

Fact Sheet

U9 & U10

Field:

Dimensions: 60 yds. X 40 yds.

Goal: 6.5ft x 18.5ft

Game:

Format: 7 v 7

Ball: Size 4

Players: 12-13 players per team

Substitutions: at quarter/on injury

Teams: Only players should be allowed on the field.

Referees: One center referee. Offside rule enforced, slide tackling is not allowed.

Build-out Line:

When the goalkeeper has possession of the ball, the opposing team drops back to their half of the field (just past the center line). Once the opposing team is behind the center line the goalkeeper can pass, throw or roll the ball into play (no punts or drop kicks). If the goalkeeper punts or drop kicks the ball, an indirect free kick will be awarded to the opposing team from the spot of the offense.

For goal kicks, the opposing team will drop back to their half of the field (just past the center line) and cannot advance until the ball is put into play.

Duration: 12-minute quarters.

Practice: Suggested 60 minutes two times per week.

Players Equipment:

Foot wear: Soccer shoes, tennis shoes or similar type athletic shoes are recommended.

Shin guards: Mandatory, must be covered entirely by socks.

Uniform: Standard PCSL uniform, purchase at Reads Sporting Goods.