



U10 GUIDELINES

- Each half will be 25 minutes, there will be a 5-minute half time
- Play will be 7 v 7 on the field
- You may sub any way you'd like, just make sure all players get equal time
 - To sub-you must send your player to the mid field line and the ref will call them in.
- Size 4 ball
- Please have your team at the field 15 minutes before game time for warm up and for refs to check player's equipment
- All players are required to have shin guard
 - Shin guards must be on the INSIDE of players' socks.
- Cleats are recommended but not required
 - They MUST be soccer cleats and CANNOT have a point on the toe.
- No jewelry may be worn, or hair bows with metal clasps
- All out of bound balls will be THROW INS.
 - Ball MUST go over the player's head when they throw it in. Both feet of the player must stay on the ground during the throw.
- There will be corner kicks and goal kicks
- There will be a goalie-you must have a different goalie each half
 - Bring a pinnie for the goalie to wear to distinguish them
- There will be penalty kicks if needed (hand ball, foul, etc.)
- All parents must sit on the opposite side of the field from the players/coaches
 - ONLY COACHES may be on the bench or field with the players
 - Fans cannot sit at the ends of the fields behind the goals.
- Recommended practices are twice a week for 1 hour to 1 hour and 15 minutes.

THANK YOU FOR VOLUNTEERING!!!!



Additional Information for All Coaches

Game Cancellation

- If games are required to be cancelled it will be posted on Facebook.
 - Decisions will be made about 1 ½ to 2 hours before game time. Games will only be cancelled for poor field conditions or severe weather.
 - Please make your parents aware that soccer is played in the rain/cold.
 - If you are unable to coach a game, please see if your assistant can fulfill your duties or contact board member on in charge that week. Due to insurance and child safety all coaches either fulltime or substitution must be approved by the board and a background check cleared.
 - Only the board will cancel games

Additional Housekeeping

- Please have your team/parents pick up all trash and drop it into the garbage cans on the way out of the park.
- Please make sure they know to bring chairs
- **Practice Schedule times**
 - Your practice time will give you a guaranteed time on the field, if you would like to have additional practices, please be aware that others may be there to practice. Please work together to share the fields.

OCASA Board Contacts

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