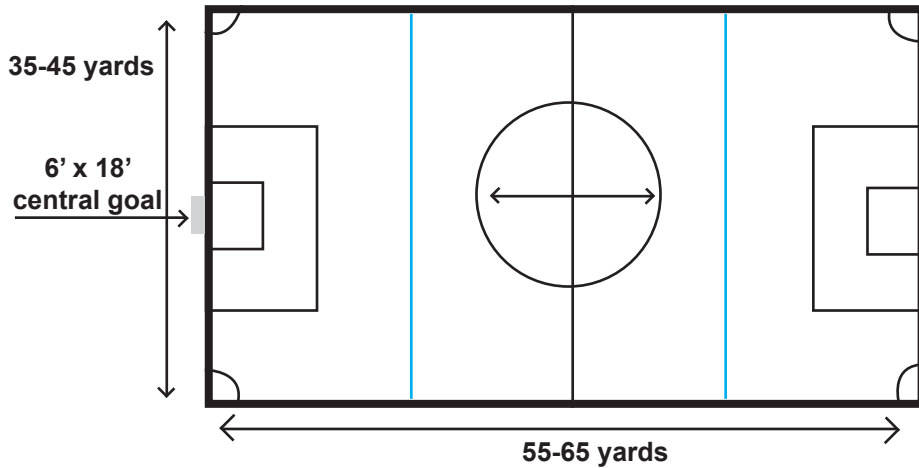


# U9-U10 RECREATION AND CHALLENGE RULES



Soccer Ball: Size 4



Time: 2 halves  
25 minutes each



7v7: 7 players (maximum) on the field for each team

Home Jersey: Navy

Last Revised: 8-21-2017

## Rule 1 - The Field

- A. Dimensions: The field of play should be approximately 60 x 40 yards minimum.
- B. Build out lines: Build out lines are located halfway between the box and midfield line on both sides of the field. When the goalkeeper has the ball, either during play or from a goal kick, the opposing team must move behind the build out line. After the ball is put into play by the goalkeeper, the opposing team can cross the build out line, play resumes as normal.

## Rule 2 - The Ball Size 4.

## Rule 3 - Number of Players

- A. Maximum number of players on the field at any one time is 7 including the goalkeeper. 6 Field Players, 1 Goalkeeper.
- B. Maximum number of players on the roster should not exceed 12.
- Recreation: Rosters should not exceed 14.
- C. The minimum number of players required to begin and keep playing the match is 5 players one of which must be the goalkeeper.

D. Substitutions: Any goal kick, kick off, your team's throw-in, and injuries (referee's discretion). If the team in possession of the throw-in is substituting, the referee may allow the opposing team to also substitute.

E. Playing Time:

1. Recreation: Coaches MUST make every effort to balance playing time equally among all players. Each player MUST play a minimum or as close to 50% of the total playing time.

2. Challenge: Refer to Challenge Playing time policy

F. No player can play more than 50% of the game as goalkeeper.

G. Teams and games may be co-ed. Except All-Girls Leagues U9-U10.

H. Players with visible blood on their uniforms or body must be substituted.

## Rule 4 - Players' Equipment:

- Conform to FIFA with the following exceptions:
- A. Footwear: Athletic shoes or soft-cleated soccer shoes. Soccer cleats are highly recommended.
- B. Shin Guards: MANDATORY.
- C. Jewelry: Players are not permitted to wear any kind of jewelry (including earrings). Tape over earrings is not acceptable. More detail can be found on the Referee Page at <http://NCFCYouth.com/Referees>.

## Rule 5 - Referee

- A. Registered referee/new referee program.

- B. Parent/coach or assistant.
- C. All rule infractions shall be briefly explained to the offending player.

**Rule 6 - Linesmen** Recreation teams can use club linesmen, which can be a parent volunteer that assists the center referee.

## Rule 7 - Duration of the Game

- A. The game shall be divided into 2 equal halves of 25 minutes.
- B. Half-time break of 5 minutes.

## Rule 8 - Start of Play

- Conform to FIFA with the following exception:
- A. Opponent must be 8 yards from the center mark while kick-off is in progress.
- B. The ball is in play when it is kicked and clearly moves in any direction, including backwards. If the player taking the kick-off touches the ball again before it touches any other player, an indirect free kick is awarded, or for a deliberate hand ball, a direct free kick is awarded.

## Rule 9 - Ball In and Out of Play

Conform to FIFA.

## Rule 10 - Method of Scoring

Conform to FIFA.

**Rule 11 - Off-Side** Offside will be called based on the build-out line.

## Rule 12 - Fouls and Misconduct

- A. Recreation: Every free kick that is awarded will be an indirect free kick, including fouls that occur in the penalty box, with opponents no closer than 8 yards away from the spot of the kick.
- B. U9-U10 coaches are not to encourage slide tackles. While slide tackles are legal, basic defending skills are to be developed prior to teaching leaving one's feet to tackle the ball from an opponent. Referees will apply standard rules regarding slide tackles.
- C. If a player deliberately heads the ball in a game, an indirect free kick will be awarded 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.
- D. No punting: goalkeeper cannot punt the ball. If punt occurs, an indirect kick is awarded to the opposing team at midfield line.

## Rule 13 - Free Kick

Conform to FIFA with the following exception:  
A. Opponents must be 8 yards away from the spot of the kick.

**Rule 14 - Penalty Kick** Conform to FIFA with the following exceptions:  
A. Opponents must be 8 yards away before kick is allowed.  
B. Ball is placed and kick is taken 8 yards from the goal line.

**Rule 15 - Throw-In** Conform to FIFA.

**Rule 16 - Goal Kick** Conform to FIFA.  
All players defending the goal kick must be no closer than the build-out line until the kick is struck.

**Rule 17 - Corner Kick:** Conform to FIFA with the following exception: Opponents must be 8 yards away from the ball.

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