

U10 YOUTH SOCCER PROGRAM INFORMATION & RULES

PRACTICES

- Practices take place on Wednesday evenings at Cal Zorn Park from 5:30-6:30pm.

WHAT FORMAT TO EXPECT FOR A GAME

- 9 v 9 format
- 1 goalie and 8 field players
- 2 x 25-minute halves

ESSENTIAL PLAYER EQUIPMENT

- Shin guards (required)
- Rubber soccer cleats or tennis shoes
- Team t-shirt / jersey

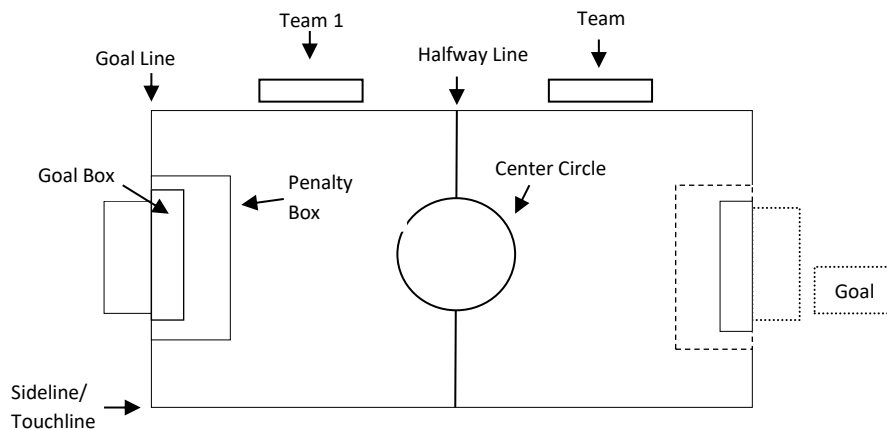
WHAT NOT TO WEAR

- Football, baseball, softball, or metal cleats and/or any cleat with a front toe spike
- Jewelry of any kind is prohibited. Taping over earrings is not sufficient
 - Medical alert bracelets & necklaces are the only exception and they must be taped securely in place.
- Hard casts are **not** allowed, even if covered.

GAME PLAY

- Heading is not allowed in any league below U15
- Unsportsmanlike conduct by players, parents, and coaches alike will not be tolerated and may result in removal from the game
- Running clock unless serious injury
- We do not keep score for this age group
- Intentional slide tackling is prohibited

FIELD DIMENSIONS & LAYOUT



**U10 fields are 45yds x 65yds



Birth Year and Season Matrix

Season	2016-2017	2017-2018	2018-2019	2019-2020	2020-2021	2021-2022	2022-2023	2023-2024	2024-2025
Birth Year									
2020									
2019									U6
2018								U6	U7
2017							U6	U7	U8
2016						U6	U7	U8	U9
2015					U6	U7	U8	U9	U10
2014				U6	U7	U8	U9	U10	U11
2013			U6	U7	U8	U9	U10	U11	U12
2012		U6	U7	U8	U9	U10	U11	U12	U13
2011	U6	U7	U8	U9	U10	U11	U12	U13	U14
2010	U7	U8	U9	U10	U11	U12	U13	U14	U15
2009	U8	U9	U10	U11	U12	U13	U14	U15	U16
2008	U9	U10	U11	U12	U13	U14	U15	U16	U17
2007	U10	U11	U12	U13	U14	U15	U16	U17	U18
2006	U11	U12	U13	U14	U15	U16	U17	U18	U19
2005	U12	U13	U14	U15	U16	U17	U18	U19	
2004	U13	U14	U15	U16	U17	U18	U19		
2003	U14	U15	U16	U17	U18	U19			
2002	U15	U16	U17	U18	U19				
2001	U16	U17	U18	U19					
2000	U17	U18	U19						
1999	U18	U19							

The season is determined by the current school year.