

Under 10 Rules for Nashoba Valley Youth Soccer League

Player safety check

- NO JEWELRY (except medical bracelets and necklaces – these must be taped)
- NO CASTS of any kind – even if wrapped
- Player must wear shin guards
- No metal or toe cleats. Sneakers are OK
- Glasses are OK

Game Card

- Be sure to have coaches fill in and sign the Game Card.
- Be sure that YOU sign the card, record the score, and mail it to your local assignor

Goals

GOALS MUST BE ANCHORED OR SECURED WITH WEIGHTS OR YOU ARE NOT ALLOWED TO START THE GAME. It is the coach's responsibility to properly anchor the goals.

Player/Coach Check-In

- Verify the players by reading off their names, check off each one that is present. Do the same with the coaches. **IF THE COACH IS NOT LISTED ON THE ROSTER, HE/SHE CANNOT BE ON THE TEAM SIDE OF THE FIELD.**
- Check to make sure the roster has a valid registrars stamp on it.
- NO HANDWRITTEN NAMES ALLOWED

Game rule modifications for 6 v 6 play

- 6 players per team. Minimum of 4
- Size 4 ball
- **Two 30 minute halves. 5 minute half time.**
- No offside
- Defenders must be 8 yards from ball on all kicks
- Penalty kick taken from 9 yards. All players except goalkeeper and shooter must be at halfway line.
- **Goalkeeper cannot kick or throw ball over halfway line after making a save.**
- **Goal kick taken from at least 6 yards behind penalty line (approx. ½ way).**
- If play is stopped for an injury, injured player **MUST** leave the field
- Substitutes allowed after a goal, prior to a goal kick, after halftime, on a throw in (if offense subs, then defense may also sub), and after an injury for either team.