



Rules of the Game U9 / U10

Ball Size: 4

Players: 9 on the field at a time (8 field players and a goalkeeper). 14-15 players on a roster. Each player will receive an equal amount of playing time during each game and should at least play half of a game. No player should play the entire game unless there are only 9 players present. At this age it is understood players will want to play certain positions, but this should never affect their playing time. Please rotate players to allow them to play every position on the field, including goalkeeper.

Fouls: Bentonville Parks and Recreation Referees will be provided to officiate games. Please let your players know to always be respectful of the referee. Your individual behavior towards the referee will go a long way in determining you players' and team parents' behavior.

Duration of Games: Games consist of two 25-minute halves and a five-minute break at half time.

Substitutions: Substitutions can be made on any dead ball (please see the BPR Soccer Rules sheet). Always get the referee's attention before subbing.

Throw-ins: Players must keep both feet on the ground and use both hands to bring the ball directly overhead to throw-in. Players will get one redo attempt to get the proper technique correct. The referee should stop the game and have the same player retry if proper technique is not used. After 2 attempts, if proper technique is not used, then the incorrect throw results in loss of possession and the opposing team will throw-in.

Goal Kicks: A goal kick is awarded when the ball is last touched by an offensive player and goes over the end line by the goal. The kick is taken from the corner of the inner goal box and the opposing team must be on the other side of the centerline when the kick is taken. Encourage the player taking the kick to never play the ball up the middle. Always kick to the outside. The ball is in play as soon as it is kicked and does not have to leave the goal box.

Corner Kicks: A corner kick is awarded when the defending team last touches the ball before it goes out of bounds over the goal line. The ball is placed in the closest corner and opposing players should be at least five yards away when the corner kick is taken.

Kick-offs: Will be taken from the center circle at the start of the game and after a goal is scored. The opposing team must be outside of the circle.

Offside: The offside position is defined as being nearer to the opponent's goal line than both the ball and the last defender when the ball is played. Offensive players must either have a defender between him/her and the goalkeeper or have to be behind the ball when the ball is played. When an offensive player is offside, the referee will make the call and the opposing team will get an indirect free kick from the spot where the offensive player touches the ball. You cannot be offside on your own half of the field, on goal kicks, corner kicks or throw-ins.

Goalkeeper: A goalkeeper may punt or throw the ball from anywhere within the penalty box. Encourage goalkeepers to distribute the ball to the outside, not up the middle. A goalkeeper is not allowed to touch the ball with their hands outside of the penalty box (result is a handball – direct free kick) or if the ball is intentionally passed back by a team member. The use of hands on a pass back will result in an indirect free kick for the opposing team from the spot of the infraction. Goalkeepers can use their feet on a pass back and outside of the penalty box.

SKILL LEVELS U9 / U10

On your team, you will have players that have played for many years and you will have players who have never played before. One of the challenges of coaching this age is doing your best to make practices and games fun for players on both ends of the talent and experience spectrum. Regardless of how many years they've played, devote some practice time to skill development!