

Highland Scots Soccer U10 Division Rules and Regulations

Law 1 – The Field of Play:

- Dimensions: The field of play must be rectangular.
- The length of the touchline must be greater than the length of the goal line.
- Recommended Length: 55-65 yards.
- Recommended Width: 35-45 yards.
- Goals: The maximum size of goals for this size shall be 6.5'x 18.5'.
- Safety: Goals must be anchored securely to the ground.

Law 2 – The Ball:

- Size four (4).
- The home team is responsible for the game ball.

Law 3 – The Number of Players:

- A match is played by two teams, each consisting of not more than seven players (six field players and one goal keeper). Play can continue with a minimum of six players (five field players and one goal keeper) as long as number is equal on both sides.

Law 4 – Substitutions:

- Unlimited and at any stoppage of play.
- Players shall enter at mid-field and at the direction of the Referee.

Law 5 – Playing time:

- Each player SHALL play a minimum of 50% of the total playing time.
- Teams and matches may be coed.

Law 6 – The Players' Equipment:

- Shin Guards located under knee-high socks. Shin guards may not be exposed.
- Appropriate athletic shoes required. Soccer cleats strongly recommended.
- Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams. Hoods must be tucked under shirt.
- No jewelry, bracelets, earrings, hats, or any item that is hard which could possibly injure themselves or another player.

Law 7 – The Referee:

- There will be at least one referee.
- Coaches are not allowed on the field during game play and must remain on their respective side during the game.
- If there is no referee, U7-Law 7 applies.

Law 8 – The Duration of the Match:

- The match shall be divided into two equal, twenty-five minute halves.
- There shall be a two-minute break between quarters one and two and another two-minute break between quarters three and four.
- There shall be a half-time interval of seven (7) minutes.
- Teams shall switch ends at the conclusion of half-time.
- Game time will be running time; no stoppage for substitutions, instruction, etc.
- Games can end in a tie.

Law 9 – Free kicks:

- All free-kicks are indirect. (Meaning the ball must be touched by another player before it can go into the goal.) Even if a foul occurs in the penalty area, a free, indirect kick will be awarded.
- Players must be 5 yards from kick.

Law 10 – Penalty kicks:

- No penalty kicks. See Law 9 - all penalty kicks will be indirect.

Law 11 – Heading:

- Heading is not allowed at this age group. Players should be advised of this rule change.
- Any lateral use of the head will result in an indirect free kick.

Law 12 – Throw-ins:

- Throw-ins are two handed with both feet on the ground.
- Player may take a running start and slide back foot so long as the toe portion of the shoe remains on the ground.
- Feet are not to completely cross over the toe-line. Touching the line is acceptable.
- Both hands are directly over-head.
- Infringements will result in loss of possession.
- All opponents must stand at least 2 yards (6 ft.) from the point at which the throw-in is taken.
- A goal cannot be scored directly from a throw-in.
- If ball doesn't come directly into play a re-throw will be given.

Law 13 – Goal kicks:

- A goal kick is a free kick taken by a defensive player after the ball, having last been touched by an offensive player, has gone out of bounds over the goal line.
- Goal kicks may be taken from anywhere in the penalty area. The ball must clear the penalty area.
- Players must be outside the penalty area.
- The ball cannot be touched until it leaves the penalty area. If this occurs a re-kick will be given.

Law 14 – Corner kicks:

- A Corner kick is awarded to the attacking team when a defender last touched a ball that crossed entirely over the goal line, taken from the corner arc on the side of the field where the ball went out of play.
- Free kick with opponents being 5 yards (15 ft.) from the ball until it is brought into the field of play.

- A goal may be scored directly from a corner kick, but only against the opposing team; if the ball directly enters the kicker's goal a corner kick is awarded to the opponents.

Law 15 – Offside:

- There will only be blatantly obvious offside calls made. Meaning, if an offensive player is posted near the opponent's goal waiting to receive a pass and score ("cherry-picking"), this will result in a foul.
- Any attempt to gain a scoring advantage (unsportsmanlike conduct) by being off-sides will result in a foul.
- Minor infractions will not be called.
- All calls are left to the discretion of the Referee.

Law 16 – Fouls:

All fouls will result in an indirect free-kick. All fouls are left to the discretion of the Referee.

- **Slide-tackling:** There will be no slide tackling. Players are encouraged to stay on their feet at all times.
- **Handling the ball:** Handling the ball involves a deliberate act of a player making contact with the ball with the hand or arm. Refer to *FIFA Laws of the Game*.
- **Dangerous Play:** Any play that involves an act likely to cause injury to any player including, self, opponent, or teammate. These dangerous plays are deemed valid at the discretion of the Referee and may include: playing the ball while on the ground, high kicks above the waistline, etc.
- **Aggressive Play:** Shoulder to shoulder contact is allowed. The following are not allowed and should be brought to the player's attention:
 - *Kicks or attempts to kick an opponent*
 - *Trips or attempts to trip an opponent*
 - *Jumps at an opponent*
 - *Charges an opponent*
 - *Strikes or attempts to strike an opponent*
 - *Pushes an opponent*
 - *Spitting*
 - *Foul language*
- **Goalie Play:** To ensure the safety of the goalie, if the goalie has a finger on the ball (whether controlled or not) the attacker must concede.

Law 17 – Sidelines:

- There shall be a distinguishable parent side and team side.
- Players are to remain on the team side throughout the entire game.
- Parents shall remain on the parent side and behind the secondary line (five feet from sideline) throughout the entire game.
- No spectators or coaches may be located behind goals.
- Any concerns, comments, or questions regarding the game should be directed to the parent or player's own coach, not the opposing coach, parents, or players.
- Coaches may follow-up any concerns with the opposing coach or preferably their own league administrator.
- Parents shall adhere to the Code of Conduct at all times and remember their behavior has a direct impact on the game. Keep it positive.