

Organisation of Pitch / Weighted Ball / Squad Size / Goal Size

- Minimum: 60m x 35m / Maximum: 65m x 40m.
- Both U10 & U11 to use 320 gram football.
- Recommended squad size for U10 & U11 should consist of a panel of 10-12 players
- Goal size in 5 m x 2m. Please ensure all posts are staked down.
- Goal keepers box size. 9m **from the post** x 9m. **Penalty spot is 8m.**

Match Duration

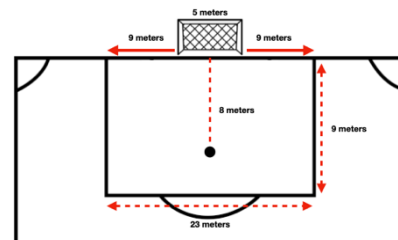
- Games to be 2 x 25 minutes half's.

Team Formations

FAI recommended: 1-2-3-1



Alternative Option: 1-3-2-1



Officiating

- Referee & both coaches to meet prior to kick off to agree rules and the correct spirit for game to be played in. The Referee is a vital part of our development plan – let's assist him or her as best we can.
- If no Referee is allocated from the league, please ensure the home team appoints a referee.

Kick Off

- Kick off will take place in the centre of the pitch at the beginning and to restart the second half. **Kick off after scoring a goal.**

Side-line ball

- **THROW-IN ONLY - NO KICK IN'S.**
- Remember U10 players would be encountering this concept for the first time. Maybe **“assist, not insist”** and help them get it right.
- **How to take a Throw-In** : Stand facing the field of play. Have part of each foot on the touchline or on the ground outside the touchline. Throw the ball with both hands from behind and over the head from the point where it left the field of play.

Roll Off / Roll On Substitutions

- **'Roll Off/Roll On'**. Coaches signal the referee to make a substitution
- Players must **LEAVE** the pitch before replacement enters pitch at halfway.
- Referees will try and let the game flow. Let's try to ensure equal playing time for **ALL** players through the season.

Retreat Line

- Divide the pitch into thirds. Retreat lines should be marked out with **Yellow Discs or Cones**.
- The retreat line only becomes active when the ball goes wide, over the end line.
- **1 attacker** from the opposition team will be allowed inside the retreat line. This is to introduce an element of pressure. This **1 attacker** is not allowed inside the box until a pass is played from the goal keeper.
- The ball is **'live'** for the attacker inside the retreat line. Once released by the Goalkeeper he/she are allowed to intercept the pass.
- Play will resume with the goal keeper rolling or passing the ball to a teammate. They can also kick long to a team mate but they **cannot kick long out of their hands**. However emphasis should be on playing out from the back.
- **All other opposing players** must retreat outside the retreat line when the goalkeeper is rolling or passing the ball out. They cannot advance until;
 - The defender touches the ball.
 - The attacker wins or touches the ball.
 - The ball leaves the retreat line area.
- The Retreat line is **only active** when ball goes wide – should a Goalkeeper make a save, it is **'normal'** play. **Remember they cannot kick out of their hands**.

Free Kicks / Penalty Kicks / Corners

- Free Kick & Corner : Opposing players must be 5 metres away from the ball. Normal rules apply.
- Penalty spot to be 8 meters from the centre of the goal.

Extra Points

Clubs try to ensure the pitch is roped or coned off. Parents are at least 3 metres away from the touch line. Coaches/players from both teams to stay on one side of the pitch, opposite to Parents/Supporters.

The goal keeper **is not allowed to handle the ball from a back-pass**, if they do so then an indirect free kick will be awarded. Remember a **back pass must be intentional** from the player.

Team coaches should **immediately substitute** any player showing unacceptable behaviour.

Safety - All players must wear shin guards, No jewellery allowed, Only sports goggles can be worn (no glasses).