



U10 Rules of the Game

Ball:

Size 4. ASA provides game balls.

Number of Players:

7 players on field plus 1 goalie. (8v8 Total)

Length of Game:

2-20-minute halves with a 5-minute half time.

EQUIPMENT:

Shin guards are MANDATORY. Socks must be worn completely over the shin guards. Tennis shoes or soccer cleats may be worn. No baseball or football cleats, they have a toe cleat in the front that soccer cleats do not have. No jewelry or metal hair clips are permitted.

SIDELINES:

All players, water bottles, spectators shall always remain at least 6 feet from the sidelines during the game. No spectators will be permitted along the goal lines or behind the goal.

COACH:

No coach is allowed on the playing field.

Coach must remain in the coaches' technical area, located on each side of the halfway line shall be marked by either a rectangle or two lines off the field of play and perpendicular to the touch line.

The coach is responsible for his own behavior as well as that of his players, parents and spectators on his/her sideline. Remember this is just for fun.

REFEREES:

Two referees will be assigned to each field. The referees will check each player's equipment prior to the game. The referees are the sole authority on the field and all their decisions are final.

Referees will also check in team rosters via the Team Sidelines App

ADVANTAGE RULE:

The Referee allows play to continue when the fouled team will benefit from an existing offensive advantage.

DELAY OF GAME:

A player has 5 seconds to put the ball in play. A card may be issued for delay of game. Referees will use their discretion to decide when to begin the count due to intentional delay tactics.

SUBSTITUTIONS:

Teams may make unlimited substitutions and must make the officials aware of all substitutions. A player may enter the field only from the center line and after the player being substituted has left the field. A player may leave the field at any point of the side or goal lines. An indirect kick will be awarded at the point of the infraction for illegal substitution.

FOULS:

A FOUL occurs if a player commits any play/action that the referee sees as dangerous, reckless. See examples of fouls below:

- Holding an opponent
- Handling the ball (exception of goalie within box/boundaries)
- Playing in a dangerous manner
- Impeding the progress of an opponent (obstruction)
- Preventing the Goalkeeper from releasing the ball from his hands
- Kicking an opponent
- Tripping an opponent
- Jumping at an opponent
- Charging an opponent
- Striking or elbowing an opponent
- Pushing an opponent
- Encroachment: Entering protected area of an opposing player taking a free kick (warning may be given)
- Other: Behavior in which (REFS DISCRETION) does not warrant another category of penalty (ex. foul language or taunting)

YELLOW CARDS:

Player may receive a YELLOW CARD for any of the above listed actions at the referee's discretion. 2 YELLOW CARDS in a game will result in a RED CARD.

RED CARDS:

Any player/coach/spectator that receives a red card must leave the team area; management may request that the coach/player/spectator leave the premise.

Any player/coach/spectator who receives a DIRECT RED CARD, must go before the "Appeals and Discipline Chairman" to determine the severity of a red card suspension. A minimum of 1 game suspension will be implemented.

It is the team's responsibility to follow up with the Appeals and Discipline Chairman should a red card be issued to a player/coach/spectator on the team.

GOALIES:

Goalies shall wear a different color jersey from either team. They have 6 seconds to release the ball.

The goalie cannot use their hands if:

- 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.
- The goalie receives an intentional pass from their own team.
- The goalie receives the ball from a throw-in from their own team.

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

KICK-OFF:

Occurs to start off and after half time and after any goal scored. Kick is taken from the center of the field and the ball must move forward. The kicker may not kick the ball again until it has touched another player. A goal may be scored on a kick-off. Defenders must remain 5 yards back until the ball is played. Players must be on their own side of the field during kick-offs.

Team Captains will meet with referee before game for coin toss to determine who kicks off and side of the field.

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 air. The team gaining possession is responsible for getting the ball.

THROW-IN:

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 be in contact with the ground during this motion. Each player is given 2 changes for a correct throw in. If a throw-in is deemed incorrect 2 times, the opposing team gets a throw-in at the same spot. A goal may be scored on a throw-in if any player, same or opposite team (including goalie) touches the ball before it enters the goal.

