10U Rules of the Game

Ball:
Size 4. Home team provides game ball.

Number of Players:
There are 7 from each team on the field, including the goalie (6 field players and 1 goalie).

Length of game:
The game shall consist of (2) 25-minute quarters. There will be a 5-minute break at half time.

Equipment:
Shin guards are **MANDATORY**. Socks must be worn completely over the shin guards. Jerseys should be tucked in. Tennis shoes or soccer cleats should be worn. No baseball or football cleats are permitted. They have a toe cleat that soccer cleats do not have. NO **jewelry** or **metal** hair clips are permitted (yes this means earrings). Band-aids over earrings is **NOT** acceptable.

Field:
The field size is 60 x 40 yards. The goals are centered on the goal lines or end lines. The sidelines are often referred to as touch lines.

Sidelines:
All players, coaches and water bottles shall always remain at least 6 feet from the sidelines during the game. There is also a spectator area that spectators must stay within when watching the game. No spectators will be permitted along the goal lines, near the corners or behind the goals.

Coaches:
No coaches are allowed on the playing field. This is not American Football. Only reason for a coach to step on the field is if there is a player injury; however, the coach needs to wait for the referee to wave him/her onto the field.

Referees:
One center referee and (2) assistant referees will be assigned to each field. The referees will check each player's equipment as well as coaches for their RMC lanyard. The referees are the sole authority on the field and their decisions are **FINAL**.

Subsitution:
The coach must request permission from the referee prior to making a substitution. A team can substitute only – 1) At half time. 2) After any team scores. 3) Before either team's goal kick. 4) Your own throw-in. 5) Opponent's throw-in, only if they also called for a substitution 5) For an injured player.
You cannot sub on a corner kick!

Playing time:
Each player must play **at least 50%** of the total playing time. This is a **NTSSA rule for Recreational Soccer**.

Goalies:
Goalies shall wear a different color from their team and the opposing team. Pennies are a good option. Please keep in mind that on hot days, long sleeves may not be the best option.

The goalie cannot use their hands if:

1. The goalie has picked up the ball and then placed it on the ground. They may not pick the ball up again until another player has touched it.
2. The goalie receives an intentional pass from their own team.
3. The goalie receives the ball from a throw-in from their teammate.

The goalie may only pick up the ball if it is in their defensive goal box.

Goalies have 8 seconds to release the ball. If they do not release in time, the opposing team is awarded a corner kick,

Kick-off:
Occurs to start the game and after half-time. Kick is taken from the center of the field and can move in any direction. The kicker may **NOT** touch the ball again until it has touched another player. If they do, and an indirect free kick will be awarded to the opposing team. In 10U a goal **CAN** be scored directly from a kick-off. Defenders must remain outside the center circle until the ball is played. Players must be on their own side of the field during kick-offs, except for the player kicking off. Coin toss will decide who takes the kick-off to start the game, and the opposing team takes kick-off at the start of the second half. If a goal is scored, the team that was scored on takes the kick-off to resume play.

Throw-ins:
Throw-ins are awarded at the point that the WHOLE ball crosses the sideline. The throw-in motion starts from behind the head and proceeds straight over the top of the head with both hands on the side of the ball. Both feet must remain on the ground during this motion. If a throw-in is deemed incorrect, the player gets (1) do-over for the first 4 games. If the second throw-in is deemed incorrect, the opposing team gets a throw-in at the same spot. After week 4, there will be no do-overs on throw-ins. A goal may only be scored on a throw-in if any player, same or opposite team (including goalie) touches the ball before it enters the goal.

Out of Bounds:
The ball is out of play when it **COMPLETELY** crosses the goal line or sideline – whether it is on the ground or in the air. The team gaining possession is responsible for getting the ball.

Corner Kick:
A corner kick is awarded when the ball has crossed the goal line and was last touched by a defensive player. A kick is taken from the corner on the side nearest to where the ball went out. The kicker may not touch the ball again unless the ball has touched another player. If they do an indirect free kick will be awarded to the opposing team. A goal **CAN** be scored directly from a corner kick.

Goal Kick:
A goal kick is awarded when the ball crosses the goal line and was touched last by the opposing team. The kicker may **NOT** touch the ball again until it has touched another player first. If they do, an indirect free kick will be awarded to the opposing team. Opposing team must stand behind the build-out line until the ball has been played. A goal **CAN** be scored directly from a goal kick.

Build-Out Line:
Defensive team on a goal kick needs to back up behind the opposing team's build-out line.

