

# 10U Guidelines - Hilo AYSO

## THE FIELD

Markings: Distinctive lines in white and blue  
Halfway line and center circle  
Goal area  
Blue build-out line on each side  
Size 4 Ball

## DURATION OF PRACTICE

2 Practices / week allowing for 1 ½ hour each practice

## DURATION OF GAME

25 minute halves, consisting of 12.5 minute quarters with a 10 minute halftime break

## NUMBER OF PLAYERS PER TEAM

7 v 7 (includes goalkeeper)  
Maximum number of players on roster: ten (10)  
Playing time: 75% of the game for each player

## PLAYERS' EQUIPMENT

Footwear: soft-cleated soccer shoes  
Shin guards: MANDATORY for both practices and games

## REFEREE

The referee could be either a Registered Referee, Youth Referee, or 10U Referee.  
A Coach or parent may stand in if no referee is available.  
Referees should briefly explain any infringements to the player(s) and help players with instructions.  
Referee decisions are final and must not be questioned by coaches.

## THE START OF PLAY

No change from regular play

## BALL IN AND OUT OF PLAY

No change from regular play

## METHOD OF SCORING

Offside rule is enforced from the blue [build-out line](#)  
No intentional heading of the ball

## AYSO RECOMMENDATIONS

Parents, coaches, and players from both teams cheer for each other before and/or after each game.  
Parents and coaches should encourage players, but not coach or instruct during game time.  
Spectators are not allowed behind either goal or within three (3) yards outside the touchline.