



AYSO Region 214 – U10 Guidelines

The Field:

The field size for U-10 games is 70 yards long and 40 yards wide.

The Markings:

Distinctive lines recommended.

- Halfway line the width of the field, marked equidistant between the goal lines.
- Center circle with an eight-yard radius in the center of the field.
- Corner arcs with a one-yard radius at each corner of the field.
- Goal area in front of each goal measuring 6 x 15 yards.
- Penalty area in front of each goal measuring 14 x 30 yards.
- Penalty mark ten yards from the goal line.
- Penalty arc extending in an eight-yard radius from the penalty mark.

The Goals:

The goals are six feet high and six yards wide.

The Ball:

A size 4 ball is used for U10 games.

The Players:

There will be seven per team on the field; including a goalkeeper. Nine maximum on roster. Substitutions are between periods, at halftime and for injuries. Each player will play a minimum of three periods per game and no player should play four periods until everyone has played three periods.

Players are limited to playing two periods of goalkeeper per game.

Player Equipment:

Shoes and shinguards, covered by the socks are mandatory at all practice and game activities. Soccer shoes, tennis shoes, or similar type athletic shoes are recommended. The type and condition of cleated shoes must be inspected for safety before use.

Duration of Game:

Two 25-minute halves with a substitution break halfway through each half. Halftime break of 5 -10 minutes.

The Start of Play:

The game should be started with a kick-off in the middle of the field. Referees determine which team starts the game with a coin flip and the opposing team starts the second half. Opponents must be eight yards from the center mark while kick-off is in progress.

Fouls & Misconduct:

Opponents must be eight yards from the ball on restart kicks. Referees will work cooperatively with the coaches and eliminate the need for cautions and send-offs.

Referee:

AYSO certified Regional Referees or higher are required for U10 and older games. The game will be managed using the three-referee system and the diagonal system of control.