Sportmanship:
Coaches are responsible for the conduct of their assistant coaches, players, and parents/spectators at all times. No coach, player or spectator shall yell at the referee, opposing coach, player, or fans. No coaches or fans shall run up and down the sidelines during the game. The coach shall have all players ready to be equipment checked by the referee before the scheduled game time. The coach shall also ensure that all players not in the game are sitting down on the bench and **NOT** encroaching or running down the sideline or playing around. After the game is finished, players and coaches will line up and shake hands with the opposing team and referees.

Direct Free Kick:
Direct free kick means that a goal may be scored from this kick without requiring another player to touch the ball first. A direct free kick is awarded at the spot of the foul for the following:

1. **DELIBERATE** hand ball. A ball hitting a hand is not always a hand ball.
2. Tripping or attempting to trip another player.
3. Pushing with hands or holding shirt of an opponent.
4. Striking, or attempting to strike another player.
5. Spitting or making contact with an opponent without the ball.
6. Throwing an object at the ball, an opponent or a match official, or making contact with the ball with a held object.

The kicker may not touch the ball again until it has touched another player. Defenders must stand 8 yards away

These are just a few offenses that can result in a direct free kick, for further details check IFAB Law 12.1. The referee will call whether an offense is direct or indirect.

Slide tackling:
No slide tackling is allowed at this age group. It will result in an indirect free kick awarded to the opposing team if it is done, unless there is contact then it will result in a direct free kick.

Indirect Free Kick:
An indirect free kick means that a goal may not be scored from this kick unless the ball has touched another player (same team or opponent) first. An indirect free kick is awarded at the spot of the foul for the following:

1. Passing back to the goalkeeper with feet and goalkeeper picking up the ball with their hands.
2. Dangerous play (high kick)
3. Delaying play by kicking the ball after the whistle is blown.
4. Preventing a thrown-in by either standing within 2 yards of the ball, or jumping up and down.
5. Obstruction (blocking access to the ball while not actively playing the ball).
6. Slide tackling with no contact.
7. Dead ball violations - i.e. same player touching the ball after goal kick, kick-off, direct or indirect kick; before other player has touched the ball.

These are just a few offenses that can result in an indirect free kick, for further details check IFAB Law 12.2. The referee will call whether an offense is direct or indirect.

Offside Position:
It is **NOT** an offense to be in an offside position.

A player is in offside position if:

- Any part of the head, body or feet is in the opponents' half (excluding the center line) and
- Any part of the head, body or feet is nearer to the opponents' goal line than both the ball and second-last opponent.

The hands and arms of all players, including the goalkeepers, are not considered. For the purposes of determining offside, the upper boundary of the arm is in line with the bottom of the armpit.

A player is NOT in an offside position if levels with the:

- Second-last opponent or
- Last two opponents

Offside Offense:
A player in an offside position, at the moment the ball is played or touched* by a teammate, is only penalized on becoming involved in active play by:

- Interfering with play by playing or touching a ball passed or touched by a teammate or
- Interfering with an opponent by
    - Preventing an opponent from playing or being able to play the ball by clearly obstructing the opponent's line of vision
    - Challenging an opponent for the ball or
    - Clearly attempting to play the ball which is close when this action impacts an opponent or
    - Making an obvious action which clearly impacts the ability of an opponent to play the ball

Or

- Gaining an advantage by playing the ball or interfering with an opponent when it has:
    - Rebounded or been deflected off the goalpost, crossbar, match official or an opponent
    - Been deliberately saved by any opponent

A player in an offside position receiving the ball from an opponent who deliberately plays the ball, including by deliberate handball, is not considered to have gained advantage, unless it was a deliberate save. **Further info/clarifications can be found in Law 11 of IFAB.**

There is no offside offense if a player receives the ball directly from:

- a goal kick
- a throw-in
- a corner kick

An offside offense results in an indirect free kick for the opposing team.

Penalty Kick:

Awarded if a defensive player commits any of the major violations listed under direct free kicks in their own penalty area. All players, except the goalie and player taking the kick must remain outside the penalty area until the ball is played. The penalty kick is taken from the penalty spot, which is 8 yards in front of the goal. The goalie must remain on the goal line until the ball is kicked. The kicker is not permitted to touch the ball a second tie until another player has touched the ball.

Defensive Line:

Discourage defender(s) withdrawn from the game waiting in the back. Impose that all players must play in front of the build out line. Players can play behind this line when actively playing the ball but cannot stay in that zone if the ball is away on the opposite side of the field.

PUNTS/DROP KICKS

Punts and drop kicks from a keeper are not allowed. Goalkeepers may roll, throw or place the ball down and pass the ball. Violation of this rule will result in a corner kick for the opposing team.

REMEMBER that even though in this division we do keep track of scores and standings, the emphasis should still be on player development of all players and having FUN, not winning and losing.