

1 Rules and Regulations – U10 Division

1.1 Intent of CFSC Soccer

1.1.1 Promote the Game and Respect the Game. Make the Game enjoyable for all participants. Have Fun!

1.2 Laws of Soccer

1.2.1 The U10 Division shall abide by the United States Soccer Federation “Laws of Soccer” that are current at the time. In addition, the following Cuyahoga Falls Soccer Club “Rules and Regulations” shall apply and take precedence over the USSF Laws.

1.3 Playing Field

1.3.1 Dimensions for in house U10:

1.3.1.1 The playing field should be 120 feet wide by 180 feet long, goalie box should be 12 feet long by 36 feet wide, penalty box should be 36 feet long by 72 feet wide, and center circle should be 24 feet radius, the penalty spot should be 24 feet from the goal, and goals should be 18 feet wide by 6 feet high.

1.3.1.2 There should be a four-foot spectator line on the spectator side of the field, parallel to the touchline. A four-foot bench line will be located on the bench side of the field, parallel to the touch line.

1.3.2 No spectators shall be behind the goal during the game. Spectators shall stay behind the spectator line. Spectators shall be on the opposite side of the field from the teams.

1.4 Equipment

1.4.1 Players shall wear club issued shirts. The goalkeeper shall wear a different color shirt (goalkeeper shirt, practice jersey, etc).

1.4.2 The U10 division uses a size four (4) ball.

1.4.3 Shin Guards shall be worn and covered for games and practices.

1.4.4 Soccer shoes are highly recommended, but not required. Athletic shoes are acceptable. Football and baseball shoes are not allowed.

1.4.5 Jewelry shall not be worn during games or practice.

1.5 Games / Weather

1.5.1 Inclement weather: Coaches shall report to the field at game time. The assigned referee will make the decision if the game will be played. If the game is postponed, the coaches should agree to a new game time and notify the U10 VP of the change.

1.6 Players:

- 1.6.1 There shall be a minimum of six (6) and/or a maximum of seven (7) players per team, per field at the start of a game. One of the players shall be a goalkeeper but not more than one goalkeeper.
- 1.6.2 All teams shall start play with equal numbers of players on the field at one time. (Example: 7V7)
- 1.6.3 No players may be allowed to play in any game, except those listed on the "official team roster". Exception: CFSC registered U8 players are allowed to play in U10 as a substitute. Substitutes are allowed if a team has 2 or fewer reserve players. If at any point a team has 3 or more substitutes from their "official team roster", the non-rostered substitute cannot participate in the game.
- 1.6.4 If either team cannot field at least six players, the game may be:
 - 1.6.4.1 *Rescheduled (In which either coach MUST notify the VP of U10)*
 - 1.6.4.2 *Used as a practice/scrimmage game (using equal sides).*
 - 1.6.4.3 *Canceled (This is only if no make-up date can be agreed upon).*
- 1.6.5 Each player is to have the opportunity to play at during each half they attend with the following exceptions:
 - 1.6.5.1 *In the case of injury to the player.*
 - 1.6.5.2 *If the player arrives late to the game.*
- 1.6.6 A goalkeeper may not hold the ball in their hands for more than six seconds from the moment they have full control of the ball in their hands. If a goalkeeper is deemed to take longer than 6 seconds by the referee then the opposing team is awarded an indirect kick where the goalkeeper last held the ball.
- 1.6.7 A player CANNOT kick the ball out of the goalkeeper's hands when the ball is touched by the Goalkeeper. Once the Goalkeeper has one hand on the ball, all opposing players must move out of the penalty area.

1.7 Time Management:

- 1.7.1 Duration of the game is two twenty-five minutes halves with a five (5) minute halftime. Time shall be kept by the referee. The fields are reserved for one hour for each game.
- 1.7.2 Restart play at the center circle after each half and every goal. One team shall kick off at the start of the first half; the other team shall kick off at the start of the second half.
- 1.7.3 With an injury, restart the ball with an indirect kick where the ball was when play was stopped. The team in possession of the ball at the time of the injury shall take the kick, unless ruled a penalty by the referee.
- 1.7.4 Additional time may be added to the game by the referee if an injury occurs. Added time shall occur the in the same half as the injury and equivalent in time as the injury time.
- 1.7.5 Teams shall switch ends at half.

1.8 Substitutions:

- 1.8.1 Substitutions can take place at any dead ball (throw in, goal kick or after a goal). Players are to stand at the mid field line to signify entrance. The referee will signify when the players can safely enter the playing field.
- 1.8.2 Substitutions may occur at half time.
- 1.8.3 A player may be substituted for an injured player at any time.
- 1.8.4 Substitutions cannot take place on corner kicks.
- 1.8.5 Substitutions for goalkeepers may take place at a dead ball providing the substitute goalkeeper comes from the bench and is ready to play in a reasonable amount of time.

1.9 Fair Play and Goals

- 1.9.1 Maximum number of goal differential for a game shall be 6 goals (for standings purposes). If a final game goal differential is 8 goals then the score is listed as a tie 0-0, if a final game goal differential is 9 or greater than the opposing team will be recorded as the winning team with a score of 1-0.
- 1.9.2 The ball must completely cross the goal line in the goal before it's a goal.
- 1.9.3 After a four (4) goal lead or greater, the opposing team may add one (1) additional field player until such a time that there is no longer a four (4) goal lead.

