

U-10 Rules of the Game

The U-10 age group, 6 vs, 6 small sided soccer is a non-pressure, instructional form of soccer whose purpose is to provide a FUN atmosphere and a positive playing experience for all children participating. All participants win when Coaches, Parents, Referees and Players enjoy the game.

- Games are two 25-minute halves with a 5 to 10 minute halftime
- Shin guards are mandatory
- The ball that will be used will be a number 4.
- No Jewelry, rings, watches, earrings, bandana's, metal hair clips, etc. are allowed
- No casts or splints are allowed

There is a 14 Yard Line parallel with the Goal Line running from touchline to touchline (not to be called the penalty area). A goalkeeper can handle the ball anywhere in this area. On a goal kick the ball must pass this 14-yard line to be considered in play. A ball put into play from a goal kick or a throw from the goalkeeper must be touched by a player or the ground before it crosses the midfield line. If it does not touch the ground or a player before crossing the midfield line an indirect kick is awarded at the point where it crossed the midfield line.

There will be **offsides** starting at the 14 yard line down to the goal line. An offensive player is **offsides** if he or she is closer to the goal than a defensive player without the ball within the 14 yard line

No Penalty Kicks will be taken. All fouls committed inside of the 14 yard line that would normally result in a Penalty kick will be moved outside the 14 yard line to the point closest to where the foul was committed and a direct kick will be awarded (Ex. the defending players can now make a wall 10 Yards away and still be 4 yards in front of their goal). A player who takes a throw in or kick off improperly will be given a second try. If unsuccessful after the second try the ball is awarded to the other team.

Substitution:

Substitution shall be unlimited upon consent of the Referee:

- Prior to any Goal Kick
- After a goal by either team
- After an injury resulting in stoppage of play, only the injured player may be substituted.
- At halftime
- Throw-ins.

Slide Tackling is not allowed at this level.

Parity: If a team goes up by 5 goals – either the losing team can add a player or the winning team must remove a player (coaches of both teams should decide this prior to start of game). We want to keep the game atmosphere fun for both teams – it is an instructional league.