

U10 – RULES (2020/21-clarifications added 3/12/2021)

- Number of players on the Field per team – **6v6 plus the goalkeeper (7 total)**.
- **Size 4** soccer ball to be used.
- Field Size: **40W X 60L** (as close to as possible.)
- Game times will be **2 – 25 minute halves**. There will be a 10 minute break for halftime in between the first and second halves.
- All Players **must play at least half of the game** unless the player is injured, sick, or disciplinary reasons.
- No child should be forced to play Goalkeeper. This should be a voluntary position.
- All Players not currently playing in the game will be required to be on their team sideline during the game.
- Parents will sit on the **Opposite side of the Players**. Only Coaches and Players shall be on the Players sideline.
- Coaches should stress Offensive and Defensive Positioning. **Players are to be rotated to play all positions**. Try to keep space between the players to teach them positioning.
- Referees will call the games when present. If referees are not available then the Coaches will referee the game. (One Coach from Each Team). **Unless refereeing the game, coaches are not allowed on the field of play during the game. No coaching from coach acting as referee is permitted.**
- There is to be **NO HEADING OF THE SOCCER BALL** or slide tackles at this age group. **If a player is hit in the head hard enough that they seem hurt or the game is stopped to check, they MUST BE REMOVED to be evaluated for concussion and player safety. Referees and coaches are expected to support this.**
- **RESTARTS and GOAL KEEPER POSSESSION:**

- All restarts (dead ball- out of play) will be either a (Goal Kick, Corner Kick, Throw-In). For GOAL KICKS, the ball must be placed on the ground anywhere inside of the goal box and then kicked to restart play. The defending team is to retreat behind the build out line. The ball is in play once the ball is kicked but **does NOT need to leave the penalty area. The opposing team can attempt to win the ball ONLY once it is touched by another player on the goal keeper's team.**

AFTER A SAVE, the keeper is **not allowed to punt the ball** to put the ball back into play. **WHEN THE BALL IS SAVED, the keeper can roll, throw or pass the ball to a teammate. AS SOON AS THE BALL IS TOUCHED BY ANOTHER TEAMMATE THE OPPOSING TEAM CAN ATTEMPT TO WIN THE BALL.**

It the keeper opts to PLACE THE BALL ON THE GROUND TO MAKE A PASS, the defending team can attempt to win the ball only AFTER THE BALL IS TOUCHED BY A TEAMMATE OF THE GOALKEEPER. The defending players must retreat to the build out line if the keeper opts to hold the ball and not quickly make a play. **If the keeper makes a play quickly then the ball is live as soon as it touched by a teammate there is NO penalty for the opposing team not retreating to the buildout line. The ball can be played by the opposing team as soon as it is past the buildout line.**

This rule change is applied in conjunction with the use of the build-out line and is applicable for u10 (and younger when a keeper is being used). See the end of the rules for specific instructions and diagrams.

- Throw-Ins: If the player making the throw-in lifts their foot or uses improper technique a second throw –in Will Be Allowed. The referee or Coach that's reffing will explain to the player what they did wrong.
- All fouls will be called. If any foul is committed (hand ball, tripping, slide tackle, etc.) then the other team receives a direct kick. **There are No Penalty Shots.** If a foul occurs in the box by the defensive team the offensive team will be awarded a direct kick.
- **There is Off-Side at this age group.** Off-Side will be called even if it is close. If it is called then an **indirect kick** will be given to the other team at that spot. There will be NO Cherry Picking allowed.
 - Most importantly, **a player will not be deemed in an offside position until they cross the BUILD OUT LINE to place themselves between that line and the goal line.** In other words, the offside rules move from the HALFWAY LINE to the BUILD OUT LINE. ARs and linespeople will no longer need to run to the HALFWAY LINE. They will be able to stop at the BUILD OUT LINE.
- Players Jerseys must be worn on the top most layer. Jerseys **Can Not** be covered up by other clothing (Hoodies, Jackets, Shirts, etc.)
- **All players must wear shin guards under soccer socks. Only soccer cleats are to be worn for play.** No baseball or football cleats are to be worn. These type of shoes can cause injury to players.

- Players **CAN NOT** wear any type of jewelry. NO earrings, bracelets, metal or hard plastic head bands, watches, etc. **Players CAN NOT tape any jewelry on either. ALL JEWELRY shall be removed prior to kickoff.** This is for player safety so nobody gets injured. Mouth guards and guards for glasses are optional for wearing to play.
- Inclement Weather: The VPs will cancel games due to inclement weather and try to at least one hour prior to start times.
- Make sure that the kids are having **FUN**. This is the most important rule. That is why we are supposed to be here, **FOR THE KIDS**.
- **Competitive Balance: If one team is up by more than 4 goals, coaches are encouraged to allow the losing team an additional player on the field or look to swap players to create better competitive balance. Coaches are expected to work cooperatively to accomplish the best development and playing experience for the players.**

Field Set Up

- Coaches are responsible to make sure the Goal Nets are set for the U10 Goal boxes and secured in place with sandbags or stakes for play. They will also need to make sure the Corner Flags are put at the corners of the U10 Field Size.
- The Build-Out Line will need to be marked on the field. It is a line drawn across the width of the field, parallel to the goal line and approximately at the halfway point between the midfield line and the top of the penalty box.

