



U10 League Rules

Keystone Youth Soccer Club | Twin Lakes Park, Keystone Heights

PLAYERS

7v7 with a goalkeeper

BALL

Size 4

GAME

Two 25-minute halves

FIFA rules apply

FIFA rules apply except for the following.

Number of players

6 field players and 1 goalie (unless only 6 players are available; no team will play a man up) at any time for U10. There is a goalkeeper in 7v7 soccer. Substitutes may occur at any dead ball situation, but players must get the referee's attention and agreement, and enter and exit at the half-field mark only. Every player must play 50% of the match.

Uniforms & equipment

All players must wear jerseys/shirts during play. All players must wear shin guards. Any player without shin guards will not be allowed to play. Socks must cover shin guards. Teams are responsible for providing game balls. Ball size: U10 = size 4.

Goal box & goal kicks

The goal box is directly in front of the goal. Goal kicks are taken from the goal box area.

Penalty area

A line 14 yards out from the goal line, known as the build-out line, runs across the field from touch line to touch line. The goalie may pick the ball up in this area. The goalie may only throw the ball if they pick it up, and may pass the ball with their feet out of the area if they do not pick it up. Once the goalie has possession of the ball, the opposing team must move out of the penalty area in a timely fashion. The goalie may choose to quick-throw the ball out of the area before the opposing team moves out. If the goalie punts or drop-kicks the ball, the violation is an indirect free kick from the center circle. If the attacking team is fouled by the defending team within the penalty area, a penalty kick is awarded from the spot 10 yards out from the goal line. New: except that all handballs in the penalty area are an indirect free kick. Offsides is called only within the penalty area.

Game length

The game consists of two 25-minute halves, with a one-minute water break in the middle of each half directed by the referee, and a five-minute halftime.

Goal scoring

Goals can be scored from anywhere on the field of play.

Standings

3 points for a win, 1 point for a tie and 0 points for a loss.

Heading & slide tackling

No heading and no slide tackling. It is an indirect kick for the violation. No slide tackling with an opposing player; a player may slide when unopposed to get the ball.

Five-yard rule

In all dead ball situations, defending players must stand at least five yards away from the ball. If the defending player's goal area is closer than five yards, the ball is placed five yards from the goal area in line with the place of the penalty.

Direct kicks

As per FIFA rules, corner kicks, goal kicks and kick-offs are direct kicks, so a goal may be scored. Direct free kicks are awarded per FIFA rules and the ball may go directly into the goal without touching another player.

Throw-ins & offsides

The ball is thrown in from the sideline per FIFA rules. Offsides is called only from the penalty area in 7v7 soccer.

Indirect kicks

Dead ball kicks from penalties, throw-ins and free kicks are indirect kicks, which means the ball must be touched before a score, with the exception of corner kicks and kick-offs.

Kick-off

May be taken in any direction. There is a 5-yard circle rule.

Sportsmanship

Players, coaches and spectators are expected to show good sportsmanship at all times. Abuse of the referees will not be tolerated. Any instance of such conduct will disqualify the responsible team from the event. The team coach is responsible for parent behavior. Only coaches and players at the bench area, no parents. Parents sit on the opposite side from the bench area and not behind the goals. Parents must sit 4 feet off the touch lines so as not to interfere with play.

Trash

Each team's coach and parents are responsible for picking up trash in the area after each match.