

UNDER 10 7v7 GUIDELINES

New USYSA/OSA GUIDELINES DO NOT ALLOW HEADING THE BALL

If a player heads the ball the opposing team is awarded an in-direct free kick. If a header is done inside the goal box by the defending player the ball is placed on goal box line and an in-direct free kick is awarded.

(2) 25 minute halves with a 5-minute break for half time.

Substitutes can be made at the quarters or at any stoppage of play; throw-in(your possession); goal kick; goal scored etc.

Referee will keep time and score.

Home team is listed first on the schedule (home team changes jersey color if other team has same color) and kicks off first with teams alternating the kick off at half time.

Throw-ins are done from the sidelines when ball goes out. A throw-in is awarded to the opposite team that last touches before it goes out of bounds.

Goal kicks (when ball goes out of bounds at the goal end by the attacking team) must be taken at the goal box and the ball must travel outside small goal –box. The player taking kick can only strike the ball once and can't touch the ball again until someone else touches the ball.

Balls out of bounds at goal end by defending team are put into play by the attacking team at the corner (corner-kick). Same as above for player taking corner kick.

In-direct and direct kicks are awarded for fouls during game.

Penalty kicks are awarded for fouls inside the goal box.

Goalies are allowed at this age. No offsides are called.

The referee has the final word on calls in the game. Coaches and parents are not to dispute or verbally harass the ref. Foul and abusive language will not be tolerated. A coach, player or parent can be ejected from the game by referee or NWO board member.

Awards placing (1st; 2nd; etc) U-10 Division will be determined at the end of the season.

Finally, Northwest Optimist wants this to be an enjoyable experience for all involved.

THANK YOU

Northwest Optimist Soccer

