

# **ROHNERT PARK SOCCER CLUB**

## **U-10 DIVISION**

### **MODIFIED RULES OF THE GAME**



This is a summary of the guidelines and the rules of the game, modified by the Rohnert Park Soccer Club (RPSC) for the U10 age group of Level IV Recreational play. This summary is simplified and is provided for better enjoyment of the game, by making the rules more readable at the expense of a reduction of the accuracy, which is especially notable regarding fine points of the rules. The most accurate listings of the rules are contained in the FIFA publication rules of the game, as modified by the RPSC bylaws and the current Cal North Soccer (formerly, California Youth Soccer Association) team manual, and all of these documents prevail if there is a conflict with these simplified rules.

**DISSENT WITH THE REFEREE BEFORE, DURING AND AFTER A GAME IS NOT TOLERATED BY RPSC. THERE IS A ZERO TOLERANCE POLICY.**

**Rule 1: Field of Play**

The field must be rectangular and longer than it is wide. RPSC prohibits smoking within 35 yards of the field immediately before, during or immediately after practice or playing of any youth soccer game in city parks. The use and/or consumption of any alcoholic beverages or controlled substances, immediately before, during or immediately after practice or playing of any youth soccer game is prohibited.

**Rule 2: The Ball**

U10 play with a size 4 ball.

**Rule 3: Number of Players**

U10 will play 7v7, 6 field players and 1 goalkeeper.

Youth shall be played equally and shall play as close to 50% of the game as possible.

There is no restriction to the overall number of substitutes or the number of times which a player may be substituted, but substitutions may be made only at specific times, and then only with the permission of the referee.

Players may be substituted at any stoppage of play by the referee at the referee's discretion.

**Rule 4: Player's Equipment**

Players cannot wear anything which, in the opinion of the referee, is dangerous to another player or to himself/herself. Specifically excluded are orthopedic casts, air-splints, or metal splints. Except for Medic Alert, **jewelry is not allowed**. Shin guards are mandatory, and must be covered, for games and for practices.

**Rule 5: Referee's Responsibility**

- The referee enforces the Rules.
- The referee keeps a record of the game.
- The referee allows no persons other than players and linesman to enter the field without permission.
- The referee stops the game if a player has been seriously injured.

- The referee signals for all restarts after play has stopped.
- Any player bleeding from a wound must leave the field for treatment.
- Any player suspected of a head injury/concussion will be sent off the field for precaution and will not be permitted to re-enter without being cleared by a medical professional.

### **Rule 6: Duration of the Game**

- U10's play two (2) 25-minute halves with a 5 minute half-time.
- No overtime.
- Ties stand.

### **Rule 7: Start of Play and Restart of Play**

A coin is tossed and the visiting team will have their choice of call. The team that wins the coin toss will have their choice of either kickoff or side of the field to defend. The opposite team from which received the first half kickoff, will receive the second half kick. Both teams will switch sides of the field to start the second half of the game. A goal may be scored directly from the kickoff.

### **Rule 8: Ball In and Out of Play**

The ball is out of play when it has completely crossed the goal line or touch line (sideline) or when the game is stopped by the referee. The ball is in play at all other times.

### **Rule 9: Method of Scoring**

A goal is scored when the whole ball completely crosses the goal line into the goal. The team with the most goals wins. If the number of goals is equal, the match is a draw.

### **Rule 10: Offside**

- An attacking player is offside if, in the opinion of the referee, he/she is in the opponent's half of the field, is in front of the ball, and does not have at least two opponents between him/her and the goal line (one opponent may be parallel) and then he/she is beyond the Build-Out Line at the moment a teammate passes the ball to him/her (the player must be part of the play to be offside).
- The opposing goalkeeper counts as one player and any other opponent can be the second.
- An attacking player cannot be offside if he/she receives the ball directly from a throw-in, a goal kick, a corner kick, or when the ball has been dropped by the referee.

