



## **Under 10 (U10) Rules**

Age: 8 and 9 years.

Age cutoff: March 1 during spring season and August 1 during fall season.

Roster amount: 11.

Amount on field :8V8. 7 players on the field plus 1 goalie per team.

Goalie: Yes.

Ball size: 4.

Officials: Minimum of 1 officials but 2 is recommended.

Clock: Continuous.

Game time: Two (2), twenty-minute (20) halves. one (1) minute break between quarters.

Half time: 5 minutes.

Field size: 35-45 yds. X 55-65 yds.

End lines: Must remain clear.

All Play Rule: Each player will be afforded a minimum of 50% playing time during each game.

All players must wear the following:

1. Jersey.
2. Shorts.
3. Cleats (rubber only.)
4. Shin guards with high socks covering them.



### **Start of Game**

1. A coin flip will be used to choose the team that will kick-off. The team that win the coin flip will kick off at the start of the first and second quarter.
2. All players must be on their own half of the field.
3. Opponents must be 10-yards from the center mark while kick-off is in progress.
  - a. Ball must be stationary on center mark.
  - b. The ball must move forward one rotation or laterally and must be played by another player before the original kicker may play again.
  - c. A goal can be scored directly from kick-off.
4. At half, teams change ends, and the opposing team kicks off.

### **Substitutions**

1. Teams may make unlimited substitutions but must confer with the official on the field. A player may enter the field only from the center line and after the player being substituted has left the field. A player may leave the field at any point of the side or goal lines. An indirect kick will be awarded at the point of the infraction.
2. A team must substitute when a player has been "cautioned" (yellow card). Only the player receiving the "caution" may be substituted. The "cautioned" player may re-enter at the next legal opportunity.
3. A team shall not substitute for a player who is "ejected" (red card) during any period of play. The team will play short one player.
4. Coaches may be asked by the referee to remove a player for a period due to consistent violation of rules (e.g., slide tackling, swearing, hitting, etc.).

### **Throw-in**

When the entire ball passes over a touch-line, either on the ground or in the air, it shall be thrown in from the point where it crossed the line, in any direction, by a player of the team opposite to that of the player who last touched it. The thrower now of delivering the ball must face the field of play and part of each foot shall be either on the touch-line or on the ground outside the touch-line. The thrower shall use both hands and shall deliver the ball from behind and over his/her head.



The ball shall be in play immediately when it enters the field of play, but the thrower shall not again play the ball until it has been touched or played by another player. A goal shall not be scored direct from a throw-in.

### **Free Kicks**

1. Indirect free kick dictates that a player from either team must play (touch) the ball before a goal may be scored.
2. Direct free kick is when a player taking the kick may kick directly into the goal without another player touching the ball.

### **Corner Kicks**

1. Corner kicks must take place on the same side of the field that the ball left the playing field over the goal line which was last played by a defensive player.
2. The ball must be placed inside the corner arc.
3. Opponents must be 10-yards away from the ball at the start of play.
4. The ball must travel one circumference to be in play.
5. A goal may be scored directly from a corner kick.

### **Goal Kicks**

1. A goal kick takes place when the whole ball leaves the playing field over a goal line which was last played by an attacking team member.
2. May be taken by any defensive player from any point inside or on the lines of the penalty area.
3. The ball must first be stationary.
4. The ball must travel outside the penalty area. (If the ball is played from inside the penalty area, the kick is retaken.)
5. Opponents must be outside the penalty area.



### **Penalty-Kick**

A penalty-kick is awarded to the opposing team by the referee when a foul that results in the awarding of a direct free kick has occurred by a player inside his/her penalty area. A penalty-kick shall be taken from the penalty-mark, and when it is being taken, all players, except for the player taking the kick, properly identified, and the opposing goalkeeper, shall be within the field of play, but outside the penalty-area, behind the ball, and at least 10-yards from the penalty mark. The opposing goalkeeper must stand on his/her own goal line, between the goal posts, until the ball is kicked. The goalie may move laterally. The player taking the kick must not play the ball a second time until it has been touched or played by another player. The ball shall be deemed in play directly when it is kicked (i.e., when it has traveled the distance of its circumference.)

### **Offside**

1. A player is in an offside position if the player is nearer to an opponent's goal line than the ball, unless:
  - a. the player is in his/her own half of the field of play or
  - b. the player is not nearer to the opponent's goal line than at least two of the opponents.
2. A player shall only be penalized for offside position if, now the ball touches/is played by a teammate, that player is, in the opinion of the official is interfering with play or an opponent or seeking to gain an advantage by being in that position. The penalty will be an indirect free kick awarded the opponents at the spot of the foul.
3. A player shall not be penalized for offside position if he/she receives the ball direct from:
  - a. goal kick.
  - b. corner kick.
  - c. throw-in.
  - d. drop by an official.



### **Fouls and Misconduct: Direct Offenses**

1. Kicking or attempting to kick an opponent.
2. Tripping or attempting to trip an opponent.
3. Jumping at an opponent.
4. Charging violently or dangerously.
5. Charging from behind.
6. Pushing an opponent.
7. Punching, striking or attempting to strike an opponent.
8. Holding opponent.
9. Handling the ball (including goalkeeper outside penalty area)
10. A direct free kick will be awarded where the penalty occurred. When the defense commits these inside the penalty area, a penalty shot is awarded.

### **Indirect Offenses: Dangerous play**

1. Kicking ball held by goalkeeper, kicking high, and heading the ball. (There will no head balls allowed at this age.)
2. Charging fairly when ball is not within playing distance (1-2 yards.)
3. Intentionally obstructing opponent when not playing the ball
4. Obstructing the goalkeeper
5. Waving arms
6. Shielding the ball
7. Charging the goalkeeper



### Goalkeeper

1. The goalkeeper may catch with his/her hands any ball which comes into his/her penalty box and is last touched by the opponent. A goalkeeper may not use hands inside his/her penalty box if the following criteria are present: the pass is deliberate from a teammate and the pass is kicked with a foot by a teammate.

2. A penalty of an indirect free kick at point of infringement for the goalkeeper committing one of the following inside his/her penalty area:

- a. takes more than 6 seconds to release the ball.
- b. plays ball two times.
- c. uses delay tactics.
- d. slide tackling.
- e. deliberate kickback to goalie

**No slide tackling allowed. Penalty is a direct free kick at spot of violation.**

**Entire ball over the line determines out of bounds and a good goal.**

**If a game ends in a tie, there is no overtime.**

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