

U10 (7v7 Including Goalkeeper): One or Two Referees per match

1. FIFA Rules Apply (25 minute halves and 5 minute halftime).
2. Goalkeeper Play - One goalkeeper per half
3. Scoring – Players have a 2 goal limit. If a goal is scored after the limit is reached, restart is a goal-kick, and the goal will not count.
4. No throw-in infractions allowed. Turnover to the other team.
5. All infringements, outside of the penalty area, result in an indirect free kick, meaning the ball must be touched by another player before it can be scored. If a foul occurs inside the penalty area the referee will award a PK. Kicks will take place from the penalty mark. All kicks will be ruled dead following the attempt (no rebounds or continued play if it hits the post etc). Any miss will result in a Goal Kick.
6. Yellow/Red Cards can be issued.
 - a. Any suspensions/Red cards shall result in the person missing the next scheduled game.
 - b. Any suspensions shall be reported to the players' coach, the CLUB's Secretary and US Club Soccer within three (3) days.
 - c. Two suspensions/Red cards given to any one player or coach shall result in one (1) year suspension, more than five (5) over a three year period shall result in five (5) year suspension.
 - d. Assault on anyone will result in a two (2) year suspension.
7. Heading is not allowed.
 - a. In the event a player deliberately heads the ball on the field, the opposing team will be awarded an indirect free kick at the spot of the foul. If the header occurs in the goal box area, the ball will be placed outside the box.
8. Build Out Line: This is recommended by USYS in U8, U9, and U10 divisions to encourage players to develop skills in playing the ball out of the back in a less pressured situation, and to prevent goalkeepers from punting or drop kicking the ball. Here are the build out line rules:
 - a. The build out line will be created to extend the width of the field midway between the halfway line and the top of the penalty area.
 - b. On a goal kick, a defensive free kick inside the penalty area, or when the goalkeeper has possession of the ball with their hands, the opposing team must move behind the build-out line until the ball is put back into play.
 - c. The goalkeeper can pass, throw, or roll the ball to put it back into play (punts and drop kicks are not allowed).
 - d. On a goal kick, a defensive free kick inside the penalty area, or when the goalkeeper has possession of the ball with their hands, the opposing team may cross the build-out line when:
 - i. The goalkeeper changes possession from their hand to play the ball with their feet, or
 - ii. a second touch is made by another player on the goalkeeper's team, or
 - iii. the ball comes to a complete stop, or
 - iv. the ball crosses the buildout line.

- e. If the Goalkeeper quickly starts before the opposing team retreats beyond the build outline the ball is live. NO building outline violation.
- f. Penalties for violating the build-out line:
 - i. Goalkeeper Punts - If a goalkeeper punts the ball instead of using other methods to put it into play, the opposing team earns an indirect free kick from the spot of the punt, or on the penalty area line if the punt occurred within the goal area.
 - ii. Goalkeeper Possession - If the goalkeeper drops the ball to the ground and does not touch it with their feet within 6 seconds, or if the goalkeeper releases the ball from their hands and the receiving player chooses not to touch the ball within 6 seconds, an indirect free kick will be awarded to the opposing team.
 - iii. Goal Kick - If the opponent crosses the build-out line before the ball has exited the penalty area, the referee will stop play, and the goal kick will be retaken.
- 9. Offside Rule: Is in effect but only when a player is between the traditional build-out line and their attacking goal. However, the center referee is not required to call offside unless he/she feels it is obvious.

Video Explanation for Build Out Line:

<https://youtu.be/sQ92Kfilwok?si=4XkL1TGE1xD5RpYM>