



Burbank AYSO Region 254

To: Under-10 Division Coaches
From: Jose A. Perez, Regional Commissioner, Region 254
Subject: U-10 Rules for 2008-2009 Season

The purpose of this document is to provide you with the rules as it relates to the Under -10 division. Please familiarize yourself and your parents with these rules. U10 is designated an instructional division. U10 Division has a two part season. The first part of the season is comprised of practice games. **We will not keep league standings during practice games.** The second part of the season will consist of pool play for regional championship and advancement to area playoffs (providing minimum required service points are met). Top two teams from regional playoff will advance to area playoffs in January.

1) FIELD

- a) The field dimensions for Under-10 division are 80 yards (field 3) and 85 yards long (field 4) and 45 yards wide.
- b) Markings - Distinctive lines recommended
- c) Halfway line the width of the field, marked equidistant between the goal lines.
- d) Center circle with an eight-yard radius in the center of the field.
- e) Corner arcs with a one-yard radius at each corner of the field.
- f) Goal area in front of each goal measuring 8 yards by 15 yards.
- g) Penalty area in front of each goal measuring 14 yards by 36 yards.
- h) Penalty mark ten yards from the goal line.
- i) Penalty arc extending in an eight-yard radius from the penalty mark.

2) Goals –

- a) Maximum seven feet high and seven yards wide.

3) THE BALL - Size 4

4) NUMBER OF PLAYERS

- a) Maximum number of players on the field at any time: seven, one of whom must be a goalkeeper.
- b) Maximum number of players on the roster not to exceed ten. If your roster drops to below 10, you **MUST** inform your Division Coordinator or the Commissioner of the situation. A new player of like ability will be assigned to your team until the deadline for adding players is reached early in the season
- c) Substitutions are between periods and at halftime.
- d) Playing time: Minimum of 75% of the total playing time for each player, if possible, no less than 50%. **NO PLAYER MAY PLAY FOUR PERIODS UNTIL EVERYONE HAS PLAYED THREE PERIODS.** If all team members are present on game day (10 players), no player may play four periods until everyone has played three periods.

*****The player that is only able to participate 2 periods because all 10 team members were present for the match must play 3 periods the next two games, unless unable to do so because of injury, illness, region or disciplinary reasons.***

Coaches that fail to follow the substitution rule for 10 players as stated in item 4-C will be subject to discipline, including game suspension.

**A simple method for complying with the substitution rule is found at the end of this document along with a brief list of exceptions to the rule.

- e) Players playing the goalkeeper position may not play more than 2 periods in goal during a match.

5) PLAYER EQUIPMENT

- a) Footwear: Tennis shoes or rubber-cleated soccer shoes
- b) Shinguards: MANDATORY for all practices and games.

6) CENTER REFEREE – Referee should be either a:

- a) Certified regional referee or assistant
- b) Certified youth referee
- c) Referees shall emphasize
 - i) fun
 - ii) fairness
 - iii) safety
 - iv) learning

Referee decisions are final and must not be questioned by coaches.

Red and Yellow Cards are not used. However, a player or coach may be disciplined by the Region for misconduct occurring during a game. A referee may request that a player be removed from the game for serious or continuing misconduct during a game.

7) ASSISTANT REFEREES

Every attempt to schedule assistant referees will be made by the scheduler. In the event that there are not enough volunteer referees, a club linesman may be used. A club linesman is a volunteer from the team and may only indicate whether or not a ball has gone out of play. Club linesmen may not indicate offside or whether or not a goal has been scored unless agreed upon by the coaches and Center referee.

8) DURATION OF GAME

- a) Four 12 1/2 minute periods
- b) Halftime breaks of five to ten minutes.

9) START OF PLAY

No change from regular play except that opponents must be eight yards from the center mark while kick off is in progress.

10) BALL IN AND OUT OF PLAY

No change from regular play.

11) METHOD OF SCORING

No change from regular play

12) OFF-SIDE

No change from regular play

13) FOULS AND MISCONDUCT

No change from regular play

14) FREE KICKS

No change from regular play except that opponents must retreat 8 yards from the ball during opponents' free kicks.

15) PENALTY KICKS

No change from regular play except that opponents must be outside the penalty area and eight yards from the ball before a kick is allowed.

16) THROW IN

No change from regular play.

17) GOAL KICK

No change from regular play.

18) CORNER KICK

No change from regular play except that opponents must be 8 yards from the ball.

19) CONDUCT OF COACHES AND SPECTATORS

- a) Coaches are responsible for their personal conduct, the conduct of their players and their spectators.
- b) Parents are to encourage players but may not coach or instruct players during the game.
- c) Coaches are to encourage players and should minimize their instruction of players on the field during games. This should be their focus during practice times.
- d) Spectators are NOT allowed behind either goal or within three yards outside the touch line. Spectators may not be any further along the touch line than the start of the penalty area.
- e) As in all AYSO activities and activities that take place on Burbank Unified School District and City of Burbank Park property, no consumption of alcohol or tobacco products is allowed at practices or games. Tobacco consumption is permitted in park parking lots away from AYSO activities. Tobacco or alcohol consumption is not permitted on any Burbank Unified School District property.