For the last Game of the day the Coaches are responsible to remove and put away any Field Equipment (Corner Flags, Soccer Balls, etc.) and lock up the Equipment in the storage area.

Build-out Line General Overview:

The purpose of the build-out line is to allow goalkeepers and defenders more time to control the ball before being pressured from opposing players; to play the ball without pressure and confidently play out of the back.

The build-out line is used at U10 games ONLY or for u8 games if a keeper is used.

Coaches (NOT OFFICIALS) should address players who are slow to retreat, or the referee can issue misconduct if necessary.

Offside: A player will not be deemed in an offside position until they cross the BUILD OUT LINE to place themselves between that line and the goal line. In other words, the offside rules move from the HALFWAY LINE to the BUILD OUT LINE. ARs and lines people will no longer need to run to the HALFWAY LINE. They will be able to stop at the BUILD OUT LINE.

Build-out Line Rule 1 = Goal Kicks:

At all goal kicks, opposing players must move out of the build-out area. Opposing players must remain on the other side of the build-out line until the ball has been touched by a second player on the kicking team. The sanction is to retake the goal kick. The ball is not required to clear the build-out area to be in play. The build-out line is not relevant for any restart other than goal kicks. Ideally, the goalkeeper will wait to put the ball into play once all opponents are past the build out line. However, the goalkeeper can put the ball into play sooner but he or she does so accepting the positioning of the opponents and the consequences of how play resumes.

The build-out line also indicates where offside can be called, as teams cannot be called for offside between the midfield line and build-out line.

To support the intent of the development rule, coaches and referees should be mindful of any intentional delays being caused by opponents not retreating in a timely manner or encroaching over the build out line prior to the ball being put into play.

Coaches are responsible for addressing these types of issues with their players.

Referees can manage the situation with misconduct (failure to respect the distance) if deemed appropriate, Referees should be flexible when enforcing the 6 second rule and counting the time of possession should only begin when all opponents have moved behind the build out line.

Frequently Asked Questions - FAQs:

Can the goalkeeper throw or roll a goal kick? No. At a goal kick the ball must be stationary inside the Goal Area. The ball must be kicked and it is in play once it has been kicked and moved. The kicking team can receive and play the ball inside the Penalty Area. The opposing team can advance into the buildout area only once a second player on the kicking team touches the ball.

Does the ball have to leave the Penalty Area to be in play?

No. The ball is in play when it has been kicked and moved. The kicking team can receive and play the ball inside the Penalty Area and the opposing team can move beyond the build-out line and into the Penalty Area once the ball has been touched by a second player on the kicking team.

For indirect free kicks or direct free kicks that occur inside a team's own build out line area does the opposing team have to be outside of the build out line area or just 10 yards away? For all restarts, other than goal kicks, the build-out area is not relevant and the normal minimum required distance would apply (opposing players must retreat 10 yds and be outside the Penalty Area). The ball is back in play when it has been kicked and moved.

For throw-ins that occur inside a team's own build out line area does the opposing team have to be outside of the build out line area or just 6 feet (2yds) away? For all restarts, other than goal kicks, the build-out area is not relevant and the normal minimum required distance would apply.

Build-Out Line Rule 2 = Goalkeeper Possession:

At all goalkeeper possessions, opposing players must move behind the build-out line. Opposing players must remain outside of the build-out area until the goalkeeper releases ball from their hands and the ball is touched by another player on the goalkeeper's team. The sanction is an IFK to the goalkeeper's team where the build-out line infringement occurred. The six-second goalkeeper possession rule is not enforced until all opposing players are outside of the build out area. Goalkeeper possession includes the goalkeeper contacting the ball with any part of their hand or arm including bouncing and tossing/catching the ball.

Frequently Asked Questions - FAQs:

Can the goalie place the ball on the ground and kick it to anywhere in the field?

Yes. The other team may advance into the build-out area once another player from the Gk's team touches the ball.

What's the call on defenders crossing the build out line too soon? The ref can delay the goalkeeper to back up the defenders to the correct side of the line. If persistent, the referee can call an infraction and award an IFK at the spot where the opposing team entered the build-out area. Repeated infractions may also be punished with misconduct.

Does the ball have to leave the Penalty Area to "be in play"?

No. The ball does not need to leave the Penalty Area to be in play. The ball remains in play while possessed by the goalkeeper. The goalkeeper may put the ball on the ground and dribble or pass or kick the ball at any time. The opposing team may enter the build-out area once a second player from the GK's team touches the ball.

