

ARROWHEAD YOUTH SOCCER ASSOCIATION

U10 FALL LEAGUE RULES SUMMARY FOR COACHES



- Each player present **must play a minimum of half of the game** except in the case of injury or discipline.
- **All teams must have adult supervision.** Players may not coach themselves under any circumstances. All coaches must be registered with AYSA and have completed the background check and all required certification trainings.
- No tobacco use allowed at fields, in surrounding areas, or parking areas during AYSA activities.
- Parents are strongly encouraged to transport players in smoke-free vehicles.
- The coach is responsible for controlling the behavior of his/her team's players and fans.
- Teams are either boys or girls.
- Girls can play on boys' teams; boys cannot play on girls' teams.
- A referee will be provided by AYSA. If no referee shows up, a coach or parent may referee the game.
- Teams switch ends at halftime.
- There are penalty kicks, and other kicks are direct (ball can be kicked directly into the goal), or indirect.

Game Cancellations

Game cancellations due to weather or field conditions will not be determined until 3:30 P.M. each day. For ***coaches and referees***, game cancellations will be announced on the AYSA Hotline. The AYSA Office Hotline number is **624-1713**. **This line is available to coaches and referees only.** On any day that games on any field are to be cancelled, there will be an announcement on the AYSA voice mail system after 3:30 P.M. If you do not hear a cancellation message on the voice mail, assume your game will be played. For players and parents, **game cancellations will be posted on the AYSA website after 3:30 P.M.** Please inform parents and players to check the website on days of doubtful weather. The website address is www.arrowheadsoccer.com. The weather can change quickly during summer evenings, so games may be cancelled at the field by the referee.

Because technology can be inconsistent, we strongly recommend that coaches contact team families when games are cancelled. *Please discourage parents and players from using the AYSA hotline. We have three incoming phone lines at AYSA and the lines can fill quickly. Encourage your parents to check the website or wait for your call.*

Lightning

Referees are instructed to stop play if they see lightning. Referees should also stop play if they hear threatening thunder. Players, coaches, and spectators will be asked to leave the field and move to their vehicles. Generally, referees will suspend the game and ask players and coaches to remain at the site until it is determined whether the game can be safely restarted. Referees will restart play if it appears that the lightning passed over the area, and if at least fifteen minutes has passed since the last appearance of lightning. Referees will immediately cancel the game if the weather is too hazardous for players and coaches to remain in vehicles at the site. **Coaches should never try to overrule a referee who has stopped play due to lightning or other weather hazards. Coaches should always inform the referee and remove their team from the field if they feel that the weather is hazardous.**

Heat and Water Breaks

Referees may impose water breaks, shorten, or suspend games due to dangerously high heat. Teams with an inadequate number of substitutes may request and receive a two-minute running time water break in each half of a game. This request must be made prior to the start of the game.

Games are considered complete if cancelled after the first half of play has been completed.

Field Safety: Coaches should check the field for playability prior to games and practices. This includes ensuring that goals are anchored.

Coaches Area: No coach, player, or spectator may be behind or within 10 yards of the goal. Coaches and players not in the game should remain in the technical area, which begins five yards from the halfway line and extends 10 yards towards the goal on that end of the field. Coaches must never stand on or cross the halfway line.

Team Colors: Coaches should check the uniform color of the opponent prior to the game. Home teams are responsible for wearing alternate colors.

Playing Up: AYSA registered players of the same club may play up to the next age level an unlimited number of times. Players may never play down, nor may they play for another team at the same age level.

A complete Coaches Rules and Administrative Manual is available at www.arrowheadsoccer.com.

A Fall League Coaches and Fields Directory is also available on our website. Under the *Coaches* tab, click *Resources*.

Players on the Field: 9 players on the field for U10. A minimum of 6 players on the field to start the game, one of whom must be the goalkeeper.

Length of Game: U10 plays two 25-minute halves. Halftime of 5 minutes. The referee may add additional time at the end of each half to make up for any time lost due to various reasons (excessive substitution, injuries, time wasting, etc.).

