

Rules Adaptations Specific to Under 10 Play
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Refer to FIFA LAWS OF THE GAME with the following modifications:

1) No Punting -- The goalkeeper may not punt the ball at the U10 age group . If a goalkeeper punts the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the punt occurs within the goal area, the indirect free kick should be taken on the goal line parallel to the goal line at the nearest point to where the infringement occurred.

- Drop kicks and volleys are not allowed as it would represent circumvention of the rule.
- The ball is in play “live” as soon as it leaves the goalkeepers feet or hands.

2) Build out line -- When the goalkeeper has the ball, either during play (from the opponent) or from a goal kick, the opposing team must move behind the build out line until the ball is put into play. Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punting is not allowed). After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal.

- The goal kick may be played directly past the build out line. The goalkeeper is not required to take the goal kick. On a goal kick, the ball is considered in play once it is kicked, regardless of whether or not it leaves the penalty box area. Thus, the opponents may cross the build out line once the ball is played/kicked.
- The GK need not wait for attackers to retreat behind the build out line upon claiming possession of the ball and distributing the ball.

3) No heading -- Heading will not be allowed. If a player deliberately heads the ball in a U11 and under league game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.

4) Offside – Offside will be called at U10. The build out line will also be used to denote where offside offenses can be called. Players cannot be penalized for an offside offense between the halfway line and the build out line. Players can be penalized for an offside offense between the build out line and goal line.

Be clear, but also patient and understanding with the enforcement and communication of these rules adaptations. These are new and everyone is working hard to understand and adapt

