

10U General Rules of Play

Rule 1

8 v 8 play on the field. One of the 8 players must be goalkeeper

Rule 2

Game ball for this age group is Size 4. The game ball shall be provided by the HOME team. The referee will sign a game sheet with the score and winner at the end of each game.

Rule 3

Games will consist of two 20 minute halves with a 6 minute half time. Any request for shorter quarters must be agreed by both coaches and approved by referee. The necessity of a water break due to heat will be at the discretion of the coaches and referees and decided and agreed upon BEFORE kickoff and the water break will be called by the referee at a dead ball stoppage as close to half way as possible.

Rule 4

Initial kick-off will be conducted by the VISITOR team and HOME team will choose sides. Kick-offs and sides thereafter will alternate every quarter. No coin toss.

Rule 5

On throw-ins, players are allowed to drag a foot. Players are NOT given a second chance at a throw-in if a mistake is made on the first attempt.

Rule 6

Goalkeepers may handle the ball within the goal-box only. Fouling the goalkeeper within the goal box will result with a warning and possible card if serious and opposing team will be awarded a free kick.

Rule 7

Off-sides is introduced at this age group. If a team is whistled for an off-sides, opposing team will be awarded a free kick.

Rule 8

No slide tackles are allowed in this age group. This is considered a foul and the player committing the offense will be given a yellow card and the other team will be awarded a direct free kick.

Rule 9

All fouls are restarted with free kick. If a foul or a handball occurs inside the goal or penalty box, opposing team will be awarded a penalty kick from the penalty mark

Rule 10

Headers are not allowed in this age group. If a player heads the ball, an indirect free kick will be awarded to the opposing team if unintentional. A direct free kick will be awarded if in the foul is in the penalty box and intentional.

Rule 11

Substitutions are made only with permission of the referee at kick-offs, between halves, at goal kicks, or on offensive teams throw-ins. Both teams can sub if the team in control subs first.

Rule 12

Goal Keepers must wear a jersey that differs in color from either team

Rule 13

All players must wear team matching uniforms. Shin guards must be worn with socks completely covering shin guards.

Rule 14

In case of inclement weather, long pants or long sleeves may be worn under the uniform shirts. Knit hats and gloves may be worn. Players may not wear any type of jewelry.

Rule 15

Spectators must be at least 3 yards away from the pitch. Coaches will be ejected with a parent that violates code of civil conduct.