

# U10/U11 Game Format/Rules

## **GAME DURATION**

Games are 35 minutes in duration of nonstop time and no halftime. There will be a 1-minute warning whistle before commencing the game.

2 games take place in one game day for teams.

## **GAME RULES**

### **The Start of Play —**

A coin is tossed prior to the start of the game and the team who wins the toss will kick-off first in the middle to start the game.

### **Goal Kicks —**

Goal kicks happen when the ball exits the end of the field last touching the attacking team in that half. Goal kicks can be taken anywhere within their 12-yard area and unopposed.

Retreat lines are also in effect for both U10 and U11 games. Retreat Line is set for 1/3 of the field, marked by large cones. Referees should remind players and coaches before games and during games about the retreat line.

### **Corner Kicks —**

Corner Kicks are in effect for U10 and U11 and should be treated similar to when the ball goes out the sidelines. Corner kicks can be passed in or dribbled into the field of play.

### **Stoppages/ Restarts —**

Restarts should be done as quickly as possible. After a goal is scored, restarts happen from the middle of the field and should be done as quickly as possible to maximize time-on-task. Hand balls and fouls are rewarded with a direct free kick. Passback to GK is rewarded with a direct free kick from the sideline.

### **Throw-Ins —**

Throw ins will not take place for the U10 or U11 age groups. Instead, restarts will happen with either a pass in or dribble in from the ground. This encourages quicker restarts, more successful restarts, and less stoppages in game for error throw-ins.

### **Substitutions —**

Substitutions can take place during any stoppage. All players should get even playing minutes and goalkeepers should not be left in the goal for the entire day of games.

## **OTHER**

### **Referees —**

Games will be run by 1 referee. Some of these referees will be in training so it is recommended that coaches connect with referees prior to the game to aid in their development as well as the children's development. Referees are responsible for giving the 1-minute warning to start the game, starting the game on time, managing the game, and ending the game on time.

### **Coaches —**

Coaches are encouraged to actively engage in the game. We encourage coaches to move around as much as the referee allows to best impact all players. It is on the coaches to demonstrate good sportsmanship for both the kids and the parents.