



U10 Rules of the Game

Central WV Soccer Association (CWVSA) - 7v7

Quick U10 Standards

- **Ball:** Size 4. Home team provides game balls.
- **Players:** 7v7 - six field players and one goalkeeper. A match should not start or continue with fewer than five players on a team.
- **Game length:** Two 25-minute halves with a 10-minute halftime. No added time unless CWVSA specifically announces otherwise.
- **Field:** Approximately 55-65 yards long by 35-45 yards wide.
- **Goals:** No larger than 6.5 ft high x 18.5 ft wide. A 6.5 ft x 12 ft goal is recommended when available.
- **Playing time:** Every player should play at least 50% of the game.
- **Heading:** No heading in practices or games for U10.

Equipment

Shin guards are **MANDATORY** and must be completely covered by socks. Soccer cleats or athletic shoes may be worn. No baseball/football cleats with a front toe cleat. Jewelry and metal hair clips are not permitted, except medical-alert items that are safely secured. The referee has final authority on whether equipment is safe.

Field & Build-Out Lines

Build-out lines should be marked approximately halfway between each penalty-area line and the halfway line. They are used both for goalkeeper/goal-kick restarts and for determining where offside can be called.

Sidelines

Players, team equipment and spectators must remain at least 3 yards from the touchline when space allows. Spectators are not permitted behind either goal. Team players/coaches should remain on one side of the field and spectators on the opposite side.

Coaches

Coaches are responsible for communicating with families, completing required league training, knowing these rules, and maintaining a safe, positive environment. Coaches are also responsible for the behavior of assistant coaches, players and spectators.

Referee

The referee is the authority on the field. The referee may inspect player equipment before the match and has final authority on decisions involving play, safety and misconduct.

Substitutions

Substitutions are unlimited and may occur at **any stoppage of play** with the referee's permission. Coaches should make substitutions efficiently and ensure every player receives at least 50% playing time.

Goalkeeper

- The goalkeeper must wear a jersey color that distinguishes them from both teams.
- When the goalkeeper controls the ball with the hands/arms, opponents may not challenge for it.
- Under the current Laws of the Game, if the goalkeeper controls the ball with the hands/arms for more than **8 seconds**, the restart is a corner kick for the opposing team. The referee visually counts down the final five seconds.
- The goalkeeper may not handle a ball deliberately kicked to them by a teammate, nor a ball received directly from a teammate's throw-in.
- For U10 build-out play, **punts and drop kicks are not allowed**. After opponents retreat behind the build-out line, the goalkeeper may pass, throw or roll the ball into play.

Kick-Off

A kick-off starts each half and restarts play after a goal. The ball is in play when it is kicked and clearly moves; it does **not** have to move forward. All players except the kicker must be in their own half, and opponents must remain outside the center circle until the ball is in play. The kicker may not touch the ball again until another player has touched it. A goal may be scored directly from a kick-off.

Throw-Ins

A throw-in is awarded when the whole ball crosses a touchline. The player must face the field, have part of each foot on or outside the touchline, and throw the ball with both hands from behind and over the head. CWVSA may allow one instructional re-try for an improperly taken throw-in before awarding possession to the opponent. A goal cannot be scored directly from a throw-in.

Goal Kicks

A goal kick is awarded when the whole ball crosses the goal line, was last touched by an attacker, and no goal was scored. The kick is taken from within the goal area. For U10, all opponents must retreat behind the build-out line before the kick is taken. Once the ball is put into play, opponents may cross the build-out line and normal play resumes. A goal may be scored directly from a goal kick against the opposing team.



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Build-Out Line Procedure

- When the goalkeeper has the ball in the hands during play, the opposing team must move behind the build-out line.
- The same retreat requirement applies before a goal kick.
- Once opponents are behind the line, the goalkeeper may pass, throw or roll the ball into play. The goalkeeper may play sooner if desired, accepting the opponents' current positions.
- Opponents may cross the build-out line once the ball is put into play.
- Punting or drop-kicking by the goalkeeper is not permitted at U10; the restart for a violation is an indirect free kick for the opposing team.

Offside

Offside IS enforced at U10. The build-out line replaces the halfway line for determining the area where a player may be penalized for offside. A player cannot be penalized for offside between the halfway line and the opponent's build-out line. A player can be penalized for an offside offense between the opponent's build-out line and goal line.

Out of Play

The ball is out of play only when the whole ball completely crosses the goal line or touchline, on the ground or in the air, or when the referee stops play.

Corner Kicks

A corner kick is awarded when the whole ball crosses the goal line, was last touched by a defender, and no goal was scored. The kick is taken from the corner area nearest where the ball crossed the line. The kicker may not touch the ball again until another player has touched it.

Free Kicks

Direct and indirect free kicks follow the Laws of the Game, subject to CWVSA's U10 modifications. Direct-free-kick fouls include offenses such as kicking/tripping, pushing, holding, striking, or illegally charging an opponent. Indirect-free-kick offenses include dangerous play, preventing the goalkeeper from releasing the ball, and certain goalkeeper handling violations. The referee will indicate an indirect free kick by keeping one arm raised until the ball touches another player, goes out of play, or it is clear a goal cannot be scored directly.

Penalty Kicks

A penalty kick is awarded when a defender commits a direct-free-kick offense inside their own penalty area. All players other than the kicker and goalkeeper must remain outside the penalty area and behind the penalty mark until the ball is kicked. The goalkeeper must remain on the goal line, facing the kicker, with at least part of one foot touching, in line with, or behind the goal line when the kick is taken.

Slide Tackling - CWVSA Rule

Slide tackling is not permitted in CWVSA U10 play. A slide-tackle violation results in an indirect free kick for the opposing team unless the referee determines a more serious foul occurred.

Defensive Positioning - CWVSA Emphasis

Coaches should discourage a defender from remaining withdrawn near the goal for the entire game. Players should be encouraged to move with play and learn both attacking and defending responsibilities.

Heading the Ball

U10 players may not head the ball in practice or games. If a player deliberately heads the ball during a match, an indirect free kick is awarded to the opposing team from the spot of the offense, subject to the normal special restart provisions for offenses occurring in the goal area.

Method of Scoring

A goal is scored when the whole ball completely crosses the goal line between the goalposts and under the crossbar, provided no offense has been committed by the team scoring the goal.

Sportsmanship

Coaches are responsible for the conduct of their team area and spectators. No coach, player or spectator may verbally abuse or aggressively confront referees, opponents or spectators. Coaches and spectators should remain in their proper areas and should not run the touchline. At the end of the match, teams should demonstrate good sportsmanship.

Head Injuries / Concussion Safety

If a player is suspected of having a head injury, play should be stopped so the player can be evaluated. A player who leaves for evaluation should not return unless cleared in accordance with applicable league, state-association and U.S. Soccer concussion procedures.

Proof of Age

Players must satisfy CWVSA/WVSA registration and age-verification requirements before participating.

Pre-Game Warmups

Only normal warmups should be conducted immediately before a scheduled match (for example: dribbling, passing and stretching). Full training sessions should not delay the scheduled kickoff.

Rule Priority / Local Modifications

These CWVSA U10 rules combine current U.S. Soccer 7v7 development standards, current Laws of the Game, WVSA guidance, and CWVSA local recreational modifications. If CWVSA publishes a season-specific rule or field instruction, that local instruction controls for CWVSA league play.