Substitutions: Teams must have their players at the halfway line prior to the substitution. Substitutions shall be unlimited. Substitutions may be made, with the consent of the referee, at the following times: Prior to a throw-in, by either team. Prior to a goal kick, by either team. After a goal, by either team. After an injury, by either team, when the referee stops play. At half time. To replace a player by a substitute, you must ask the referee before any proposed substitution is made. A substitute only enters the field of play after the player being replaced has left and after receiving a signal from the referee.

Equipment: Both Home and Away teams should have a suitable size game ball available. Home team should provide the game ball. U10 uses a size 4 ball. Players must have their own numbers on jerseys with no numbers shared by players on the same team. Players cannot wear or use any equipment or clothing that in the opinion of the referee would likely risk injury to others. **No jewelry, even if ears were just pierced!** All eyeglasses shall be secured by an elastic band or strap. A player will be allowed to wear a cast only if, in the opinion of the referee, it is well padded and will not constitute a risk of injury to the player or others.

Offsides: A player is in an offside position if he is nearer to his opponents' goal line and beyond the second to the last defender. This rule is only enforced when the player in question is beyond the GK's goal box line, not the halfway line. (This rule is new to U10 and is exclusive to U10's). It is not an offence, in itself, to be in an offside position. A player in an offside position is only penalized if, at the moment the ball touches or is played by a teammate he is, in the opinion of the referee, involved in active play by: interfering with play, or interfering with an opponent, or gaining an advantage by being in that position. There is no offside on a goal kick, a throw-in, or a corner kick. Offsides is often as new to U10 referees as it is to U10 players and coaches. There may be inconsistency amongst U10 referees when calling offsides. Coaches should deal with that quietly and respectfully.

Heading: No U10 players are allowed to deliberately head the ball in a game or in practice. If a header occurs in a game, the referee will stop play and the opposing team will be awarded an indirect free kick from the spot the header occurred. If the header was not deliberate, play will continue. The referee will determine if the header was deliberate or not.

Direct Free Kick: A direct free kick is awarded to the opposing team if a player commits any of the following offences in a manner considered by the referee to be careless, reckless or using excessive force: Kicks or attempts to kick an opponent, Trips or attempts to trip an opponent, Jumps at an opponent, Charges an opponent, Strikes or attempts to strike an opponent, Pushes an opponent, Tackles an opponent to gain possession of the ball (making contact with the opponent before touching the ball), Holds an opponent, Spits at an opponent, Handles the ball deliberately (except for the goalkeeper within his own penalty area). A penalty kick is awarded if any of the above ten offences is committed by a player inside his own penalty area, irrespective of the position of the ball, provided it is in play.

Indirect Free Kick: An indirect free kick is awarded to the opposing team if a player, in the opinion of the referee, commits any of the following offences: Plays in a dangerous manner, Impedes the progress of an opponent, Prevents the goalkeeper from releasing the ball from his hands. An Indirect Free Kick is awarded if a goalkeeper, inside his own penalty area, commits any of the following offences: Touches the ball again, with his hands after it has been released from his possession and has not touched any other player, Touches the ball with his hands after it has been deliberately kicked to him by a teammate, Touches the ball with his hands after he has received it directly from a throw-in taken by a teammate, Keeps the ball under possession, without releasing it into the play, for more than 6 seconds.

Throw-Ins: A throw-in is awarded when the whole of the ball passes over the touchline, either on the ground or in the air. A goal cannot be scored directly from a throw-in. At the moment of delivering the ball, the thrower: Faces the field of play, Has part of each foot either on the touch line or on the ground outside the touch line, Uses both hands, Delivers the ball from behind and over his head. The thrower may not touch the ball again until it has touched another player. Referees will generally allow players to retake bad throw-ins once, and then may turn the ball over to the other team.

Corner Kick: The ball is placed inside the corner arc at the nearest corner flag. Opponents remain at least 10 yards from the ball until it is in play. The ball is kicked by a player of the attacking team. The kicker does not play the ball a second time until it has touched another player.

Goal Kick: The ball is kicked from any point within the goal area by a player of the defending team. Opponents remain outside the penalty area until the ball is in play, but defenders can be in their own goal area and receive a pass while in the goal area. The kicker does not play the ball a second time until it has touched another player. The ball is in play when it is kicked directly beyond the penalty area.