20) VOLUNTEER POINTS

The sportsmanship/volunteer program is designed to increase parent participation while maintaining sportsmanship ideals and rewarding referee and coach training and participation.

Requirements

- 1) **Season Volunteers** – To get credit a volunteer must complete all required courses and required paperwork. 1) Volunteer form signed and received, 2) Coach Certification for appropriate Division, 2) Safe Haven certification and 4) Livescan completed. (Check EAYSO for completed certifications)

Volunteer Point System

Volunteer points are accumulated as follows:

- | | |
|-----------------------|-----------|
| 1. Coaches: | 10 points |
| 2. Assistant Coaches: | 5 points |
| 3. Team Manager: | 5 points |

2) **Weekly Assignments**

1. Designated Center Referee (U10 and U12): 4 points per game
2. Designated Center Referee (U14 and older) 5 points per game
3. Assistant Referee (trained) (U14 and older) 4 points per game
4. Assistant Referee (trained): 3 points per game
5. Assistant Referee: (untrained): 1 point per game
6. Field Monitor: 1 point per game slot

3) **Event Participation** - Volunteer 2 hrs for various one time events: 5 points examples: Picture day, trophy pickup, etc.

4) **Board Member** – An active participating board member (as determined by the Executive Board) will earn 10 points for the season.

5) **Deductions** - Failure to turn in Player Ratings by Picture day: -10 points

6) Minimum points required to qualify for playoffs: **60** (POINTS ARE NOT TRANSFERABLE). Points must be allocated at the time earned

7) Volunteer points will be posted weekly on the website. Any disputes must be made in writing to the volunteer coordinator within 1 (one) week of posting, no exception.

The team in each division who accomplishes the highest total sportsman/volunteer points, above the minimum to qualify for playoffs, will receive a Sportsman Award.

21) **SPORTSMANSHIP POINTS**

The Regional Sportsmanship Program on the back of the game cards will also determine sportsmanship points. The following categories will be evaluated by the center referee during each match:

- a) Conduct of the Players
- b) Conduct of Coaches
- c) Conduct of Spectators
- d) Uniform Appearance
- e) Courtesy towards Referee

No points shall be awarded to any team that receives a disciplinary action (equivalent of a red or yellow card) during a game or abandons a game.

22) **GAMECARDS**

Game cards must be completed prior to the start of each match. Players must be listed in NUMBER ORDER, then first and last name. DO NOT MARK THE SUBSTITUTIONS. This will be done by the referee/assistant referees.

These rules are provided to clarify U-10 division specific rules for Region 254. All other rules pertaining to match play not covered in this document are covered by the *Laws of the Game* and the appropriate AYSO modifications and clarifications of those Laws, AYSO National Rules and Regulations, Standard Regional Guidelines, and the Region 254 Handbook.

Any questions should be addressed to the Boys or Girls Commissioners, Division Coordinators, or Regional Commissioner for clarification.

****SUBSTITUTION SCHEDULE****

Players are assigned alphabetic values. A,B,C,D,E,F,G,H,I,J.

	<u>In</u>	<u>Out</u>
1 st Quarter:	ABCDEFGF	HIJ
2 ND Quarter	HIJABCD	EFG
3 RD Quarter	EFGHIJA	BCD
4 TH Quarter	BCDEFGH	IJA

"I" and "J" played two quarters; consequently, they start the next game at the beginning of the rotation. At some point your better players will play only two quarters. Carefully selecting your rotation will assure that your best two players are not out of the game at the same time.

	<u>In</u>	<u>Out</u>
1 st Quarter:	IJABCDE	FGH
2 ND Quarter	FGHIJAB	CDE
3 RD Quarter	CDEFGHI	JAB
4 TH Quarter	JABCDE	GHI

"G" and "H" played two quarters; consequently, they start the next game at the beginning of the rotation.

By following this rotation when 10 players are present, you will comply with the rule. Don't forget that when 9 players or less are present, you must play all players at least three periods. When player 10 returns, go back to your rotation schedule.

Exceptions:

1. Players injured and removed from the game shall be considered as having completed the quarter in which they were injured. No credit will be awarded to the player substituting for the injured player for that particular quarter. When able, the injured player may return to the game the following quarter or, if not substituted for and upon recognition by the referee, during the quarter he or she was injured.
2. Late Arriving players: If a player arrives during the first quarter, the player must play the remaining three quarters except where he or she was required to play only 2 quarters during that particular game to comply with the rule. If a player arrives during the second or third quarter that player may be restricted to one quarter of play without violating the rule. In case of late arrival, the game card should note the quarter in which the tardy player arrived. Coaches must make sure that the fact of a late arrival is made known to the referee and marked on the game card.

We will be looking for substantial compliance with this rule. There will no doubt be situations arising during the season that will challenge your creativity to insure players share playing time.