

SPIRIT OF THE GAME

At the ages of U9 - U10 we begin to introduce more of the actual game elements including offside, goal keepers and a larger playing surface. At these age groups we are focusing on team play from goal keeper possession and starting attacks from the defensive side of the pitch to coordinated passing and shots on goal.

Build Out Lines - When a goal keeper has possession of the ball or on Goal Kicks, the attacking team must retreat behind the dashed build-out line until the ball is put into play.

Offside - at these ages offside is only called between the build-out line and the goal line.

There is no punting or drop-kicks allowed by the keeper and no heading is permitted by any player.

U9 & U10

Ball Size:	4
Field Size:	60 yd x 40 yd (TYP)
Time Periods:	2 x 25 Minute Halves
Rest Periods:	5 minutes at halftime
Substitutions:	<ul style="list-style-type: none">- At possession throw in- At opponent throw-in, only if your opponent is making a substitution- Any goal kick- Any kick off- For injured player (opponent may substitute)

	<ul style="list-style-type: none"> - Player receiving a yellow card - Discretion of the referee
Total Players:	7 - Including the Keeper (May play with 5)
Goalkeeper:	Yes
Build-Out Line:	Yes - Goalkeeper may not punt or drop kick!
Throw-Ins:	Yes
Throw-In Attempts:	1
Direct Free Kicks:	Yes (Goal may be scored directly from free kick)
Indirect Free Kicks:	Yes (Goal may not be scored directly from free kick)
Free Kick Distance:	8
Offside:	Yes
Misconduct:	Yes (Yellow and Red Cards)
Notes:	<ul style="list-style-type: none"> • Goalkeeper may not punt!