

U10 Rules

Rule 1:

Teams will play on a full mini field.

Ball size: 4

Rule 2:

Games will consist of two 30 minute halves with a 5 minute break.

Rule 3:

Standard team size will be 7 players per side, one of these 7 will be the goalkeeper.

Rule 4:

When playing with fewer players per side, teams **must** match number of players.

Rule 5:

Players must wear shin guards (covered by socks), and soccer cleats. No jewelry of any kind (earrings, necklaces, bracelets, etc) allowed.

Rule 6:

Players will have fair playing time in all positions. Unlimited substitutions will be allowed during any stoppage of the game.

Rule 7: OFFSIDE

- No offside rules to apply; however, players should not be coached or encouraged to deliberately play offside (cherry pick).

Rule 8: Free Kicks/Goal Kicks

- ALL free kicks are indirect
- When the goalkeeper has the ball, the opposing players must retreat to approx. the ½ way line until the ball is touched by another player other than the goalie.
- Goalkeepers can throw the ball or kick it from the ground. No drop kicks.

Rule 9: THROW INS

- There are 'throw ins' but no foul throw calls made.

Rule 10: CORNER KICKS

- Corner kicks are allowed.

Rule 11:

All players and coaches should exchange handshakes at end of game.

Rule 12:

Calls and decisions made by referees must be respected. Unless continuing to play is deemed unsafe, the only appropriate time to discuss calls with a referee is either at half-time or after the game, with both coaches present.