



DIVISION TRANSITION GUIDE

WELCOME TO U10!

This is the biggest jump in the progression — a lot changes at once, so here's the full rundown.

WHAT'S NEW

- **Bigger teams and ball:** 5v5 becomes 7v7, and the size 3 ball becomes a size 4.
- **New format:** four 10-minute quarters become two 25-minute halves, with a 5-minute halftime.
- **Goalkeepers play more:** keepers can now play up to a full half in goal, up from one quarter.
- **New restart line:** on goal kicks and keeper distribution, defenders retreat to the “build-out line” instead of the half-field line. Goal kicks must be taken with the ball touching any part of the goal box line (also called the six-yard box).
- **Real match rules kick in:** direct kicks and offside are introduced for the first time (offside uses the build-out line as the marker — no cherry-picking).
- **Scoring begins:** games are now officially scored, capped at a +4 differential, with shots restricted outside the box once a team leads by 4 or more.
- **More substitution windows:** subs now happen at goals, throw-ins, and goal kicks, not just injuries.
- **A referee joins:** games now have a center referee, where there was none before.
- **Slightly bigger minimum:** 4 players (up from 3) needed to start a game.

WHAT STAYS THE SAME

- **Coaches** stay on the sideline.
- **Keeper distribution** is still throw, roll, or pass only — no punts or drop kicks.
- **The one-re-throw grace period** on throw-ins continues.
- **No slide tackles**, no purposeful heading.
- **Every player** still gets at least half of every game.
- **Same gear basics.**