

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: On the following stoppages of play: goals, goal kicks, a team's own throw-ins, and the opponent's throw-ins if the opponent is also making a substitution. When making substitutions mid-game, the players being put into the game should wait at midfield until the appropriate stoppage occurs and the referee holds up play to bring them on. This will keep the time play is held up to a minimum.

Teams: At U9, one coach from each team will be allowed to be on the field to help players with organization during the first half of each game.

At U10, 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, go to PCSL website's Uniform page for more info.