

RECREATIONAL U10 AGE, IN HOUSE RULES AND PLAY THROUGH RULES

GENERAL RULES:

The home team is listed first on the schedule. Home team wears their league color as home jersey. If a color conflict occurs, the home team must change. If they cannot change, pennies are acceptable, or the opposing team can change jerseys. All players must be wearing shin guards with socks over them. Soccer cleats or sneakers are allowed. No jewelry can be worn. This includes earrings, anything on the wrists or around the neck. In addition, only soft plastic or cloth hair ties and clips are allowed.

Players and coaches/managers (only those who have completed the Cal North requirements) shall occupy one side of the field and reside in the technical area during the match. All spectators shall be on the side opposite of the players and coaches/managers.

U10 RULES

Law 1: The Field of Play

The game field has dimensions of approximately W105'-135' x L165' x 195'.
Goals are 7' x 21'.

Law 2: The Ball

Size 4 ball will be used.

Law 3: The Players

The number of players are 7 v 7, including a goalkeeper; 8 v 8 max if both coaches agree. Minimum of 5 players to start and continue play. Unlimited substitutions

Law 4: The Players' Equipment

No jewelry and/or hard cast are allowed to be worn.
Anything that compromises the safety of the players is prohibited.

Law 5: The Referee

The diagonal system of a center referee and two assistant referees will be used. Per FIFA, IFAB Laws

Law 6: The Other Match Officials

See Law 5.

Law 7: The Duration of the Match

The game will consist of 2 - 25 minute halves.
For players' safety and well-being, water/hydration and cooling breaks

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may be taken not exceeding 1 minute and 3 minutes respectively.

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Law 8: The Start and Restart of Play

There are 8 start and restarts. Kickoff to begin the game, after a foul or misconduct; taking a goal kick, a penalty kick, a corner kick, a throw-in; after a goal is scored, and a dropped ball. A team cannot score against itself on any start or restart of play. Per FIFA, IFAB Laws

Build Out Line (Intent of this rule is to promote buildup soccer.)

- BOL is equidistant from the halfway line and the penalty area line.
- Turf field may use cones to denote this; grass field will have painted lines.
- When the GK uses the hands to possess the ball within the penalty area, the opponents must retreat behind the BOL.
- The GK must throw or roll the ball into play; no kicks or punts.
- The ball is in play as soon as it's released by the GK.
- The ball need not clear or exit the penalty area.

Law 9: The Ball in and out of Play

Play is stopped when the ball completely crosses any of the boundary lines or when the referee blows the whistle. Per FIFA, IFAB Laws

Law 10: Determining the Outcome of the Match

There are no score keeping or standings for recreational play.
There should be no goal differential greater than 5.

Law 11: Offside

Players can be penalized for an offside offense between the BOL and the goal line.

Law 12: Fouls and Misconduct

Both direct and indirect kicks are awarded. Opponents must remain at least 8 yards from the ball. There is no deliberate heading of the ball.

Law 13: Free Kicks

Free kicks are both direct and indirect. Opponents must remain at least 8 yards from the ball.

Law 14: The Penalty Kick

A penalty kick is taken 10 yards from the goal line.

Law 15: The Throw-In

No re-throw allowed on an improper throw-in. Per FIFA, IFAB Laws

Law 16: The Goal Kick

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Opponents must retreat behind the Build Out Line (BOL).

Law 17: The Corner Kick

Opponents must remain at least 8 yards from the corner arc.