

## U10 Rules & Regulations

### Divisions

U-10

6 v 6 on each team with 6 on the field and a keeper.

U-10 uses a #4 ball.

We will use a center ref and may have sideline refs. If no refs show up, remember these are kids, so please continue to have the game and have a coach or talented parent run the game.

We do not record scores so please build on the skills of the game and not the score.

Substitutions: A coach may only substitute players between quarters. An injured or yellow-carded player may be replaced at the time of the injury or yellow card incidence. A yellow-carded player must sit out the remainder of the quarter. If a player is injured, a coach has the option to leave the player in the match or substitute for him/her. If the injured player is substituted, that substitute must play the remainder of the quarter. Play must be stopped before any substitutions can be made.

Teams will be given five (5) minutes after scheduled match time to produce a sufficient number of players to begin a match. Failure to do so will result in a forfeiture of the match.

Teams may start a match with five (5) players. If additional players arrive after the match has started, they may be inserted into the match on a whistle and must wait for the head referee to signal for the player to enter onto the playing field. Please remember that we want all children to play, so share your players with the other team if they need players. Another reason why we wear two sided jerseys.

Each coach must provide a roster with players names and numbers to the referee before the start of each match. The head referee is responsible for completing the tournament match card, the official record of the match.

Uniforms: Uniforms must include matching jerseys with a number on the back, shorts, and matching stockings. Sweat pants may be worn if the matching shorts are worn outside of the sweat pants.

Equipment: Shin guards must be worn at all times during a match. Official Soccer Helmet may be worn by the goal keeper (optional).

**No Jewelry of any kind may be worn by the players on the playing field.**

Misconduct:

Any player disqualified for use of foul language, abusive language, alcohol, or conducting themselves in an unsportsmanlike manner, will be immediately suspended from the match in progress. The suspension will be carried over to the next scheduled match. A second offense will be immediately followed by an indefinite suspension or until deemed necessary by the tournament director.

Any coach disqualified for foul language, abusive language, and alcohol or conducting themselves in an unsportsmanlike manner, will be immediately suspended from the remainder of the season and will not be allowed in the vicinity of the field for his/her team's matches.

Coaches are responsible for their players, parents, and guests on the sidelines.

Any case of referee assault will be reported immediately to the Virginia Youth Soccer Association in accordance with USSF Rule 1108.

### **Problems and Questions**

In the event of a problem or question concerning the rules, the coach should first check with the referee. If there are still problems or questions, the coach should contact the Director of VAFC Rec.

**Inclement Weather**

In the event of inclement weather, call 774-7272, for playing instructions, otherwise, teams must be on the field at the scheduled time, ready to play. Every attempt will be made to have all the matches played. Games will continue during rain. Games will be suspended in the event of lightning, hail or unplayable field conditions. Game cancellations will be determined by the referee on the field or by the hotline at the club.