

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 by laws 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 THE RPSC. THERE IS A ZERO TOLERANCE POLICY.

Rule 1: Field of Play

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

Youths 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 the following times:

- A. At any stoppage of play by the referee.

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

- A. The referee enforces the Rules.
- B. The referee keeps a record of the game.
- C. The referee allows no persons other than players and linesman to enter the field without permission.
- D. The referee stops the game if a player has been seriously injured.
- E. The referee signals for all restarts after play has stopped.
- F. Any player bleeding from a wound must leave the field for treatment.

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 team which wins the toss decides which goal it will attack in the first half of the match. The other team takes the kickoff to start the match. The team which wins the toss takes the kickoff to start the second half of the match. In the second half of the match the teams change ends and attack the opposite goals. 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

- A. An attacking player is offside if, he/she is beyond the build-out line on the opponent's half of the field and 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)

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.

- B. 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's result in an indirect free kick with opponents standing at least 10 yards away from the ball before restarting play.

Rule 12: Free Kicks

- A. All free kicks are indirect kicks for U10's.
- B. Indirect free kicks are awarded for other misconduct, offenses, and for offside. The ball must be touched by a second player other than the kicker before a goal may be scored.
- C. Free kicks are taken from the place where the foul occurred when the ball is stationary with all opponents at least ten yards from the ball.
- D. There are NO penalty kicks in U10's.

Rule 13: Throw-in

When the whole ball passes completely either 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. pass, throw or roll

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. Once the opposing team is behind the build-out line, the goalkeeper can pass, throw or roll the ball to a teammate (no punting). After the ball is released by the goalkeeper, the opposing team can cross the build-out line and play resumes as normal.

The build-out line will also be used as the "offsides" 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.

Regular Season & City Cup Tournament

The regular season will consist of ten (10) games.

3 points will be awarded for a win.

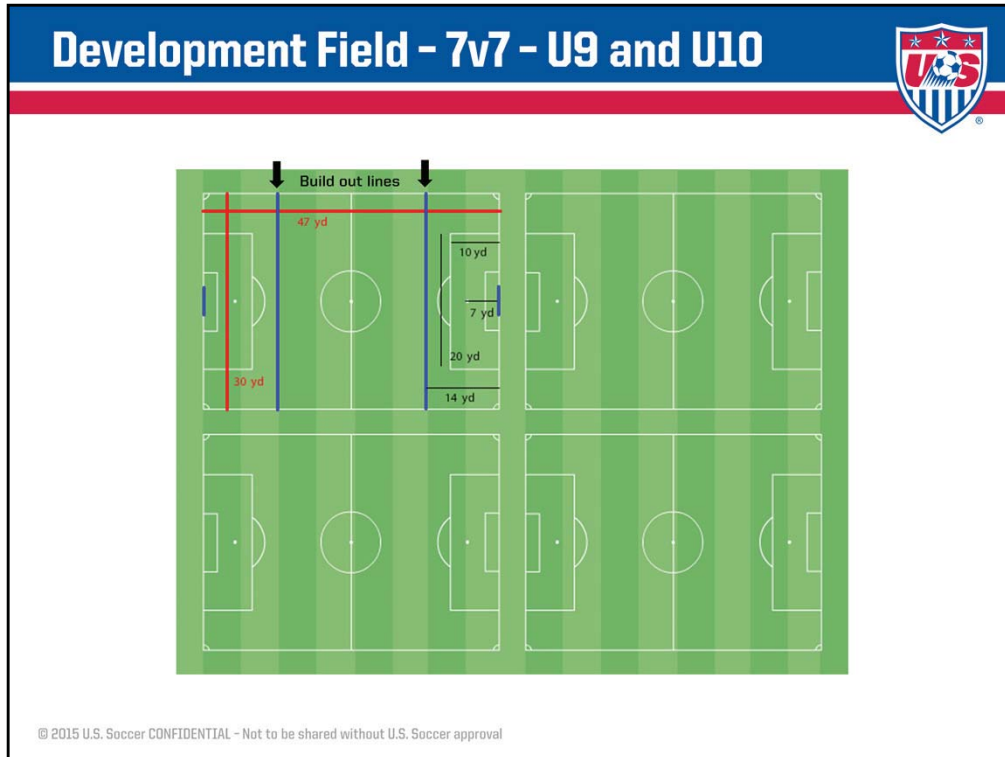
1 point will be awarded for a tie.

0 points will be awarded for a loss.

RPSC will provide awards for teams finishing in 1st, 2nd, and 3rd place in the regular season standings.

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.

Sportsmanship Rule - No team should win by more than 6 goals in any game. If your team is ahead by 6 goals, instruct them to pass the ball around instead of running up the score.



The development field for playing 7v7 is 47x30 yards with a few special features.

The build out line, which we will cover in more detail in just a moment, is found 14 yards from each goal line.

This field also features a penalty area since goalkeepers are introduced at this level of play.

Two development fields are about the size of small sided field, which is used for 9v9.

GOLIS FIELD LAYOUT