### **Rule 11: Fouls**

All fouls committed in U10 results in an indirect free kick with opponents standing at least 10 yards away from the ball before restarting play.

### **Rule 12: Free Kicks**

- All free kicks are indirect kicks for U10's.
- Indirect free kicks are awarded for other misconduct, offenses, and for offsides.
- The ball must be touched by a second player other than the kicker before a goal may be scored.
  - The referee may require the ball roll at least one revolution after the first kick.

- Free kicks are taken from the place where the foul occurred with the ball being stationary with all opponents at least ten yards from the ball.
- There are NO penalty kicks in U10.
  - Instead, the ball gets pulled out to the nearest edge of the Penalty area.

### **Rule 13: Throw-in**

When the whole ball passes completely over the touch line (sideline), it is put back into play with a throw-in by a player of the team opposite to that of the last player who touched it. A legal throw-in starts behind the head and is thrown, not just dropped, equally with both hands. The person taking the throw-in must face the field. Each foot is on or behind the touch line and on the ground. The penalty for an illegal throw-in is a throw-in for the opposing team. The referee may allow a player who committed an illegal throw-in one more attempt to try a legal throw-in.

### **Rule 14: Goal Kicks**

When the attacking team kicks the ball over the goal line and not into the goal, the defending team puts the ball back into play with a kick from anywhere within the goal box. The opposing players must remain behind the 14 yard build-out line until the play is put into play, passed, thrown or rolled.

### **Rule 15: Build-out Line**

The Build-Out Line is used to promote playing the ball out of the back in an unpressured setting. When the goalkeeper has the ball, either during play (from the opponent) or from a goal kick, the opposing team must move behind the Build-Out Line. The goalkeeper does not have to wait for them to do so, however, before putting the ball back into play. The goalkeeper can pass, throw or roll the ball to a teammate (no punting).

After the ball is put into play by the goalkeeper, the opposing team can cross the Build-Out Line and play resumes as normal.

“Put into play”:

- The goalkeeper putting the ball down on the ground is NOT putting “the ball into play.”
  - Once the goalie kicks it, then it is in play.
- If the goalkeeper rolls the ball out to another player, that is putting it in play.
- If the goalkeeper tosses the ball down and it rolls in front of them a little bit, it is not in play until they kick it.

The Build-Out Line will also be used as the "offside" line in the U10 age group instead of the midfield line.

### **Rule 16: Corner Kick**

When the defending team kicks the ball over its own goal line (but not into the goal), the attacking team puts the ball back in play with a kick from any place within the Corner Arc on the side where the ball went out. Defenders must be 10 yards away from the ball.

### **Rule 17: Sportsmanship Rule**

No team should win by more than 6 goals in any game. If your team is ahead by 6 goals, there are several methods to help control the score:

- Instruct them to pass the ball around instead of running up the score.
- Tell them they can only touch the ball 2 or 3 times before another has to touch it.
- Pull a player off the field.
- Change players' positions.

### **Regular Season & City Cup Tournament**

The weekend following the last regular season game, RPSC will host its annual City Cup Tournament where all teams will participate in a Round Robin style tournament. Each team will play a minimum of three (3) games. Championship & Consolation games will be played for teams with the highest amount of points over the weekend. Medals will be awarded to the top 3 finishing teams.

- The regular season will consist of ten (10) games.
- 3 points will be awarded for a win.
- 1 point will be awarded for a tie.
- 0 points will be awarded for a loss.
- RPSC will provide trophies for teams finishing in 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place in the regular season standings.

### **The Development Field**

- The Development Field for playing 7v7 is 47x30 yards with a few special features.
- The Build-Out line is 14 yards from each goal line.
- This field features a Penalty Area since goalkeepers are introduced at this level of play.
- Two Development Fields are about the size of a small-sided field which is used for 9v9.

# Development Field - 7v7 - U9 and U10

