

## Under 10 - Rules of Play

**Field Size:** Approximately 60 yards long by 40 yards wide.

**Goal Size:** Approximately 6 feet high by 18 feet wide.

**Parents/Coaches:** Coaches are to take one side of the field with the team and during the game remain in the area of the bench or imaginary bench. Parents are to take the opposite side of the field. No coaches are allowed on the field during play.

**Ball Size:** #4

**Field Players:** 6

**Goalkeeper:** Yes (1) Keepers may not play more than one half per game. They must receive considerable field time in every game.

**Total on Field:** Six players on the field at any one time. Five field players plus a keeper.

**Runaway Games:** It is not good for any player at this age group to be involved in a blowout. It is not good for the players of the team with more goals and it is not good for the team that is behind. CFU requests that once a team is winning by four goals either one of the following options be employed or some other means of keeping the game in hand used. 1) Mixing the teams to make them even. 2) Letting the weaker team play with an extra player. Not 2-3 extra players. 3) The stronger team playing with 1 player less. If a team is winning by 6 goals then the teams must be mixed. All of these should be done discreetly so that it is not a big deal. If this is not being done please see a field marshal, a board member or one of the clubs coaching directors.

**Playing Time:** All players must play approximately the same amount of time in each game. This does not mean some players play a half each while others play the majority of the game.

**Time:** Two 25-minute halves. There will be a 5-minute break for half time. The total length of the game is 50 minutes.

**Kickoff:** There will be a coin toss at the beginning of the game with the winner getting to decide on which half of the field to play. Kickoffs will occur from the center of the field. The team not kicking off in the first half will start with the ball in the second half. All defenders must be on their own side of the field and out of the center circle on the kickoff. Teams will only switch ends of the field after half time.

**Offside:** Yes-To really explain this I would need to have a book the size of a dictionary. I will try to be brief. When a ball is passed to a player there must be at least 2 players from the defending team even with or between the attacker and the goal. It is judged from when the pass is made not when the player gets the ball. You cannot be offside in the following situations: when on your own side of the field, throw-ins, goal kicks, when the ball is between the attacker and the goal. There is much more to this and is one of the most difficult rules in soccer to understand but these are the basics for this age group.

**Penalties:** Fouls at this age are either direct or indirect kicks. Direct kicks may be kicked into the goal without touching another player first. Indirect kicks must be touched by another player before going into the goal. All defenders must be 8 yards from the ball before a restart. The only exception is if the restart is within eight yards of the goal line then they may stand on the goal line. The two types of kicks are:

- **Direct:** Kicking another Player, Hitting, Tripping, Hand Ball, Grabbing a Players Shirt
- **Indirect:** Obstruction, Dangerous Play, and Offside

**Cards:** Though infrequent both red and yellow cards may be given at these ages. We try to use them sparingly and inform the referees to use them as a last resort but they can and will be used. Some examples of appropriate use of the cards include:

- **Yellow:** Committing the same foul over and over again, Foul Language, Illegal and Dangerous Tackles, Referee Abuse
- **Red:** Attempting to kick, spit at, or strike another player. Severe abuse of the official

**Penalty Kicks:** These are awarded for a direct kick foul that occurs in the defending teams penalty area in favor of the attacking team. All players except the keeper and the shooter must be out of both the penalty area and the arc at the top of the penalty area. The keeper must stay on the goal line until the shot is taken but may move side to side before the shot. The shooter cannot shoot until the referee blows the whistle.

**Out of Play:** (*The ball must be **completely** over the line to be considered out of play!*)

- If a ball goes over the sideline (touchline) the ball will be thrown in by the team which did not last touch it on the field at the spot the ball went out of bounds. A legal throw requires that the thrower have both feet on the ground, the ball in both hands, the throw begin behind the head, in one motion pass over the head, and be released by both hands at the same time. There are no second tries at this age group. Referees are instructed to be lenient at this age group.
- If the ball goes over the end line and is last touched by the defensive team, it is a corner kick. This will be restarted by the attacking team getting a free kick from the corner of the field closest to where the ball went out of play. All defenders must be eight yards from the ball until it is kicked.
- If the ball goes over the end line and is last touched by the attacking team, it is a goal kick. A free kick will be given to the defending team from anywhere within the small box in front of the goal. Defenders must be out of the penalty area and the ball is not in play until it leaves the penalty area.

**Planted Players:** No player may be given a place to stand, guard, wait, or watch over. All players must be given the freedom to move in relation to the ball. Players should be looking to support the ball where the game demands not where they have been told to play. We are not looking for kids who go on the field and get caught standing. We are not talking about giving them a place to begin play. We are looking for players who have been told to stay in one place on the field and have no freedom to move appropriately. These are players that have lost complete connectivity or do not have the ability to support their team through the direction of the coach. If you have a question or issue with this please see a field marshal.

**Substitutions:** Either team may substitute on their own teams throw in or any goal kick. Players may only enter the field from the center of the field and may not do so until instructed by the referee. There are no substitutions on corner kicks.

**Coaching Credentials:** Only registered coaches may be on the player's side during the game unless it is an emergency and needed by the coach to watch the bench. Please let the field marshal know before the game begins if someone is not registered and will be on the players side of the field. It will be the decision of the field marshal if this will be allowed.

**Who must follow these rules:** These rules are to be followed by all teams playing in the CFU in house leagues. This includes teams that join our league from other clubs as well. They are also to be followed by those CFU teams that are playing in other leagues as much as those leagues allow in regards to playing time, keeper substitutions, planting of players, etc.

**Referee and Club Enforcement:** Most of the rules above will be enforced by the official on game day. However, he/she will not deal with issues concerning the league rules of playing time, planting players, or evening teams for runaway games. In the past they have worked to facilitate these club policies and rules.