

Elkins Soccer Rules (U10)

NEW: Coaching instruction will be provided by Quality Touch Soccer Academy coaches. Any parents who want to volunteer to help are still more than welcome to help the instructor that will be coaching your team!

- Game Duration: 4 quarters of 10 minutes each. 1 minute in between each quarter and 5 minutes for halftime.
 - Players should show up at the time on the schedule.
 - You will practice with your own team for 30 minutes and then play against the team on the other side of the field.
 - Example: Red vs Columbia at 12pm. Players show up at 12pm. One side of the field is Columbia players and the other is Red. This is your warmup/practice time. At 12:30pm- Red will play against Columbia for their game that week.

- Gameplay:
 - 6 v 6 on the field at one time is allowed
 - If a team cannot field 6 players, playing 5 v 5 or 4 v 4 will be allowed.
 - Subs can come in anytime a ball goes out of bounds, a goal is scored, or a new quarter begins.

- Rules:
 - This age group will NOT have a goalie. They will kick goal kicks, however, to put the ball in play if it goes out of bounds behind the goal
 - This age group will kick corner kicks
 - Throw ins: Goal is to have players know they need to at least have one foot (or both) on the ground when they release the ball and the ball needs to go all the way behind their head before they throw.
 - Coaches are allowed on the field to help instruct and keep the game going without interfering with the ball while it is in play.
 - Coaches will be refs on the field to call out of bounds and hand balls.
 - After each goal is scored, the ball needs to be placed in the middle of the half line to start the next possession in the middle of the field.
 - Score will not officially be kept