

## U10

**Spectators:** Coaches and parents are prohibited from the area behind the goal line. Parents are required to remain in the spectator area (the opposite side of the field from the players) during the game. Coaches should help enforce this and are responsible for the sportsmanship of the team's parents. No one should ever yell disparaging remarks at the opposing team or referees at anytime. Anyone in the team area must display a KidSafe Card.

**Law 1 – The Field of Play:** 40 yds by 55 yds □ Center Circle: 7 yd radius □ The Goal Area: 4 yds by 16 yds □ The Penalty Area: 12 yds by 25 yds □ Penalty Spot: 8 yds off goal line □ Penalty Arc: 7 yd radius from Penalty Spot □ Goals: 18' x 6' □ Safety: Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement.

**Law 2 – The Ball:** Size four (4). **Law 3 – The Number of Players:** 7 v 7, one of whom is the goalkeeper. Teams may be coed. □ **Substitutions:** A team may substitute players (if the referee approves) at the following times: 1) after any goal, 2) at halftime, 3) during any injury stoppage, 4) prior to any goal kick, 5) prior to your throw-in, or 6) prior to opponent throw-in if that team substitutes. Substitutes are not allowed on free kicks, corner kicks, or penalty kicks. (Remember: There is not a stoppage of play on free kicks and throw-ins; allowing substitution interrupts play). □ **Playing time:** Each player SHALL play a minimum of 50% of the total playing time. Teams and matches may be coed. □ **Forfeits for too few players:** The referee shall declare a forfeit if a team has fewer than the requisite number of players on the field ready to play within a reasonable time after the game was scheduled to start. The requisite number of players shall be four (4) if playing 6-a-side. If the game is started late, each half will be reduced an equal number of minutes to insure the game ends at the prescribed time.

**Law 4 – Uniform:** Jersey, shorts, long socks covering the shin guards, soccer cleats. (No toe cleats allowed on shoes.) Goalkeeper must wear a jersey that distinguished him/her from the players of both teams. Non-uniform clothing is allowed based on weather conditions, but jerseys must be worn on the outside to distinguish teams.

**Law 5 – The Referee:** An OFFICIAL (League Referee, League Official, or Grade 9 minimum referee) may be used. All infringements shall be briefly explained to the offending player. If the OFFICIAL does not arrive within 5 minutes of the stated game time, an adult may be selected to fill in as referee.

**Law 6 – The Assistant Referees:** Each team will supply an adult to act as linesperson to signal when the ball is wholly out of bounds. If needed by the referee, this linesperson may indicate which team should be in possession of the throwin. If assistant referee flags are not available, each team may provide their parent/linesperson a pinnie to wave.

**Law 7 – The Duration of the Match:** Conform to FIFA with the exception of the match being divided into two (2) equal halves of twenty-five (25) minutes each. There shall be a half-time interval of ten (10) minutes.

**Law 8 – The Start and Restart of Play:** To begin the game or second half, the ball must be kick along the midfield line or forward of the line for the kick to be valid. Violation results in a re-kick. All opposing players must be in their half of the field and outside the center circle, until the ball is put into play. In the case of a free kick, all opponents must be at least seven (7) yards from the ball until it is put into play.

**Law 9 – The Ball In and Out of Play:** Ball is out of play when it wholly passes outside the line boundary of the field, after a goal is scored, after a foul has been committed, and at the end of a half or the game. Ball is in play when it is kicked and moves. For throw-ins, the ball is in play when it breaks the plane rising vertically from the outside of the touchline (sideline).

**Law 10 – The Method of Scoring:** Ball must be wholly over the goal line, within the uprights of the goal, and under the crossbar.

**Law 11 – Offside:** The FIFA Offside Rule shall apply.

**Law 12 – Fouls and Misconduct:** Conform to FIFA with the exception that an indirect free kick is awarded to the opposing team at the center spot on the halfway line if a goalkeeper punts or drop-kicks the ball in the air from his/her penalty area into the opponents penalty area. To provide extra protection for the goalkeeper in this age group, there shall be no charging or intentional or reckless contact with the goalkeeper in any manner whatsoever. If the goalkeeper has the ball pinned to the ground with as little as one finger or any other part of the body, the ball

is declared to be in his possession and may not be dislodged by any opponent. Any such conduct shall be considered at least as “dangerous play” and punished accordingly. There is no slide tackling allowed in this age group.

**Law 13 – Free Kicks:** Conform to FIFA with the exceptions that all opponents are at least seven (7) yards from the ball until it is in play. □ Direct free kick (ball may be kicked directly into goal): Direct free kicks from the spot of the foul will be awarded for only the most severe offenses. These include hard tackling or tripping, severe pushing and intentional handballs. The referee will loudly announce that a direct kick is being awarded to reinforce the meaning of the hand signal. Opponents must respect a distance of seven (7) yards from the ball prior to the ball being kicked. □ Indirect free kick (ball must touch another player before entering the goal): All other fouls will be penalized with an indirect free kick. The referee will signal an indirect free kick by raising one arm and holding it vertically. (Remember: A stoppage of play is not required on free kicks; the ball may be kicked as soon as it is placed on the spot). Opponents must respect a distance of seven (7) yards from the ball prior to the ball being kicked.

**Law 14 – The Penalty Kick:** Conform to FIFA with the exception that the penalty mark is made eight (8) yards from the midpoint between the goalposts and equidistant to them. Goalkeeper must have heels planted on the goal line and be within the uprights of the goal. Except for the shooter, all other players must be outside the penalty box and penalty arc and no closer to the goal line than the penalty spot.

**Law 15 – Throw-ins:** For the first two weekends of play, if there is an infraction of the FIFA throw-in rules, the player throwing the ball in shall receive one additional throw-in after a correcting instruction from the Referee. If the player violates the FIFA throw-in rule on his / her second throw-in, then the opposing team shall be awarded a throw-in. Starting the third weekend of play, enforcement will conform to FIFA. Players on the opposing team need to be at least two (2) yards away from the thrower.

**Law 16 – The Goal Kick:** The goal kick should be taken anywhere within the goal area. Opposing players must be outside the penalty area AND at least seven (7) yards away from the ball until it is in play. The ball is not in play until it exits the penalty area. If the ball does not exit the penalty area or if it is touched by either team within the penalty area, the ball is not in play and a re-kick is awarded.

**Law 17 – The Corner Kick:** The defending players must stand at least seven (7) yards away from the ball until it is in play.

## **US Youth Soccer Recommendations**

- Opposing coaches, players and parents should shake hands after each match.
- Parent/coaches, non-participating players and spectators should be there to enjoy and encourage the activity of the youngsters.
- Spectator and team benches should be on opposite sides of the field.
- No alcoholic beverages or tobacco products will be consumed or allowed near the playing area.
- No slide tackles to be allowed in this age group.