

EAST RIVER SOCCER RULES U9/U10

GAME FORMAT: 7 vs 7(6 field players and a goalie) – SIZE 4 BALL

NO HEADERS DURING GAMES OR PRACTICES & NO SLIDE TACKLING

LENGTH OF GAME: 2- 25 MINUTE HALVES WITH A 5 MINUTE HALFTIME IN BETWEEN.(during extreme heat refs can allow extra water breaks especially if teams are short subs)

EVERYONE PLAYS AT LEAST 50% OF GAME REGARDLESS OF PLAYERS SKILL LEVEL OR ABILITY AND REGARDLESS OF AMOUNT OF PRACTICES THEY ATTEND. IF A COACH CANNOT ABIDE BY THIS RULE YOU WILL BE DISMISSED FROM COACHING. REC LEAGUE IS NOT ABOUT WINS/LOSSES IT'S ABOUT INTRODUCING PLAYERS TO THE GAME AND ABOUT HAVING FUN.

NO MORE THAN 2 PRACTICES PER WEEK ALLOWED FOR THIS AGE GROUP

BUILD OUT LINE IS USED DURING THIS AGE GROUP. PLEASE VISIT WWW.EASTRIVERSOCCER.COM FOR ONLINE VIDEOS ABOUT BUILD OUT LINE.

SUBSTITUTIONS: only during throw-ins, goal kicks, following a goal, and if a player is injured. Please instruct players to stand a half field prior to sub and wait for the ref to call them onto the field. If the player is not at half field prior to the ball going out of bounds the ref does not have to allow them to sub at that time. Coaches are not to sub on the fly and a ref can deny a sub if coach does not have player at half field.

Throw-ins will be used for this age group. Coaches are to instruct the players how to correctly throw the ball in. Both feet must remain on ground and ball has to go behind players head to throw ball in. Refs have been instructed to help teach the players on the field as well for the first few games.

Corner Kick: A kick-in from the corner will be taken in place of corner kick if defending team kicks the ball out on the end lines or behind goal.

Goal Kicks: A kick-in from the box in front of goal is taken by the defending team if the attacking team kicks the ball out of bounds and ball crosses end line or goes behind goal. Ball must leave the box in order for either team to play.

Offside- Offside will be called in this age group. Offside is a confusing rule for many. Please note a player can be in an offside position and not be called if they are not involved in the play in anyway. Referees will miss calls on offside. We do not use Assistant Referees so they have been instructed to call obvious offside. Depending where they are on the field they might not have a good view and may miss the close offside calls. Please refrain from yelling at the ref if a player is offside

Obstruction- Players are not allowed to obstruct goalie or stand in front of goalie and block line of site. Also when the goalie punts a ball a player cannot run alongside the goalie or jump in front of goalie during punt.

Players must wear shin guards at all times during games and practices. **The entire shin guard must be under the sock. Ankle guards must be under sock as well. Shinguards are not to be worn on outside of socks. Referee will ask players to correct and player will not be permitted to play until shinguard is on properly.** Please have players correct this before the start of the game.

Cleats must be soccer cleats no baseball, softball or football cleats allowed. If a player has a cleat on top of toe they must remove the cleat or not be permitted to play. No steel or metal cleats.

No jewelry is allowed this includes earrings.

Uniforms- Players must wear the uniform provided by East River Soccer Assoc. this includes socks. **Player's socks must match the entire team. No tie-dyed or other types of socks are allowed. If a player fails to abide by this rule they will not be permitted to play.**

Coaches please help us to protect players and other children please check that goals are anchored. Do not allow children to hang or climb on goals or pull or climb on nets. We see a lot of goalies swing and hanging on goals this is not permitted.

