

## **U10 GAME RULES – Scituate Soccer Club**

These rules are based on a recommended program from the US Youth Soccer Association (USYSA) with additions by the CYSL U10 Committee, and SSC Committee. The purpose of the program is to provide an atmosphere where the players feel free to try a lot of different techniques without being concerned about winning or losing. Coaching emphasis should be skills and ball control by the individual player. Fewer players are being put on a small field to ensure that each player has a lot of touches of the ball.

By extending the small field concept to the U10s, we expect the players to have better skills at the U12 level when they should begin to learn tactics.

All contests will conform to the most current version of FIFA's Laws of the Game, except as noted below.

### **LAW I: THE FIELD**

#### **A. DIMENSIONS:**

The field of play shall be rectangular, with a suggested length of 60 yards and a width of 40 yards. The length in all cases shall exceed the width. Fields will vary.

#### **B. MARKINGS:**

1. Distinctive lines not more than 5 inches wide.
2. A halfway line shall be marked across the field.
3. A center circle with a radius of 8 yards.
4. Four corner arcs with a 1 yard radius.
5. Goal area - 6 yards from each goal post and 6 yards into the field of play joined by a line drawn parallel with the goal-line.
6. Penalty area - 14 yards from each goal post and 14 yards into the field of play joined by a line drawn parallel with the goal-line.
7. Build-out line: Build out lines should be equidistant between the penalty area line and halfway line.
8. Corner flags are not compulsory, though strongly recommended.

C. **GOALS** Maximum 7 feet high and 21 feet wide. Minimum size of 6.5 feet high and 18.5 feet wide. Size will vary.

**LAW II:** The ball size four (4)

### **LAW III: NUMBER OF PLAYERS**

A. Maximum number of players on the field at any one time: seven (7) one of whom must be designated as a keeper.

B. Substitution: Unlimited (Allowed only after the referee clearly indicates substitute may enter field)

1. Prior to a throw-in by either team, provided substitute players are already at midfield ready for substitution.
2. Prior to a goal-kick by either team.
3. After a goal by either team.
4. After an injury by either team, when the Referee stops the play.
5. At half time.

C. Playing time: EACH PLAYER SHALL PLAY A MINIMUM OF 50% OF THE TOTAL

**LAW IV: PLAYERS EQUIPMENT:** Conform to FIFA with the following exception: Underclothes need not be the same color as the team shirt or shorts.

### **LAW V: REFEREE:**

A. USSF Referee or trained grassroots referee. If unavailable, coaches will determine suitable person to act as a referee.

B. When appropriate, law/ rule infractions shall be explained to the offending player providing it does not interfere with the "flow" of the game.

**LAW VI: ASSISTANT REFEREES:** USSF referee, or trained grassroots referee. If unavailable, use club linesmen/women.

**LAW VII: DURATION OF GAME:**

A. The game shall be divided into 2 equal halves of 25 minutes each.

B. Half-time break shall be 5 minutes.

**LAW VIII: THE START OF PLAY:** Conform to FIFA with the following exception: Opponents must be 8 yards from the center mark while the kick-on is in progress.

**LAW IX: BALL IN AND OUT OF PLAY:** Conform to FIFA.

**LAW X: METHOD OF SCORING:** Conform to FIFA.

**LAW XI: OFF-SIDE:** Conform to FIFA.

**LAW XII: FOULS AND MISCONDUCT:** An indirect free kick shall be awarded to the opposing team when, a goalkeeper handles the ball within his/her penalty area and throws, punts, or kicks the ball across the midline without making contact with the goalkeeper's side of the field or being touched by any player on that side of the field. If a goalkeeper dribbles the ball outside the penalty area or does not play the ball with the hands, then the kick may distribute the ball across the midline.

An indirect free kick shall be awarded to the opposing team when a goalkeeper and/or field player when making a goal kick, kicks the ball across the midline without making contact with his/her side of the field or being touched by any player on that side of the field. In both cases, the indirect free kick will be taken at the point of the line where the ball crossed.

An indirect kick is awarded to the opposing team if a player, in the opinion of the referee, deliberately heads or attempts to head the ball. The indirect free kick is taken at the point of the midfield line where the ball crossed.

**LAW XIII: FREE KICKS:** Conform to FIFA with the following exceptions: Opponents must be 8 yards away before kick is allowed; indirect free kick awarded for heading or attempting to head the ball, goal keeper distributing the ball directly into the opposing team's penalty area; ball directly crossing into opposing team's penalty area from goal kick.

**LAW XIV: PENALTY KICKS:**

Conform to FIFA with the following exception: Opponents must be 8 yards away before kick is allowed.

**LAW XV: THROW IN:** Conform to FIFA.

**LAW XVI: GOAL KICK:** Conform to FIFA with the exception that the goal kick cannot go directly beyond the midfield line without touching the field on the team's own half or touching a player of either team. The penalty for kicking the ball directly beyond the midfield line is an indirect free kick awarded to the opposing team at the point of the midfield line where the ball crossed.

**LAW XVII: CORNER KICK:** Conform to FIFA with the following exception: Opponents must be 8 yards away from the ball.

## **GENERAL RULES**

Opposing coaches and players should shake hands after each match. Ties will stand.

**Build-Out Line** - When the goal keeper has the ball in their hands during play from the opponent, 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 goalie can resume distribution in accordance with game rules (see Law XII). Ideally, the goalkeeper will wait until the opposing team has retreated to put the ball into play, but has the option to do so sooner. If the goalie does not wait, they accept the positioning of the opponents and the consequences of how play develops. 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 opposing team must also move behind the build out line during a goal kick until the ball is in play. Limitations on the goal kick are specified in these game rules (see Law XVI).

## SSC U10 guidelines

**Per U.S. Soccer's Concussion Initiative**, if a player is suspected to have a head injury the referee is instructed to stop play to allow for treatment/evaluation as needed.

If the player leaves the field of play for additional evaluation, a substitution may be made by either team. The player with the suspected head injury may not return to the game unless a Health Care Professional (HCP) or Certified Athletic Trainer (ATC) has cleared the player.

Any coach or parent insisting on returning the player to the game without approved clearance will result in the referee ending the game.