



U10 League Rules

Note: The intent of the small-sided game is to introduce players, coaches and officials to the game, while encouraging learning, development and overall enjoyment of the sport.

THE DURATION OF THE GAME

The game consists of two equal halves of 25 minutes.

THE NUMBER OF PLAYERS

The maximum number of players per team is 7 (including one goalkeeper). The minimum number of players is 5.

PLAYER EQUIPMENT

Players shall not wear anything that endangers themselves or other players. Players are not permitted to wear any jewelry, including earrings.

Basic compulsory equipment shall consist of:

- A jersey, shirt with sleeves or colored bib
- Shorts
- Soccer socks
- Shin guards—must be completely covered by sock
- Appropriate footwear

Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

Jewelry is not permitted and cannot be taped. Medic Alert bracelets and necklaces are the exception provided that they are fastened securely so as not to bring danger to any other player. The referee should be aware of any player that is wearing one of these.

Any hair apparel must be of soft fabric, no plastic or metal items are to be worn.

Sports hijabs / headscarves are permitted.

Referees have the final say on the safety of equipment

THE BALL IN AND OUT OF PLAY

The ball is OUT of play when:

- It has wholly crossed the field markings (lines/cones), whether on the ground or in the air
- Play has been stopped by the Referee

The ball is IN play at other times, including when:

- It rebounds into play from a goal-post, a crossbar, or a corner flag post, and remains in the field of play
- It rebounds off the Referee

OFFSIDE

There is no offside.

FREE KICKS

All free kicks are indirect.

PENALTY KICKS

A penalty kick is awarded if certain offences are committed by a player inside their own penalty area and shall be taken from the 9-metre penalty mark.

Defending goalkeeper:

- must be on his goal line, facing the kicker, between the posts until the ball has been kicked
- is allowed to move sideways but can't move forward until the ball has been kicked

The players other than the goalkeeper must be located **at least 5 metres (6 yards) from the penalty mark**

THROW-INS

There are no throw-ins.

PASS-IN or DRIBBLE IN

A pass-in or dribble in is awarded to the opponents of the player who last touched the ball when the whole of the ball crosses the touch line, either on the ground or in the air.

A goal cannot be scored directly from a pass-in but can from a dribble in.

THE GOAL KICK

A goal kick is awarded when the whole of the ball passes over the goal line either on the ground or in the air, having last touched a player of the attacking team, and a goal has not been scored.

Retreat Line:

The retreat line is considered to be a line at 1/3 field. Every time the goalkeeper has the ball, all the opponents must be behind the retreat line and cannot cross the retreat line until the ball:

- Is touched by a player of the team taking the goal kick
OR
- Leaves the field of play
OR
- Goes over the retreat line (If the goalkeeper chooses to play the ball across the retreat line)

The retreat line is used to enable the goalkeeper to play the ball to a defender whom can then play forward. This will help create self-confidence within the player.

THE CORNER KICK

A corner kick is awarded when the whole of the ball passes over the goal line either on the ground or in the air, having last touched a player of the defending team, and a goal has not been scored.

A goal may be scored directly from a corner kick.

SUBSTITUTIONS

Unlimited substitutions may be made throughout the game. All substitutions are only allowed at the discretion of the Referee and the Referee shall be advised of all substitutions.

Substitutions may be made on any stoppage.

CARDS

Yellow cards can be awarded. No Red cards.