



U10 Rules – 7v7

Revised Fall 2026

U10 players should be building on their past lessons in U6 and U8. They should be able to attack the ball and play a position as part of a team effort. They should understand the difference between a pass and a shot and understand how to trap a ball.

Fouls **will** be called by a State Certified Referee.

As a coach, you should be gearing them up for U12 by teaching a shortened offsides rule (build out line).

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: Application of International Football Association Board (IFAB) Rules

- IFAB rules govern play unless otherwise specified below.

Law 2: Field of Play (in yards, adjusted to availability)

- Field: 65 yards x 45 yards
- Goals: 18.5 ft x 6.5 ft

Law 3: Duration of Game

- Games consist of two equal halves of 25 minutes, with a halftime of 5 minutes

Law 4: The Ball

- Size 4 Soccer Ball

Law 5: Number of Players

- 7v7: 6 players plus a goalkeeper per side in play
- If a team does not have enough players to field an entire team of 7, both teams should play down, or players should be borrowed from the larger team so that a competitive but fun game experience can still occur.

- **All players should have equal playing time**

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 6)
- Substitutions are 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 (4) goals a team is ahead, the opposing team may add an extra player; up to 2 players may be added.

Law 6: Player Equipment

Players must wear:

- Soccer cleats
 - o Tennis shoes may be substituted only in extenuating circumstances at the referee's discretion
- Shin guards
- Socks (completely covering shin guards)
- Shirt
- Shorts

- o **NO JEWELRY** (of any kind, unless medical alert taped to body)
- o **NO RIGID CASTS** allowed (soft casts permitted)
- o **NO HATS** (hoods must be tucked into the jerseys)

Law 7: Referees

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

Law 8: Assistant Referee

- Not assigned; may be a parent or spectator
- May only 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 9: Start and restart of Play

- The ball starts at center of the field, players on their own side of the half, and the referee blows whistle to signal start of play
- The 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 10: Ball in and out of Play

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

Law 11: Offsides

- 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.
- **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.**
- **There is no heading the ball allowed in U10. Any ball that comes into contact with a player's head shall stop the play and be forfeited to the other team for a free kick.**

Law 13: Free Kicks

- 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 yards from the goal line.
- Additional time is allowed for a penalty kick to be taken at the end of each half.

Law 15: Throw-in

- The opposing coach, player's coach, and referee should help direct players on the correct form of a throw-in.
- Correct form:
 - o Both feet must remain on the ground 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 and Goalie Possession

- 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.
- The goalkeeper may punt the ball, but the ball must first land on the goalkeeper's side of the midfield line. A throw-in from the sideline where the ball landed shall be awarded to the opposing team if the goalkeeper punts the ball past the midfield line.
- The 6 second rule will be enforced, once the goalkeeper has the ball and all opposing players are on the opposite side of the build out line.

- When keeper has possession of the ball in their hands, or during a goal kick, the opposing players must retreat past the build out line until keeper releases the ball.

Law 17: Corner Kick

- A 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

Law 18: 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 goalkeeper and goal.