



# United Valley Soccer Association

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## Rule Highlights - 10U

The following Laws have been modified by Soccer Association for Youth (SAY) and UVSA with the goal of introducing more touches, while being developmentally appropriate for 9 & 10 year old players. These modifications are intended to be guidelines for players, parents and coaches and are not intended to be the letter of the law as enforced by the referees on the field.

<b>Field of Play</b>	<ul style="list-style-type: none"><li>• ~50 yd. wide by ~70 yd. (may be adjusted as needed by UVSA)</li></ul>
<b>The Ball</b>	<ul style="list-style-type: none"><li>• Size #4 ball is used</li></ul>
<b>Players &amp; Substitutions</b>	<ul style="list-style-type: none"><li>• 7-on-7 (or up to 9-on-9) with a goaltender</li><li>• Substitutions may occur for these circumstances with the referee's permission:<ul style="list-style-type: none"><li>○ Unlimited substitutions at the Start &amp; Restart of Play or for any injury</li><li>○ Offensive team may substitute prior to the resume of play following a Ball Out of Play (Defensive team is ONLY permitted following an offensive substitution)</li><li>○ All players should enter the field from the center line</li></ul></li></ul>
<b>Player's Equipment</b>	<ul style="list-style-type: none"><li>• Shin guards are required to be worn at ALL 10U activities</li><li>• Additional game day required attire includes league provided jerseys &amp; socks, as well black shorts (long sleeve shirts or sweatshirts, as well as pants may be worn under the uniform, weather dependent)</li><li>• Cleats MUST be worn but cannot have metal spikes or sharp edges</li></ul>
<b>Referees</b>	<ul style="list-style-type: none"><li>• One referee will be provided by UVSA at all games<ul style="list-style-type: none"><li>○ Referees are responsible for keeping time, enforcing the Laws, calling infractions and handing out appropriate penalties</li></ul></li></ul>
<b>Assistant Referees</b>	<ul style="list-style-type: none"><li>• There MAY be up to (2) Assistant Referee(s) provided for games</li></ul>
<b>Duration of Game</b>	<ul style="list-style-type: none"><li>• Practice Day sessions &amp; frequency are determined by the coach, but are typically 90-120 minutes in duration, 1-2 times per week</li><li>• Game Day sessions typically consist of two 20-25 minute halves w/ a continuous clock<ul style="list-style-type: none"><li>○ There is a 5-minute break for halftime</li></ul></li></ul>
<b>Start &amp; Restart of Play</b>	<ul style="list-style-type: none"><li>• All starts and restarts of play occur at the beginning of a half and after a goal is scored</li><li>• They will take place at the center mark</li></ul>
<b>Ball In &amp; Out of Play</b>	<ul style="list-style-type: none"><li>• The ball is considered out of play when it COMPLETELY crosses a goal line or touch line regardless of whether the ball is on the ground or in the air</li></ul>

<b>Method of Scoring</b>	<ul style="list-style-type: none"> <li>• A goal is awarded when the ball completely crosses the portion of the goal line enclosed by the uprights of the soccer goal</li> <li>• Score is kept in 10U, and standings are occasionally recorded for use in tournament seeding</li> </ul>
<b>Offside</b>	<ul style="list-style-type: none"> <li>• A player is in an offside position if he is ahead of the ball when played by a teammate, is in the opponent's end of the field, and has only one opponent between him and the goal</li> </ul>
<b>Fouls &amp; Misconduct</b>	<ul style="list-style-type: none"> <li>• All fouls and misconduct should be called and explained to all players, not just the offending player</li> </ul>
<b>Free Kick</b>	<ul style="list-style-type: none"> <li>• There are two types of free kicks – direct and indirect <ul style="list-style-type: none"> <li>◦ Direct - A goal MAY be scored on the first/only touch</li> <li>◦ Indirect - A goal may NOT be scored on the first/only touch</li> </ul> </li> <li>• Referees will signal the appropriate type of kick awarded</li> </ul>
<b>Penalty Kick</b>	<ul style="list-style-type: none"> <li>• Awarded to the offense when a defensive foul is committed inside the defense's penalty area (exceptions are for handballs, they will result in an indirect free kick) <ul style="list-style-type: none"> <li>◦ Penalty kicks will be awarded and taken from the penalty mark</li> </ul> </li> </ul>
<b>Throw-In</b>	<ul style="list-style-type: none"> <li>• A throw-in is awarded when the ball goes out of play along one of the two touch lines <ul style="list-style-type: none"> <li>◦ All throw-ins will be awarded at the place the ball last crossed the touch line</li> <li>◦ Re-throws may be permitted for infractions in the first couple weeks of games, however, should be penalized during the second half of the season</li> </ul> </li> </ul>
<b>Goal Kick</b>	<ul style="list-style-type: none"> <li>• Awarded to the defense when the ball is last played by the offense before going out of play along the defensive goal line <ul style="list-style-type: none"> <li>◦ Can be taken anywhere within the goal box</li> <li>◦ The ball is considered in play, and may be touched by any other player as soon as it is in motion</li> </ul> </li> </ul>
<b>Corner Kick</b>	<ul style="list-style-type: none"> <li>• Awarded to the offense when the ball is last played by the defense before going out of play along the defensive goal line <ul style="list-style-type: none"> <li>◦ All kicks to be taken from the corner closest to the place where the ball went out of play</li> </ul> </li> </ul>
<b>Goalie Play notes</b>	<ul style="list-style-type: none"> <li>• Goalies may play a ball with their feet anywhere on the field</li> <li>• Use of hands is permitted inside of the penalty box <ul style="list-style-type: none"> <li>◦ There is an exception when a player of the same team plays a ball directly to the goalie, this will result in a hand ball penalty and an indirect free kick for the opposing team</li> </ul> </li> <li>• Punting is NOT permitted</li> </ul>