
Under 10 Coach and Runner Guidelines

Coaches and Runners are permitted on the ground during Under 10 matches. This is to support and encourage unsure and inexperienced young players. It allows Coaches to be closer to the play to voice their encouragement and allows Runners to deliver messages more promptly.

Coaches

- Coaches should remain at least 40 metres out of direct play at all times.
- Coaches should not be running with the play.
- Coaches may attend to an injured / traumatised player to offer support and take appropriate action. Eg. assist player from the ground, request a trainer or offer assurance.
- If a player for example, is unsure of their playing position or how to take their free kick, the Coach would be justified in entering the area of play briefly to deliver their message.
- Coaches must be identified by an appropriate wet weather RED coat inscribed with the Club name Under 10's Coach on the back.

Runners

- Runners shall remain at least 40 metres out of direct play at all times.
- Runners are to deliver their message and return to a position without delay, 40 metres out of the play.
- Runners are not to loiter around the play after delivering a message or instruction. They shall return back to the coaching position.
- Runners may attend to an injured / traumatised player to offer support and take appropriate action. Eg assist player from the ground, request a trainer or offer assurance.
- Runners must be positioned as a base at their coach's boxes. They may however spend time with the Coach on the ground to discuss team movements and organisational needs.
- Runners must be identified by a fluorescent green uniform inscribed with Club name Under 10's runner on the back

The nominated Club Umpire is the sole person in control of the game. While umpiring they are a league official and should be treated with due respect.