

U10 Rules and Guidelines



Fielded Players	7 per team (6 field players + goalkeeper)
Roster Size	12 max
Field Size	30 x 47 yards approximate
Ball Size	4
Goal	6.5' x 18.5'
Game Duration	Two 25 minute halves = 50 minutes
Overtime	No overtime Rules subject to change in tournament play
Referees	One Center Referee Pleasanton Soccer Referee Association (PSRA) supplied
Substitution	Unlimited substitutions at any stoppage of play
Throw-in	Yes
Goal Kick	Yes Goal kick taken from within the Goal Box The ball is in play when it is kicked and clearly moves.
Corner Kick	Yes
Indirect Free Kick	Awarded for an Indirect Kick Offense Ball must be touched by a second player for a goal to be scored
Direct Free Kick	Awarded for a Direct Kick Offense A goal may be scored directly from this kick
Penalty Kick	Awarded when a Direct Kick Offense is committed by a player in their own penalty area
Build-Out Line	<p>The build-out line is a line marked across the width of the field on each side between the penalty box and the center line.</p> <p>If the goalkeeper obtains possession of the ball with her hands during play, or if a goal kick is awarded, all players of the opposing team must move behind the possessing team's build out line until the ball is put into play. The team in possession can, at their own risk, put the ball in play before the opposing team is fully retreated to the build-out line.</p> <p>Goalkeeper possession with hands: The ball is in play when the goalkeeper releases the ball. The goalkeeper can release the ball by passing, throwing, or rolling the ball into play from within the penalty box. Punts and drop kicks are not allowed. If the ball is punted or drop-kicked, an indirect free kick will be awarded to the opposition at the point where the kick occurred.</p> <p>Goal kick: The ball is in play when it is kicked and clearly moves.</p>
Fouls / Misconduct	<p>FIFA Law 12 – Fouls and Misconduct</p> <p>Direct Kick Offenses:</p> <ul style="list-style-type: none"> • Kicks or attempts to kick an opponent • Trips or attempts to trip an opponent • Jumps at an opponent • Charges opponent • Strikes or attempts to strike an opponent • Pushes an opponent • Tackles an opponent • Holds an opponent • Spits at an opponent • Handles the ball deliberately (except the goalkeeper within her own penalty area) <p>Indirect Kick Offenses: Goalkeeper, inside her own penalty area:</p> <ul style="list-style-type: none"> • Controls ball with hands more than 6 seconds before releasing it

	<ul style="list-style-type: none"> Touches ball with hands after releasing it & before it has touched another player Touches the ball with hands after it has been deliberately kicked to her by a teammate Touches the ball with hands directly from a throw-in taken by a teammate <p>Any player on the field:</p> <ul style="list-style-type: none"> Plays in dangerous manner Impedes the progress of an opponent Prevents the goalkeeper from releasing the ball Commits any other offense for which play is stopped to caution or send off a player <p>Cards -</p> <ul style="list-style-type: none"> Yellow: Signifies that a player has received a formal caution. If a player receives 2 yellow cards in one game then they shall be ejected from the game. Red: Signifies that a player has been ejected from the game.
Offside	<p>Indirect Free Kick Offence FIFA Law 11 – Offside</p> <p>The law states that a player is in an offside position if any of their body parts except the hands and arms are in the opponent's half of the pitch and closer to the opponent's goal line than both the ball and the second to last opponent.</p> <p>Build-Out Line Exception: Players can only be offside between the opposing team's build out line and goal line.</p>
Pass to Goalie	<p>Indirect Free Kick Offence FIFA Law 12 – Fouls and Misconduct (Offenses by Goalkeepers – p.24)</p> <p>The goalkeeper cannot touch the ball with her hands directly after it has been deliberately kicked or thrown-in to her by a teammate.</p>
Headers	<p>Indirect Free Kick Offence Use of the head to play the ball is not allowed.</p>
Playing Time	<p>Every player must see equal amount of playing time, unless player is injured or sick. Playing time may be affected by Yellow or Red cards.</p>
Bleeding	<p>Player must leave the field of play until bleeding has stopped or is contained in a way that reasonably eliminates possibility of blood exposure to other players</p>
Jewelry	<p>No jewelry allowed Medic Alert bracelets excepted</p>
Spectators	<p>Must sit/stand on the opposite side of the field from players. Cannot sit/stand behind goal lines. Must not coach players from the sideline. Are encouraged to give positive feedback to all players.</p>
Mercy Rule	<p>Players on a team with a 4 goal lead must be encouraged to utilize their non-dominant foot and make a specified number (as determined by the coach) of passes, moves, and/or touches on the ball before going to goal.</p>
League Standings	<p>Standings are maintained to determine a League Champion.</p>