

# 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.

Will adopt the use of a Build-out Line: Per US Soccer's recommendations. The build out line is used to promote playing the ball out of the back in an unpressured setting. The buildout line comes into play on a number of occasions during the game.

-When the goalkeeper has possession of the ball.

-Goal Kicks

When the goalkeeper has possession of the ball: The defending team drops back to the build-out line which is half way between the end line and the center line of field. Once the defending team is behind the build-out 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 defending team will drop back to the build out line. The defending team may move forward once the goal kick has been taken and the ball is touched by the attacking team.

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.