1.10 Kick-Offs and Throw-Ins:

- 1.10.1 On kick-offs, the ball shall not be touched twice in a row by the same player.
- 1.10.2 A goal cannot be scored directly from an indirect free kick, goal kick, or throw in.
- 1.10.3 A goal can be scored directly from a kick-off.
- 1.10.4 The ball is out of play when it has completely crossed the touchline or end line.
- 1.10.5 For throw-ins, the ball must be thrown with both hands on the ball from behind the player's head with both feet flat on the ground and both feet behind the touchline out of the field of play. If deemed performed incorrectly by the referee then the opposing team is awarded the ball for a throw-in at the same spot.
- 1.10.6 Opposing players shall not impede the throw in of the ball.

1.11 Goal Kicks and Corner Kicks:

- 1.11.1 Goal kicks are awarded when the attacking team kicks the ball fully over the end line. The goal kick must be taken from the four (4) yard line in the penalty area. Any position player or the goalkeeper may take the goal kick.
- 1.11.2 Corner kicks are awarded when the defending team kicks the ball fully over the end line. All corner kicks shall be taken from the corner flags. Opposing players shall be a minimum of 10 yards from the corner.

1.12 Offside

- 1.12.1 The Offside Rule shall apply in the U10 Division.
- 1.12.2 When an offense player is past the last two defenders (goalie and field player or two field players) and receives the ball or is part of the play when the pass OCCURS then the offensive person is offside.
- 1.12.3 Exceptions: a) if defender passes back to the offensive player, b) offensive player cannot be offside on their defensive side of the field, c) and offensive player cannot be offside if they are behind the ball when the pass occurs.

1.13 Fouls and Misconduct/Free Kicks

- 1.13.1 All USSF Fouls and Misconduct rules shall apply with the following exceptions:
 - 1.13.1.1 *The referee should use discretion in enforcing the rule that states that the goalkeeper may not gain control of the ball a second time unless the ball was touched or played by another player.*
 - 1.13.1.2 *All USSF Free Kick rules shall apply with the following exceptions:*
 - 1.13.1.2.1 *Opposing players shall be a minimum of 10 yards from the ball.*
- 1.13.2 There are penalty kicks in U10 if a foul or hand ball is deemed in the penalty area.
- 1.13.3 A player may not intentionally attack, kick, strike, hold, push, trip or jump at an opponent.
- 1.13.4 Handballs are not permitted. A handball is when someone hits the ball with their hand or arm. A direct kick would be awarded to the opposing team at the referee's discretion.
- 1.13.5 As in USSF rules, only attackers must be out of the box on goal kicks, not defenders.

1.14 Referees

- 1.14.1 These items are in addition to the rules of the USSF:
 - 1.14.1.1 *For the purpose of instructing the players, the referees should, when possible, verbally call throw-ins, free kicks, and other actions. The referee should also inform the offending player as to what infraction has been committed.*
 - 1.14.1.2 *Referees may stop the play at any time to caution the coaches for verbally abusive behavior on their part or on the part of the spectators that is directed at the referee or players. If the abusive behavior does not cease, the referee has the authority to prematurely end the game. This action should be used in only the most extreme circumstances.*
- 1.14.2 It is the responsibility of the referee to check all players before the start of the game to see that they are wearing shin guards and no jewelry is permitted during the game. The referee can prevent a player from participating until they are properly equipped.
- 1.14.3 Referees may use the “advantage rule” when calling infractions.

1.14.3.1 Definition-Under the “advantage rule”, the offending player is creating a potential advantage situation for himself or his/her team, whether intentional or not, through the commission of infraction.

1.15 Coaches

1.15.1 There shall be no more than three coaches per team. No coaches shall be permitted on the field at any time during the game unless directed by the referee and / or for an injury. Assistant coaches may not stand next to or behind the goal to assist the goalkeeper.

1.15.2 Coaches shall remember that the referee is in charge of the game. If there is a question or issue, it should be calmly handled either at the half or at the end of the game. Unresolved questions or issues can be referred to the Vice-President of In-house Teams or the Referee Committee Chairperson for review.

1.15.3 It is the coach’s responsibility to instruct the spectators as to the proper conduct. Spectators should be encouraged to cheer their team and players in a positive manner. Verbal abuse that is directed at referees or players shall not be tolerated.

1.15.4 It is the coach’s responsibility to check the playing field and practice areas prior to games and practices. The coach needs to ensure the area is safe, free of debris, and goals are properly anchored. Players shall not climb or hang on goals. Field issues shall be communicated to the U10 VP or other members of the CFSC board.

1.15.5 Coaches shall respect other coaches, referees, and spectators. Coaches shall present themselves in a civil manner at all times.

1.15.6 Coaches shall stay behind the touchline and between the outside lines of the penalty areas.

1.16 Playoffs and standings

1.16.1 Playoffs are to occur at the end of the spring session.

1.16.2 For standing purposes, 3 points for a win, 1 point for a tie, and 0 for a loss.

1.16.3 Coaches are responsible for notifying the U10 VP of the final score of all games (spring session only).

1.16.4 Playoffs: seedings will be determined by most points, then goal difference, then goals for, then head to head points, then head to head goal difference.

1.16.5 In the playoff games, if the game is tied after regulation, two overtime periods of 5 minutes each will take place. First team to score in either of the two periods will be declared the winner. If the game has not been decided, penalty kicks will take place. The first 5 PK takers must be on the field at the time of the end of the last overtime period and must be declared by the coaches before the start of the PK’s. If still tied after the 5 PK’s, the next PK takers are the balance of the players from the field or players from the bench. Each PK kicker must be declared by the coach, and no player may be repeated unless all players have taken a PK.