

## **RULES FOR U10 RECREATION LEAGUE GAMES**

### Law 1 – The Field of Play:

- A. Dimensions: 60 yards x 45 yards (55 x 35 minimum)
- B. Markings:
  - a. Goal area six (6) yards by eighteen (18) yards: six (6) yards on each side of the goal.
  - b. Penalty area fourteen (14) yards by thirty-four (34) yards: fourteen (14) yards to the side of the goal).
  - c. Penalty mark ten (10) yards from center of goal line.
  - d. Eight yard (8) yard radius center circle and penalty arcs.
- C. Corner Arc: A quarter circle with a radius of one (1) yard from the flag post.
- D. Goal: Metal goal (6.5 ft x 12ft)

### Law 2 – The Ball:

- A. Size four (4) ball

### Law 3 – Players and Substitutions:

- A. Maximum number of players is seven (7) per team on the field at any one time, one of which must be a goalkeeper. Minimum number of players is five (5).
- B. No player will play more than half of the game as goalkeeper.
- C. Substitutions may be made at any stoppage of play (at the referee's discretion). Substitutions must enter and exit the field only with the permission of the referee and must enter only at midfield.
- D. Players must play minimum of 50% of the total playing time.

### Law 4 – Player's Equipment:

- A. Player's equipment should conform to FIFA rules. This includes:
  - a. Shin guards fully covered by socks.
  - b. No earrings, necklaces or bracelets of any kind
  - c. No hard items in hair (including hairclips and hair bands)
- B. Non-uniform clothing is allowed based on weather conditions (at the referee's discretion), but uniforms still must distinguish teams.

### Law 5 – The Referee:

- A certified referee will officiate.

### Law 6 – The Assistant Referees:

- 2 certified referees will be used as assistant referees.

### Law 7 – Duration of the Game:

- A. Two (2) halves of twenty-five (25) minutes.
- B. Half-time break of five (5) minutes.
- C. Water break at mid-point of the halves (at the referee's discretion).

Law 8 - Start of Play:

A. Conform to FIFA, with the exception of the opponents of the team taking the kick-off are at least eight yards from the ball until it is in play. Opponents must be outside of the center circle when kick-off is in progress.

B. Teams will alternate kick-off between start of game, and second half.

C. Teams will switch ends at half.

Law 9 - Ball in and out of Play:

Conform to FIFA

Law 10 – Method of Scoring:

Conform to FIFA

Law 11 – Off-Side:

Conform to FIFA

Law 12 - Fouls and Misconduct: Conform to FIFA except:

A. Players may not tackle to gain possession of the ball from the rear of the player (outside peripheral vision) in possession of the ball, even if first contact is with the ball.

B. Players may not charge the goalkeeper in the Goal Area when the ball is in the goalkeeper's possession. Possession is defined as when the goalkeeper is touching the ball with their hand or body, including when pinning the ball to the ground with their hand(s).

C. Intentional heading of the ball is not allowed. If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred. Deliberate headers will not result in a caution or send-off.

Law 13 – Free Kicks: Conform to FIFA except:

A. Opponents must be eight (8) yards from the ball.

B. Any indirect kick awarded to the attacking team within the opponent's goal area will be taken from the goal area line which runs parallel to the goal line nearest to where the offense took place.

Law 14 – Penalty Kicks:

Conform to FIFA.

Law 15 – Throw in:

Conform to FIFA

Law 16 – Goal Kick:

A. Opponents must be eight (8) yards from the ball.

B. Ball must leave the Goal Area to be in play.

Law 17 – Corner Kick:

Conform to FIFA with the exception that opponents remain at least eight (8) yards from the ball until it is in play.

## Coaching

- A. Coaches may NOT be on the field of play during the game.
- B. Coaches must remain on the sideline in the technical area.
- C. Coaches should only use POSITIVE encouragement to motivate the players.
- D. Coaches should shake hands and greet one another before the match.