



## U10 Rules and Regulations

1. 8X8 (including a goalie) Goalkeepers must wear neutral colored shirts.
2. Ball size-4
3. Two thirty (30) minute halves
4. 5 minute break at half time
5. The flip of a coin will determine which team is awarded the kick-off at the beginning of the game.
  1. The kick-off is used at the start of the game, after a goal, and after each quarter.
  2. Opponents must be eight (8) yards from the center mark while kick-off is in progress.
  3. At the start of the second half, teams switch goals, and the kick-off is made by the team that didn't kick-off at the start of the game.
6. All sideline out-of-bound balls will be thrown in. (The team that touched the ball last loses possession.)
  1. Any player from the opposing team may throw the ball back into play from the sideline. The ball must be thrown from behind and over the head using both hands, and both feet must remain on the ground throughout the throw.
  2. The player throwing in cannot play the ball until it has been touched by another player.
  3. An incorrect throw will cause a loss of possession.
7. All goal line (or endline) out-of-bound balls will either be a goal kick or a corner kick.
  1. Goal kicks are awarded to the defensive team when an attacker kicks the ball out of bounds over the endline.
  2. When the defending team takes a goal kick, their team can be inside the penalty box. The offensive team cannot be inside the penalty box. The defending team can pass to another player inside the penalty box.
  3. Corner kicks are awarded to the attacking team when a defender kicks the ball out of bounds over the endline.
8. All players must play for at least half of the game. (unless they become injured or ill during the game.)
9. Rubber soled soccer cleats and shin guards must be worn at all times. The shin guards must be completely covered by socks.
10. No jewelry (including pierced earrings), no zippers and no metal hairclips.

11. During the game, team jerseys must be tucked in the shorts and the jersey numbers must be visible at all times.
12. Substitutions can be made:
  1. Prior to throw-ins (when your team has possession of the ball)
  2. Prior to a goal kick, by either team.
  3. After a goal, by either team.
  4. After an injury, by either team, when the referee stops the play.
  5. At half-time.
13. A handball penalty results in loss of possession. (Unless it occurs in the penalty box and then it becomes a free kick at the discretion of the referee.)
14. Penalty kicks will either be direct or indirect depending on the severity of the foul and at the referee's discretion.
  1. Penalty kicks inside the box from the penalty spot are direct kicks and the goalie must have a foot on the line when the ball is kicked.
15. Offsides will be called in U10. A player is considered off-sides if at the moment that ball is passed to him, he has fewer than two defenders between him or her and the goal. (One of the defenders may be the goalkeeper.)
16. The goalie cannot cause a delay of game. he or she needs to kick or throw the ball within four (4) seconds of receiving it.
17. For safety reasons, spectators are asked to stand or watch the game from the designated areas according to the field map.
18. If play is stopped it will resume with a drop ball.
19. Weather conditions concerning game play will be determined 15 to 30 minutes prior to game at the soccer field.
20. At the completion of the game, both teams will line up and shake hands.
21. At the completion of the game, both coaches and the referee will sign of on a score card to be turned in at the concession stand.

These rules are to be considered supplemental team rules for the Pineywoods Youth Soccer League, Inc. Official rules can be found in the FIFA: Laws of the Game.