

# GREENBUSH YOUTH SOCCER CLUB

## UNDER TEN RULES FOR REC LEAGUE SOCCER

Revised 10/10

At this level, coaches should concentrate on developing and teaching: 1) Concepts of attack and ball possession, 2) Positional play and responsibilities of back players, midfielders and forwards, 3) Principles of defense such as tackling, marking and falling back, 4) Proper techniques of passing, throw-ins and shooting and 5) Restarts in both defending and attacking situations.

1. **The Field:** The field is approximately 80 yards wide by 40 yards long, although the size may be determined by availability and conditions of fields. Fields at this level are typically lined with near to regulation size goals (usually 5 -7 feet high X 15-20 feet wide). The goalkeeping line and goalkeeping area/zone will be marked.
2. **The Goalkeeper:** The goalkeeper can handle the ball inside this zone, but may play (and should be encouraged to do so) beyond the line in a conventional manner, using feet and body, but not the hands.
3. **Start of Play:** This occurs with the ball placed on the center of the field, and when both teams are ready the game starts. Defending / opposing team must be at least 10 yards away to start play.
4. **Scoring:** Goals can be scored from anywhere on the field. Restarts after a goal occur from the center of the field.
5. **Referee:** A coach or assistant coach from each team referees the game. These referees are encouraged to let the players play on their own, but can intercede if a certain, fundamental aspect of the game needs to be reviewed. Referees are asked to use a whistle.
6. **Rotations:** These happen every 4 minutes, and there are 6 rotations per half. The clock is stopped, but the rotations should be made quickly.
7. **Substitutions:** Each team has a goalkeeper, but the goalkeepers are changed at each rotation so that “equal time” is established for the goalkeeping function. All players are to be substituted on a rotating basis, such that each player on the team plays each position at least once during the game. The team having possession of the ball just prior to the rotation is given a throw-in when play resumes.
8. **Ball Out of Play:** When the ball goes out of play, game is restarted by one of the following ways:

- a. A throw-in if it goes out over a side line.
  - b. Goal kick by the defending team, usually a goalkeeper, if the ball goes out over the end line and was last touched by the attacking team.
  - c. Corner kick if the ball goes out over the end line and was last touched by the defending team.
  - d. If a goal is made, please refer to Rule #3 – Start of Play.
9. **Throw-Ins:** A correct throw-in is made by throwing the ball, with two hands, straight over the head, with both feet remaining on the ground (back foot is sometimes dragged), behind the sidelines. If an incorrect throw-in is made, the coach/referee explains the correct method and the offender re-takes the throw-in. If another incorrect throw-in is made, it will not be called, and play will continue uninterrupted.
  10. **Keep the Game Moving:** The coach should encourage the parents to participate as ball parents to help the flow and the enjoyment of the game.
  11. **Practices:** Each coach plans their own practice schedules. This practice time is an important aspect of each player’s development. Each practice should be designed to give the players as many touches on the ball as possible, working on skills, playing “games” to teach skills & soccer concepts, and possibly by breaking the team up and scrimmaging. Practice sessions are encouraged to be no longer than 60 to 90 minutes.
  12. **Fouls & Infringements:** All major infringements (i.e. tripping, hand balls, etc.) are punished by an indirect free kick (the ball must be passed to or touched by another player before a goal can be made).
  13. **Slide Tackles:** Slide tackles are not allowed. Opposing team is awarded an indirect free kick from the spot of the infraction. This rule is in place for the safety of the players. A player/coach may forfeit their ability to play the balance of the season if this infringement occurs frequently.
  14. **Indirect Kicks:** All opposing players must be at least five yards away from the ball on indirect free kicks, corner kicks and goal kicks.
  15. **Equipment:** Cleats may be worn. For the safety of the players, there should be no jewelry of any kind. Shinguards are required to be worn, and any child who does not bring them to a game cannot play.

### **TOTAL GAME TIME**

As stated in Rule #6, total playing time is 48 eight minutes.

There are 6 four minute rotations per half.

Halftime should be between 5 and 10 minutes for resting & coaching.

Clock runs continuously during rotations, and stops / gets reset between rotations.

Please substitute promptly.

**\*\* Remember \*\* We are here for the fun of the game and the assurance that no one will get hurt.**