

**BRIGHTON SOCCER CLUB**  
**BASIC Information and RULES for Coaches and Referees**

**Under 10 (U10)**

NOTE: **ALL games start sharply @ 6:30pm** – practices on week-ends are recommended, but not mandatory and are at the discretion of the coaches. Referees are to be on the field 15 minutes early to check for obstacles such as beverage containers, candy wrappers, etc

- Play is 7 v 7 (Goalie + 6). 2 x 25 minute halves – change ends at half-time
- Minimum 5 players to start
- Five minute water breaks between periods of play. In extreme heat, additional water breaks will be given. When the humidex value is greater than 35, referees will allow at least 2 water breaks during each half. At a humidex value of 40 or greater, games will be cancelled by a club official, **NOT** the coaches.
- Shin pads **MUST** be worn under socks by each player. Soccer cleats are encouraged, but not mandatory. If soccer cleats must have plastic studs. **NO jewellery of any kind is allowed** during games. The only exception is medic alert bracelets or necklaces and these must be secured so as not to pose any danger. Hats will not be worn during games by any player (except for goalies). Sports hijabs/headscarves are permitted. Referees will check each player prior to game time to ensure compliance.
- **NO off-sides**
- Direct and indirect kicks allowed
- **NO Heading the ball** – any intentional head ball will be blown down and an indirect kick will be given to the opposing team
- Kick-ins (no throw-ins) are indirect & occur when the ball has been kicked out of play along the sidelines. Opposing players must allow for a 3m distance from the ball
- Red and Yellow cards **WILL** be enforced
- **NO Call-ups allowed**
- Retreat Line – on a goal kick or when the ball is in the goalie's hand, players on the opposing team must move to the retreat line as indicated by the dotted line 1/3 of the way up the field on the opponent's side, until the ball is kicked and received by a 2<sup>nd</sup> player or the ball crosses the retreat line. Goal kicks may be taken by any player on the field at their coach's discretion.
- Substitutions: Teams are allowed unlimited subs (on any stoppage in play)
- Maximum 2 goals per player per game. If this limit is exceeded, the goal is not counted and the non-offending team receives a goal kick.

U10 Cont'd.....

- Lopsided Game Rule – If a team is behind in a game by 4 goals, it will be allowed to add 1 player to the field. If the deficit continues to increase, then the trailing team will be allowed to add an addition player, per goal scored, to a maximum of 3 (12 v 9), indicating a deficit of 6 goals. If the trailing team reduces the deficit to 5, then 1 player will be removed from the field. As the deficit continues to decrease, players will be

sequentially removed until the deficit reaches 3. The process will continue throughout the game as dictated by the score.

- Coaches **CANNOT** cancel a game or re-schedule their own game. They must appear at the game. The referee is the only person who may call the game.
- In the event of a game being called by the referee before full time, due to the weather conditions:
  - If the game is over the half-time mark, the score will stand as the final score
  - If the game has not yet reached the half-time mark, the game will be called a 0 – 0 tie, regardless of the score at the time of stoppage
- **Upon completion of the game**, the referee will take game info & scores (to be recorded during the game by the ref), have it initialled by coaches and then enter in to PowerUp – we do encourage the coaches to keep their own record of the score should there be any discrepancy