

DLSO U10 Rules

1. Games will be played 8v8.
2. Game ball is a size 4 and should be provided by the home team.
3. Games will consist of two 25-minute halves with a 5-minute half-time break.
4. Substitutions can be requested during any stoppage of play but may only take place when direct permission from the referee is given.
5. The “home” team will kick off at the start of the game. The “visitor” team will kick off to start the second half. Teams will switch playing sides for the second half.
6. All players must wear shin guards and they must be covered completely by long soccer socks.
7. No jewelry is permitted – this includes watches, wristbands, necklaces, rings and earrings. Earrings may not be taped over or covered with a band-aid; they must be removed.
8. Toe cleats, metal cleats or any footwear considered dangerous by the referee is not permitted.
9. Kick-offs: The ball must be passed in any direction and opponents are not to encroach until the ball is played. The ball must be passed to another player before scoring. A goal may not be scored directly from the kick-off.
10. Fouls: Non-incidental handballs and all other fouls will result in an indirect free kick, even inside the penalty box. There are no penalty kicks.
11. Throw-ins: In the case of an improper throw-in, the referee will explain the proper method before allowing one additional attempt. After one additional attempt, an improper throw-in will result in the throw-in being awarded to the opposing team.
12. Off-side will be enforced at this age level.
13. Slide-tackling is not allowed.
14. Goal kicks will be taken from the top of the penalty box (18yd box). Opposing players must be at least 5 yards away from the kicker.
15. Corner kicks should be taken as normal. Opponent must be at least 8 yds away.
16. Headers are not allowed at this age level (glancing or unintentional headers are permitted).