GOAL KICK:

A goal kick is awarded when the ball crosses the goal line and was touched last by the opposing team. The kick is taken from the edge of the penalty box. The kicker may not play the ball again until it has touched another player first. Defenders must be at midfield or on their side of the field until the ball has been played. A goal may be scored from a goal kick.

CORNER KICK:

- Corner kicks must take place on the same side of the field that the ball left the playing field over the goal line.
- The ball must be placed inside or on the corner arc.
- Opponents must be 10-yards away from the ball at the start of play.
- A goal may be scored directly from a corner kick

DROPPED BALL:

The dropped ball is used to restart play after the referee has stopped play for some neutral reason such as an injury, interference by an outside agent or when play is stopped for substitution with the ball still in play. The dropped ball should not be used to restart play when it is not obvious who last played the ball before it went out of play. Referees must make a decision.

When having a dropped ball, although not required, referees usually will wait until one player from each team has taken up position to attempt to kick at the ball and then will instruct the players to wait until the ball hits the ground before commencing the kicking. If the ball is kicked before it has touched the ground, the dropped ball must be retaken. The referee may remind the players to be good sports and try not to kick each other

DIRECT FREE KICK:

Awarded at the spot of the foul for the following:

1. Deliberate handball.
2. Tripping.
3. Pushing with hands or holding shirt of the opposite player.
4. Striking another player.
5. Intentional sliding.

The kicker may not touch the ball again until it has touched another player. Defenders must stand 7 yards away. A goal may be scored from a direct free kick without requiring another player to touch the ball first.

All fouls will result in direct free kicks. No indirect free kicks in this age group.

OFFSIDE:

A player is in an offside position she or he is closer to the opponent's goal line than the ball unless:

- a) the player is behind the midfield line or
- b) there are at least two opponents (including the goalkeeper) between her or him and the opposing team's goal.

If a player is in an offside position the moment a teammate plays the ball toward her or him or he or she makes a movement toward the ball in the opinion of the referee, then the referee will award an indirect free kick to the opposing team at the point where the infraction occurred.

PENALTY KICK:

Penalty kicks may be awarded. A penalty kick results from a player committing one of free kick fouls inside his/her own penalty area. The penalty kick is taken from the penalty mark with all other players outside the penalty area except the opposing teams goalkeeper.

SLIDE TACKLING:

No slide tackling is allowed at this age group. It will result in a direct free kick for the other team if it is done.

HEADING:

Heading the ball is not allowed.

PLAYING TIME:

Each player must play at least 50% of the total playing time. However, participation and playing time in soccer games can be influenced by their regular attendance and active participation in practices at coach's discretion.

USE OF INELIGIBLE PLAYERS:

A team shall forfeit each game of the team in which—

- (1) an unregistered player was with the team at the game in a uniform; or
- (2) a player was improperly entered on the team's roster.

SPORTSMANSHIP:

Coaches are responsible for the conduct of their assistant coaches, players and spectators at all times. No coach, player or spectator shall yell at the referee, opposing coach, players 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 checked in by the referees before the scheduled game time. After the game is complete, players and coaches will line up and shake hands with the opposing team and referees along the centerline.

TEAM RESPONSIBILITIES:

All teams are responsible for the cleanup of the fields after each game. Please do not leave garbage on the sidelines.

FIELD:

Games will be played on Field #2

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

GOAL SIZE:

Goals will be 6ft x 12ft

Age Group	Birth Year	Ball Size	Players	Time	Field	Goals	Field Size
U4	2020	3	3v3	4- 7 min qtrs	Field 1	4x6	25 x 35
U6	2019	3	4v4	4- 8 min qts	Field 1	4x6	25 x 35
	2018						
U8	2017	4	7v7	4- 10 min qts	Field 2	6x12	40 x 60
	2016						
U10	2015	4	8v8	2- 20 min halves	Field 2	6x12	40 x 60
	2014						
U12	2013	5	9v9	2- 25 min halves	Field 3	7x18	70 x 80
	2012						
U14	2011	5	9v9	2- 30 min halves	Field 3	7x18	70 x 80
	2010						

