

AYSO 1079 SHORT-SIDED U-10 Guidelines

A. THE FIELD

1. Dimensions: Maximum 80 yards long by 40 yards wide (80 yds x 40 yards)
2. Markings: Distinctive lines recommended.
 - a. Halfway line the width of the field, marked equidistant between the goal lines
 - b. Center circle with a eight (8) yard radius in the center of the field
 - c. Corner arcs with a one (1) yard radius at each corner of the field
 - d. Goal area in front of each goal measuring six (6) yards by 15 yards (6 yds x 15 yds)
 - e. Penalty area in front of each goal measuring 14 yards by 36 yards (14 yds x 36 yds)
 - f. Penalty mark 10 yards from the goal line
 - g. Penalty arc extending in an eight (8) yard radius from the penalty mark
3. Goals: Maximum 7 feet high by 7 yards wide (7 ft x 7yds)

B. THE BALL

Size four (4)

C. NUMBER OF PLAYERS

1. Maximum number of players on the field at any time: nine (9); one of whom may be a goalkeeper
2. Maximum number of players on roster not to exceed 12
3. Substitutions: Between periods and at halftime or due to injury
4. Playing time: Minimum of 75% of the total playing time for each player, if possible. No one should play four periods until everyone has played three periods
5. No co-ed teams. Separate boys and girls teams should be promoted at this level of play

D. PLAYERS' EQUIPMENT:

Footwear: Tennis shoes or soft-cleated soccer shoes
Shinguards: MANDATORY for both practices and games

E. REFEREE:

1. The referee could be either a:
 - a. registered referee
 - b. trained youth referee
2. Referees should emphasize:
 - a. **fun**
 - b. **fairness**
 - c. **safety**
 - d. **learning**

Referee decisions are final and must not be questioned by coaches

F. ASSISTANT REFEREES

Parents may be used

G. DURATION OF GAME:

1. 2 25-minute periods, quarter breaks may be used.
2. Halftime break of five minutes

H. THE START OF PLAY:

No change from regular play except that opponents must be eight (8) yards from the center mark while kick-off is in progress.

I. BALL IN AND OUT OF PLAY:

No change from regular play

J. METHOD OF SCORING

No change from regular play

K. OFFSIDE

No change from regular play

L. FOULS & MISCONDUCT

1. No change from regular play
2. Referees will work cooperatively with the coaches and eliminate the need for cautions and send-offs. Do not show yellow or red cards

M. FREE KICKS

No change from regular play except that opponents must retreat eight (8) yards from the ball during opponents' free kicks

N. PENALTY KICKS

No change from regular play except that opponents must be outside the penalty area and eight (8) yards from the ball before a kick is allowed

O. THROW-IN

No change from regular play

P. GOAL KICK

No change from regular play

Q. CORNER KICK

No change from regular play, except that opponents must be eight (8) yards from the ball

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AYSO NATIONAL RECOMMENDATIONS

1. Region standings are not recorded
2. Game scores are not recorded
3. Parents, coaches, and players from both teams exchange handshakes before and/or after each game
4. All players receive participation awards
5. No individual should be allowed to run the length of the field except participants of the game
6. Parents and coaches should encourage players, but not coach or instruct during game time
7. Spectators are not allowed behind either goal or within three (3) yards outside the touchline