

# U10 Simplified Rules

U10 players should be building on their past lessons in Scooter Shooters and U8. They should be familiar with not bunching up. They should understand the difference between a pass and a shot and understand how to trap a ball. They should have an idea of the positions on the. Fouls **will** be called by a State Certified Referee. As a coach, you should be gearing them up for U12 where the offside rule still applies, but with a twist. As a parent, you will not be talking to the referee; which includes any banter. Parents should address their player's coach, who will in turn address the referee during half-time, or stop the game at the next whistle for explanations on safety issues.

## Law 1: Field of Play (in yards, adjusted to availability)

- 35-45 yds X 45-60 yds

## Law 2: The Ball

- Size 4 Soccer Ball

## Law 3: Number of Players

- 7v7; 6 + keeper
- All players should have equal playing time
  - o Exceptions to the Law:
    1. A player arrives late
    2. A player becomes injured
    3. A player is not wearing proper soccer equipment (see Law 4)
    4. See the note at the beginning of this document regarding playing time
- Substitutions welcome only when a referee blows the whistle and the coach has asked for a chance to substitute players. A simple "Sub Ref?" will get the referee's attention and they will answer accordingly.
- For every four goals a team is ahead, the opposing team may add an extra player; up to 2 players may be added

## Law 4: Player Equipment

- Players must wear
  - o Shoes (tennis shoes or cleats)
  - o Shin guards
  - o Socks (completely covering shin guards)
  - o Shirt
  - o Shorts
  - o NO JEWELRY (of any kind, unless medical alert taped to body)
  - o NO RIGID CASTS allowed
  - o NO HATS

## Law 5: Referee

- One certified official assigned
- Only **ONE** whistle to be used during game play

## Law 6: Assistant Referee

- Not assigned; may be a parent or spectator
- May only raise one hand up to signify to the certified referee that the ball has gone out of play
- May NOT use a whistle or other instrument that makes noise, See Law 5
- Is only utilized in a situation where the referee decides it is needed

## Law 7: Duration of Game/Session

- A match is divided into 2 equal halves of 30 minutes, with a 5 minute half-time

## Law 8: Start and restart of Play

- Ball at center of the field, players on their own side of the half, referee blows whistle to signal start of play
- Player taking kick-off may only kick the ball once and may not touch the ball again until another player touches the ball
- Dropped balls are allowed in the penalty area

## Law 9: Ball in and out of Play

- Ball is out of play when it COMPLETELY crosses the touch line or the goal line

## Law 10: Method of Scoring

- Ball must completely cross the goal line between the goal posts for a goal to legally count

## Law 11: Offside

- Enforced from the build out line to the attacking goal line

## Law 12: Fouls and Misconduct

- There **are** fouls in U10
- Fouls are called by the referee only
- It is the coaches and parent's commitment to direct their players to keep their hands to themselves and to not be too aggressive on the field
- **Parents should help their child's coach direct their players to keep their hands to themselves and to not be too aggressive on the field**
- **Players under the age of 11 years old may not head the ball; any ball that comes into contact with a players head shall stop the play and be forfeited to the other team for a free-kick**

## Law 13: Free Kicks

- FIFA rules apply, with exceptions made in the rules
- Opposing players to be at least 7 yards from the ball during a free kick
- If an indirect kick is kicked directly into the opponent's goal, a goal kick is awarded
- If an indirect kick is kicked directly into the team's own goal, a corner kick is awarded

## Law 14: Penalty Kick

- Ball is placed 7 yds from the goal line
- Additional time is allowed for a penalty kick to be taken at the end of the each half or at the end of periods of extra time

## Law 15: Throw-in

- FIFA rules apply
- The opposing coach, player's coach, and referee should be helping to direct their players on the correct form of a throw-in
- Correct form
  - o Both feet must remain on the ground, on outside of the touch line, during the entirety of a throw-in
  - o Ball must be between BOTH hands
  - o With ball in hand, the player may perform the throw-in by starting with the ball extended in front of them, the ball should be brought behind the player's head between both hands, and released in front of them with both hands

## Law 16: Goal Kick

- FIFA Rules Apply
- A goal kick is awarded when the entire ball, having touched a player of the attacking team, passes over the goal line, either in the ground or in the air, outside of the goal

## Law 17: Corner Kick

- Is awarded when the entire ball, having last touched a defending player, passes over the goal line, either in the air or on the ground, outside of the goal area

## Build Out Line

- A build out line must be placed on the field, 14 yards from the goal line and run across the field, touch line to touch line
- The goal keeper may not punt the ball
- The 6 second rule will be enforced, once the goal keeper has the ball and all opposing players are on the opposite side of the build out line; players on the keepers team are permitted inside of the build-out line
- A goal keeper intentionally touching the ball with their hands after it has been released from their possession and before it touches another player will be enforced as in FIFA laws of the game
- When the keeper has possession of the ball in their hands, or during a goal kick, the opposing players must retreat beyond the build out line until the keeper releases the ball
- Offside Rule will be enforced from the build out line to the attacking goal line

## Team & Spectator Location

The home team and away team will occupy opposite sides of the field. Home spectators should sit with their team and away spectators should sit with their team. Opposing teams are not permitted to sit on the same side of the field.

The home team will always occupy the east or north side of the field. Away teams should always occupy the west or south end of the field. Teams will always occupy the side of the field that contains the touch lines.

Coaches and parents are not permitted to walk beyond the build out line. A goal coach or parent is **NOT** permitted between goal line and the build out line or near the goal keeper and goal.