

U10 Larger fields with 4 teams per field

(55 meters wide X 70 meters long)

2 – 25 minute halves 7 v 7, Small Goals, Size 4 ball, Coaches are the officials at this level, Throw ins are in affect (Please ensure that the player is aware of the correct way to throw the ball in – both feet touching the ground, hands behind the head at start of throw), No offsides, No slide tackling, Coach the players passing techniques, scoring techniques, checking, **FOULS & MISCONDUCT during a game** – Please let your players know up front what kind of behavior is expected of them during a game whether they are on or off the field. If a player intentionally strikes, deliberately kicks or spits at an opponent this player must be substituted and will not be permitted to participate further during the game. The coach should inform the player as to why and correct these actions. The coaches/referees role is to ensure that the game is played under the “fair play” code. **PLAYERS EQUIPMENT** – Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams. Shin guards are mandatory and must be worn under the socks. Jewelry is **NOT PERMITTED**, if a player must wear earrings they **MUST BE TAPED**.