

## **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.