

# U-10 Rules

Revised 09/01/09



**Field Size:** 30/35 yards wide X 35/55 yards long, center circle of 10-yard dia (5 yd rad)

**Goal Area:** 6 yards out from each goal post, extending 6 yards into the field of play.

**Penalty Area:** 14 yards out from each goal post, extending 14 yards into the field of play.

**Goals:** (Maximum) 18 ft. wide X 6 ft. high (Minimum) 12ft wide X 6ft high

**Ball Size:** #4

**Game length:** Two 25-minute halves, plus a five-minute break between halves.

**Players on the Roster:** The number of players shall not exceed 10.

**Players on the Field:** The number of players on the field shall not exceed 6, including the goalie. The goalie may throw, punt or dropkick the ball and shall have six seconds to release the ball into play. The goalie position shall be rotated among all players on the team. If the goalkeeper touches, with his hands, a deliberate return pass from a teammate, no infraction will be called (although this practice is to be discouraged.) All players present shall play a minimum of 50% of the game.

**Referees:** The home club is responsible for providing referees. Each referee shall briefly explain any rule violation to the players and coach if needed.

**Start of play:** The ball will be placed in the center of the field by the referee. After the referee signals, a player will kick the ball into the opponents side of the field. The other team must stand behind the centerline and outside the center circle. To start the second half, there will be a kick off by a player of the opposite team to that of the player that started the game.

**Scoring:** No scores or league standings are kept.

**Substitutions:** With the consent of the referee; an unlimited number of players may be substituted prior to a throw in, goal kick, after a goal, after an injury (after referee stops play,) and at half time. When the referee stops play to caution a player, only the cautioned player may be substituted for, prior to the restart of the game.

**Offside:** A penalty for offside at U-10 will only be called if the offending player is **about 5 yards or more** offside. If the player is **about 5 yards or less** offside, play can resume with no penalty being called. This rule is intended to a) help players begin to understand the rule, b) discourage "cherry picking", where a team deliberately leaves a player in a scoring position, and c) minimize "close calls" by center referees.

**Free Kicks:** Free kicks at U-10 are direct or indirect. A goal can be scored on a direct kick; on an indirect kick, the ball must first be touched by a player other than the kicker before crossing the goal line. For all free kicks, the required distance for a defending player will be equal to the center circle.

**Fouls:** The following fouls against an opponent will result in a direct kick: kicking, tripping, jumping at, charging in a violent manner, charging from behind, striking, holding, pushing, and handling the ball. An indirect kick will be awarded for: dangerous play (high kicking), charging shoulder to shoulder when the ball is not within playing distance, impeding the progress of an opponent, obstructing the goalkeeper, preventing the goalkeeper from releasing the ball from his hands, lying on the ball, and unsportsmanlike behavior. Slide tackling is not allowed.

**Penalty Kicks:** Penalty kicks are not allowed at U-10.

**Throw-ins:** Throw-ins are taken from the point the ball crossed the line, by a player of the opposing team. If a foul throw-in is taken, the throw-in will be awarded to the opposing team. A goal cannot be scored directly from a throw-in.

**Goal Kicks:** Any defending player can take the goal kick and it may be taken from any point inside the goal area. A goal cannot be scored directly from a goal kick.

**Corner kicks:** Any attacking player can take the corner kick and it shall be taken from within a 3-foot arc from the corner flag or cone. A goal may be scored from a corner kick. Players from the opposing team to the kicker shall not approach within the distance of the center circle measurement of the ball until it is in play.