



Under 10

The Under 10 is divided into 2 separate divisions - Under 10 Girls and Under 10 Boys. These 2 divisions are aimed at helping young children develop early soccer skills, build confidence and prepare for the larger Affiliate fields they will face in the Under 12 division. This is the first division where the players will learn about the “Off-Side” rule. These children have games or practices twice each week at St. Julien Park fields. The season starts early May and ends on Tournament day in early August. Each child receives a jersey, shorts, socks, ball, photo and trophy.

Game nights

Under 10 Girls – Tuesday / Thursday

Under 10 Boys – Monday / Wednesday

Under 10 - East London Soccer Club Rules

The field of play - The playing area is about half the size of a full size field.

The Ball - The ball will be a size four (4).

Number of Ages of Players

The league is open to boys and girls turning age 9 and 10. Each team will be a mixture of ages and balanced as much as possible. The maximum number of players on the field at one time per team is eight (8). The maximum number of players per team is fifteen (15). A team must have at least five (5) players including the goalkeeper, in order for it to be a league game. If unable to field five (5) players, that team will forfeit the game.

Substitution Procedure

Player substitution will be made every ten (10) minutes with all players standing on sidelines changing with equal number of players on the field.

No child will sit off two consecutive substitutions.

Each player should not exceed more than one shift over any other player during a game (e.g., Coaches should strive for all players to receive equal shifts each game. Player ‘A’ cannot have any more than three (3) shifts if Player ‘B’ only has two (2).

Calling players up from the Under 8 division is not permitted. Violators may be suspended.

The goalie position may be rotated each quarter or half, if desired. Goalies may not play more than ½ of a game in net. The player may play additional shift(s), if needed, but must play as a striker, midfield or defence.

Player’s equipment

No player is allowed to wear any jewellery, including watches, with exceptions to Medic Alert bracelets, or any other medical representations.

TAPING IS NOT PERMITTED.

Paper camp passes can be worn.

Sweatshirts with hoods are not allowed. Long sleeve shirts can be worn but must be worn under Jerseys.

Other than the goalkeeper, no player is allowed to wear a hat.

Shin pads are mandatory to enter the field of play.

Soccer shoes with rubber cleats are recommended but not required.

The Referee

The Referee will explain any game infractions to the offending player without holding up the game.



The Duration of the Match

The game is divided into six (6) periods of ten (10) minute each. With a one (1) minute break between periods and a five (5) minute break is taken at half time.

Restart of Play

For a goal kick, all players, with the exception of the player taking the kick and the goalie must leave the penalty area. The ball cannot be played from the goal kick until the ball has cleared the penalty area. If it is touched inside the penalty area, the goal kick will be taken again. The corner kick is taken at the corner mark.

Free Kicks

For any free kick, the opposing team must move away to a distance of at least seven (7) metres.

Direct Free Kicks

For any one of the following offences, a direct free kick will be awarded. From a direct free kick, the kicker can score.

- | | | |
|-------------|-------------|-------------------|
| A. Handball | C. Kickball | E. Holding |
| B. Pushing | D. Tripping | F. Slide Tackling |

If the goalkeeper touches the ball with their hands outside the penalty area, a direct free kick will be awarded to the opposing team. The kick is to be taken at where the offence occurred.

In the event the ball is going to hit a female player's chest or a male player's private area, they may cross their arms over the area to protect it, so long as no movement is made to direct the ball in any way. Any movement whatsoever of the arms will be considered a handball offence.

Offside - The Offside rule **DOES** apply

Penalty Kick

Any infringement, which would normally result in a direct free kick, if committed by the defending team in their own penalty area will result in a penalty kick. The kick is to be taken at a point ten (10) yards directly in front of the goal.

Indirect Free Kicks

All offences which would normally result in an indirect free kick will be enforced with the following exception:

- The six-second rule will NOT be enforced on the goalkeeper

An indirect free kick is awarded to the opposing team (from a distance of 10 yards away from the goal line) if a goalkeeper, inside his own penalty area, commits any of the following offences:

- intentionally touches the ball again with his hands after it has been released from his possession and has not touched any other player
- touches the ball with his hands after it has been deliberately kicked to him by a team-mate
- touches ball with his hands after receiving it directly from a throw-in taken by teammate





Coaches

Team rosters must be filled in on the game sheet EVERY game by the coaches. The referee will supply the game sheet. Coaches will remain on the sidelines.

Spectators

NO PERSON IS ALLOWED TO STAND BEHIND THE GOAL LINE. FANS MUST STAY ON THE SIDELINES – SPECTATORS ON ONE SIDE AND PLAYERS AND COACHES ON THE OTHER. **THIS RULE IS STRICTLY ENFORCED.**

End of the Game

At the end of the game, players and coaches will line up at the centre of the field and shake hands. The goalkeeper is to be at the front of the line.

Items Not Allowed

- **Jewelry** - The League has a ZERO tolerance for jewelry. Using tape to cover up jewelry is not allowed. Barrettes and bobby pins are also prohibited. Medical alert bracelets are allowed but they must be fully taped to the satisfaction of the referee. Hair band/sweat bands must stay in place on the head, not around the neck or over the eyes. Referees are also prohibited from wearing jewelry except for a watch or similar device for timing the match.
- **Only prescription glasses** - (including prescription sunglasses) may be worn by any player on the field.
- **Casts** - Hard casts of any type are considered dangerous and are no longer permitted. Any braces or soft cast material containing metal are not permitted. **Hard casts cannot be wrapped to make them safe.** The referee has sole discretion over what equipment is deemed safe, appropriate and allowable including the uniform of the players and all soft casts.