



## 10 - 12 YEAR OLD SOCCER RULES

**Ball Size:** Size Four (4)

**Field Size:** 45 yards x 70 yards

**Goal Size:** 6 to 6.5' Height x 12' Wide

### Number of Players:

- The maximum number of players on the field per team at any one time is eight (8).
- The game is played 7 v. 7, with a goalkeeper.
- The maximum number of players on roster should not exceed sixteen (16).
- Substitutions are unlimited and allowed during any dead-ball situation and for injuries.
- Playing Time: Each player shall play a minimum of 50% of the total playing time.
- All players not playing in the game must be five yards behind the touch lines.
- No Forfeits. Teams may play with lesser players if necessary depending on smallest team size.

### Required Equipment:

- An NYS administered or approved jersey must be worn during the game.
- Jerseys must be tucked in to shorts.
- No hats, jewelry, or metal spiked cleats are allowed.
- All players are required to wear shin guards.

### The Referee:

- NYS will provide two officials for each game.

### Duration of the Game:

- Each game will consist of four, twelve-minute quarters.
- 2 minutes break between each quarter.
- There will be a 2 minute halftime between the second and third quarters.

### The Start of Play:

- Play should be started with a kick-off at the center mark of the field.
- Encourage the opposing team to stand 3-5 yards from the ball at each re-start.
- The team listed first on the schedule (200 v 201) will start the game with the ball.
- Teams shall rotate kick-offs each quarter.

### Free Kicks:

The referee, according to the infraction, will award direct and indirect free kicks.

**Penalty Kicks:** Penalty kicks will be placed twelve yards from the goal line.

**Coach Boundaries:** All coaches/spectators must remain along the sideline and are prohibited from being near the endlines and behind the goal area.

**Offside:**

The offside rule will be in effect for this age group. However, it will be called at the referee's discretion, for plays in which offsides is blatant. It is not the intent to stop plays in which an attacking player who participates in the play is technically in an offside position, though to a relatively small degree. As the offsides rule is subject to the referee's discretion and the referee may not have assistant linesmen at the field, criticism directed to the referee is dissent and will not be tolerated. Please recognize this is the most controversial and disagreed upon in the game of soccer at all levels of play and remember to demonstrate sportsmanship at all times.

**Cards:**

The referee will show yellow (caution) and red (sending off) cards in accordance with the laws of the game. A red card results in ejection from the game. Red cards shown for serious infractions may result in ejection for the remainder of the season with reinstatement only with the permission of the league coordinator.

**Slide Tackling is NEVER allowed!**

**EFFECTIVE FALL 2018, HEADING IS NO LONGER ALLOWED IN NYS SOCCER TO APPLY TO USA SOCCER GUIDELINES!**