



Mineola Recreational Youth Soccer 7v7 U10 Program Official Rules and Policies

All rules herein are for MSA Closed League matches and supersede FIFA, USYS and NTSSA rules for recreational soccer. Items not specifically addressed herein shall conform first to NTSSA rules then USYS and then FIFA. For play outside of MSA Closed League NTSSA rules shall apply.

Law I - Field of Play

A. Field dimensions: The field of play shall be rectangular. Its length being no more than sixty five yards (65) yards or less than fifty five (55) yards and its width not more than forty five (45) yards or less than thirty five (35) yards. The length in all cases shall exceed the width. MSA U10 fields are 55x35.

B. Field Markings

1. Distinctive lines not more than five (5) inches wide.
2. A halfway line shall be marked out across the field.
3. A center circle with a six (6) yard radius.
4. Four corner arcs with a radius of one (1) yard.
5. Goal area: Four (4) yards from the midpoint between each goal post and four (4) yards into the field of play joined by a line drawn parallel with the goal line.
6. Penalty Area: Two lines are drawn at right angles to the goal line, twelve (12) yards from the midpoint between each goalpost. These lines extend into the field of play for a distance of twelve (12) yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area. Within each penalty area a penalty mark is made ten (10) yards from the midpoint between the goalposts and equidistant to them. An arc of a circle with a radius of six (6) yards from each penalty mark is drawn outside the penalty area.
7. A Build Out line will be drawn equidistant to divide entire field into thirds parallel between each goal line and shall extend the width of the field. Fifty five (55) feet from each goal line.

C. Goals: The size of goals to be a maximum of 18.5 x 6.5

Law II – Ball Size four (4)

Law III – Number of Players

A. Maximum number of players on the field per team at any one time is seven (7), one of which is a goalkeeper. The minimum number of players to start the match is five (5).

B. Maximum number of players on the roster should not exceed twelve (12).

C. Substitutions: Unlimited substitutions can be made with the referee's consent prior to a throw-in, on a goal kick, after a goal, and at half time. Both teams may substitute prior to goal kicks, after a goal, and at half time. As to throw-ins, however, only the team in possession has the initial option of substituting, but if it does, the other team may also substitute. If the game is stopped to

allow a substitution for an injured player, the other team may also substitute, on a one-for-one basis. No substitution is allowed prior to a corner kick. Note: no substitution can be made without the referee's consent.

D. Playing time: Each Player shall play a minimum of 50% of the total playing time.

E. Teams and games may be coed.

Law IV – Player's Equipment

A. Footwear: Soft-cleated soccer shoes. **NO METAL SPIKES.**

Soccer cleats are defined by having no spike on the leading toe edge. No football or baseball cleats are to be used.

B. Shin guards: **MANDATORY**

C. No jewelry or any metal on/in player's body/hair

Law V – Referees

A. Registered USSF 09 Referee or higher (Grassroots as of 06/2021)

Law VI – Assistant Referees

A. Two (2) Assistant Line Referees

Law VII – Duration of Game

A. The game shall be divided into two (2) equal halves of twenty-five (25) minutes each.

B. There shall be a half time interval of ten (10) minutes.

Law VIII – Start of Play Conforms to FIFA Laws of the Game, with the following exceptions:

A. Opponents must be eight (8) yards from the center mark while kick-offs are in progress (outside the center circle).

Law IX – Ball In and Out of Play Conforms to FIFA Laws of the Game

Law X – Method of Scoring Conforms to FIFA Laws of the Game

Law XI - Offside There shall be offside indicated at the attacking buildout line.

Law XII – Fouls and Misconduct Conforms to FIFA Laws of the Game

Law XIII – Free Kicks Conforms to FIFA Laws of the Game with the following exceptions:

A. Opponents must be eight (8) yards away before kick is allowed.

Law XIV – Penalty Kicks Conforms to FIFA Laws of the Game with the following exceptions:

A. The penalty mark is made ten (10) yards from the midpoint between the goalposts and equidistant to them.

Law XV – Throw In Conforms to FIFA Laws of the Game

Law XVI – Goal Kick Conforms to FIFA Laws of the Game

Law XVII – Corner Kick Conforms to FIFA Laws of the Game with the following exceptions:

Deliberate heading is **NOT ALLOWED** in 7v7 games. If a player deliberately heads the ball in a game, an indirect free kick shall be awarded to the opposing team from the spot of the offense. If a deliberate header occurs within the goal area, the indirect free kick shall be taken on the goal area line

parallel to the goal line at the nearest point to where the infringement occurred.

A. Opponents must be eight (8) yards away from the ball.

Build Out Line from USYS

The build out line promotes playing the ball out of the back in a less pressured setting.

When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing team must move behind the build out line until the ball is put into play. Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punts and drop kicks are not allowed). After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal. The opposing team must also move behind the build out line during a goal kick until the ball is put into play. The keeper does not have to wait until the opposing team drops past the build out line. If the goalkeeper chooses to start the play before the opposing team passes the build outline the play will resume as if they had started at the build out line.

If a goalkeeper punts or drop kicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the punt or drop kick occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.

The build out line will also be used to denote where offside offenses can be called. Players cannot be penalized for an offside offense between the halfway line and the build out line. Players can be penalized for an offside offense between the build out line and goal line.