They are not holding the ball in their hands anymore, so does the 6 second rule apply? The six-second rule only applies to the goalkeeper controlling the ball in their hands; however, the six-second rule does not begin until all opposing players have moved outside of the build-out area.

Can the keeper play the ball early, or must they wait for the other team to retreat behind the dash line? Yes, the keeper can play the ball early, but there can be no penalty to the opposing team for not allowing them time to retreat behind the dash line.

If goalie kicks the ball past the buildout line before it is played by his/her team is that a foul, and what is the restart? That scenario is not an infraction. The ball does not need to be 'played' or 'touched' by a teammate inside the build-out area. The goalkeeper kicking the ball is fine although punting is not permitted. The build-out line has nothing to do with when the ball is in play, it is only used temporarily to allow defenders (including the goalkeeper) a bit more time to play the ball without pressure to learn to 'build play from the back.'

What happens if the team without the ball fails to get behind the Build-out line? All opposing players (team without the ball) must fully clear and remain outside the build-out area until the goalkeeper releases the ball and another player on the goalkeeper's team has touched the ball. Any opposing player(s) (team without the ball) inside the build-out area cannot interfere with play until leaving the build-out area and the goalkeeper releases the ball from their hands and another player on the goalkeeper's team has touched the ball. This includes a scenario where player from the team without the ball, outside the build-out area, wins the ball and plays the ball to a teammate inside the build-out area but, who did not clear the build-out area... (Indirect free kick to the goalkeeper's team.)

Are there any restrictions on where the goalkeeper's teammates can be?

There are no restrictions regarding the goalkeeper's teammates. They may stand on either side of the buildout line and inside or outside of the Penalty Area. They may receive and play the ball inside or outside of the Penalty Area.

The goalkeeper cannot punt off a save? Correct. Punting includes dropkicks, bouncing the ball off of the ground and/or tossing the ball into the air to kick it. The sanction is an Indirect Free Kick to the opposing team where the goalkeeper punted the ball subject to special circumstances for free kicks within the Goal Area.

Once GK possesses the ball, the opposing team must move beyond the build out line and the GK can then distribute the ball to his/her players behind or in front of the build out line -does the opposing team have to wait for a teammate of the GK to receive the ball before the opposing team may challenge for the ball? Does the opposing team have to wait for the GK's team to move outside of the build out line?

Neither. In this situation the ball has always been in play. Opposing players are only restricted because of the goalkeeper possession. Opposing players may enter the build-out area once a teammate of the GK touches the ball. Opposing player do not need to wait for the ball to exit the build out area or the Penalty Area.

If the GK distributes the ball in front of the build out line (without punting it), may the opposing team immediately challenge for the ball? The goalkeeper may distribute the ball by dribbling, throwing, rolling or kicking the ball. Opposing players may pressure the ball once a teammate of the GK touches the ball OR the ball crosses the build-out line.

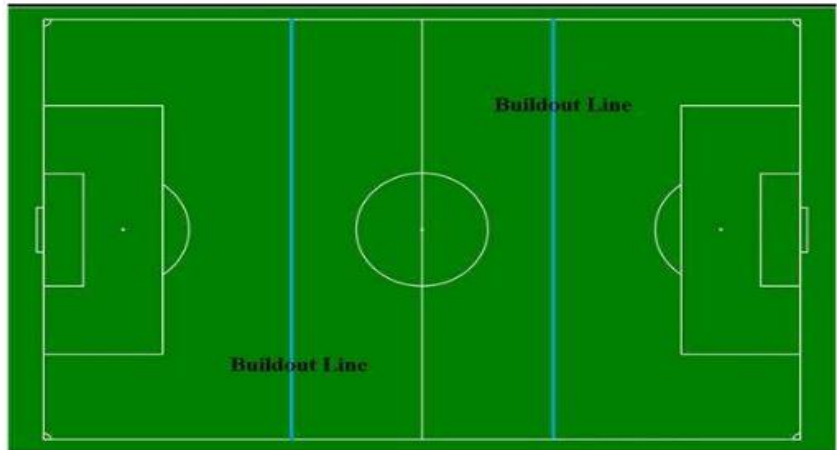
Note for U10: However, if an opposing player, outside the build-out area, wins the ball and then plays the ball to a teammate inside the build-out area, who did not clear the build-out area, the sanction is an indirect free kick to the defending team. BUT, no sanction if the GK played quickly before the other team had a chance to get out of the build-out area.

Credit:

- *US Soccer Federation PDI*
- *Darth Newman – State Youth Referee Administrator – Western Pennsylvania Referees*
- *Eastern PA Youth Soccer Association (2017).*

(Continued – with diagram on next page)

Diagram



Build-out Line references:

<https://usys-assets.ae-admin.com/assets/965/15/10-U%20Build%20out%20Line.pdf>

Video explanation:

<https://www.youtube.com/watch?v=sQ92Kfilwok>