7 field players & goalie
- If numbers are low, play with fewer field players. Be flexible

FIELD and BALL

- #4 ball to be provided (properly inflated) by the home team.
- Goal area and penalty box.

SUBSTITUTIONS

- No substitutions in the first 3 quarters, except for injuries.
- If there is extra playing time to be shared, the coach may sub half way through the 4th quarter. Referees should let coaches know when the 4th quarter is half over.

GOAL KICKS

- On a goal kick for the offensive team (team taking goal kick), the defensive team must remain behind the halfway line until the kick is taken.

FREE KICKS

- All are indirect (including kick-offs and goal kicks)
- If there is a foul in the penalty box, the kick should be taken from the edge of the penalty area.
- The opposing team should be back 8 yards on a free kick.

GOALKEEPERS

- Teams must rotate keeper each quarter

- Keepers must wear different color shirt/pinny over the top of jersey
- Don't count a goal if a keeper steps back over the line with the ball
- Goal kicks taken from edge of goal box

THROW INS

- In case of an improper throw in, let the play go on, and remind player to keep feet down, use 2 hands, etc.
- In the case of an improper throw in, quickly bring the ball back and instruct the thrower in the correct technique. Let a second bad throw go and help this player the next time they have a throw in. Stop second chances as season progresses.

FOUL PLAY

- There is a bit more physical play at U10.
- Try to talk to the kids during play and tell them not to push with their hands, etc.
- If you have a player who is guilty of violent play, you can ask the coach to take him/her out for awhile to calm them down. They can come back in at the next quarter they are scheduled to play in.

NO

Penalty Kicks Direct Kicks

Slide Tackles Offside Rules

Hard Casts

Keeper back pass or 6 second rule

INSTRUCT AND REPLAY

Kickoff Indirect Kicks

Goal Kicks Corner Kicks

Goalie Handling (first time)

HEADING

- No heading is allowed in practices or games. A 'dangerous play,' resulting in an indirect free kick, will be awarded to the opposing team, if a player intentionally uses his head to play the ball. The referee will have the discretion to decide if the head ball is intentional, which will be penalized.