Ideally, the goalkeeper will wait to put the ball into play once all opponents are past the build out line. However, the goalkeeper can put the ball into play sooner but he or she does so accepting the positioning of the opponents and the consequences of how play resumes.

However, the defending team must be moving toward the build out line and not stand in an attempt to “read” the quick restart.

Put into play is at the point at which the ball leaves the goalkeeper’s hands after making a save and possessing ball with the hands. The ball is considered in play for Goal Kicks or free kicks inside the penalty area at the point the ball crosses the penalty area. The opposing team cannot cross the build out line until the ball crosses the penalty area line.

Additional MSA U10 Rules

Roster Size: Teams are to be formed with a maximum of 12 players; the recommended roster size is ten (10) players.

Uniforms: Team uniforms shall consist of like colored jerseys, shorts and socks. Each player shall have a number on the player’s jersey. The number shall be affixed to the back of the jersey and shall be clearly visible. Each player on a team must wear a number different from the number of every other player on their team. The official team roster shall include the number of each player’s jersey. No player names on jerseys.

Goalkeepers must wear colors that distinguish them from the other field players.

Pennies or targets may be worn over jerseys in the event of a color conflict; subject to the approval of the Referee.

Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams. Undershirts exposed from beneath jerseys must be the same or similar color of the jersey.

Any sponsor’s names, logos or other wording/graphics must be approved in advance by the MSA Board.

Socks must cover shin guards and color must be consistent for the team. Any tape applied must be consistent with the sock color.

Practices: Three team activities per week including games, practices, scrimmages, classroom training, etc. No single activity shall exceed 90 minutes in duration with the exception for a fifteen (15) minute allowance for warm up prior to the start of physical activity. Weeks are considered Saturday through the following Friday.

Non-soccer related activities such as team parties, team fundraisers, volunteering, etc. are not considered team

activities/practices in respect to this rule.

Team/Spectator Seating: Teams shall be seated on the side of the field having technical area markings and player benches (where installed). Coaches are required to remain within their respective technical areas unless invited onto the field of play by the Referee. Only official team coaches/managers as listed on the game form may be in the technical areas and provide instruction to players. Providing coaching instructions from outside of the technical area is not permitted.

Spectators shall be seated on the opposite side of the field from the teams and must remain behind the painted standoff line.

ONLY persons that have been Risk Managed (RM) with North Texas State Soccer Association (NTSSA) may be permitted on the player's sideline.

There shall be no climbing of trees, fences, goals, nets or other structures not specifically designed for such by any person. There shall be no coaches or spectators behind the goal lines.

Sideline Behavior: Coaches and spectators should keep all comments positive and supportive of the players. Spectators should refrain from providing playing instructions to the players which should only be done by the coaching staff. No referee abuse will be tolerated. Coaches may be cautioned or sent off by the referee for behavior in violation of the MSA Code of Conduct by the team's staff, players or their respective spectator sidelines.

Grounds Clean-Up: Each team shall clean up their respective areas before leaving.

Match Officials: All matches are to be officiated by a center referee, and 2 other match officials as ARs.

Coaching: All persons coaching MSA players must be registered with the club and have an approved background check. Only registered/approved coaches, assistant coaches, trainers and managers may coach games or participate with players during team activities practice. Coaches are only permitted on the field with the referee's permission at a stoppage of play.

ONLY persons that have been Risk Managed (RM) with North Texas State Soccer Association (NTSSA) may be permitted on the player's sideline.

Medical Devices: All medical devices (casts, supports, braces, etc) are subject to the approval of the referee with respect to player safety. Players with medical devices should have them padded in advance of the game and check in with the referee.

Slide Tackles: Slide tackles shall be permitted.

Mercy Rule: There will be a 10 goal mercy rule if the losing coach requests it. The Mercy Rule cannot be applied until the first half has ended. The losing coach must notify the referee at half time if invoking mercy rule.

Post-Game Sportsmanship: All players and coaches should congratulate each other for a game well played with handshakes/high fives along the halfway line. Parents are encouraged to form tunnels and cheer for players as they return to the side lines.

Scores/Standings: All scores are to be recorded on the game form by the referee and verified by each coach at the conclusion of the match (if a result or score is to be protested the coach should note such on the game forms and must file a protest in writing to MSA within 72 hours). The referee will give the completed forms to the winning team or home team, in case of a tie, at the conclusion of the match.

After each game, the coach in possession of the Game Forms is to phone in the score to the president of the MSA Board. Coaches must maintain the game forms, in their possession, until 30 days after the season is over. Coaches must provide, to MSA, any game form requested.

Playing Time/Substitutions/Rotations: All recreational players are required to play at least 50% of each game for which they are present and physically able to play. Games/coaches will be periodically reviewed for compliance by the club. Coaches found to not be in compliance with this rule are subject to disciplinary review.

Unlimited substitutions can be made with the referee's consent prior to a throw-in, on a goal kick, after a goal, and at half time. Both teams may substitute prior to goal kicks, after a goal, and at half time. As

to throw-ins, however, only the team in possession has the initial option of substituting, but if it does, the other team may also substitute. If the game is stopped to allow a substitution for an injured player, the other team may also substitute, on a one-for-one basis. No substitution is allowed prior to a corner kick. Note: no substitution can be made without the referee's consent.