



10U (7v7) Game Rules

Duration of Game: Two 25 minute halves, half time is 5 minutes ONLY exceptions from US Youth Soccer for 10U:

1. **Player equipment:** SIZE FOUR BALL. Every player must wear shin guards and soccer cleats.
2. **Playing time:** Each player SHALL play a minimum of 50% of the total playing time. Each player should also be provided the opportunity to play at minimum of half a game in each position (GK, Defender, Midfield, Forward) over the course of the season.
3. Substitution rules -Unlimited Number. Sub on any throw-in, any goal kick, after any goal, corner kick, start of half/quarter.
4. All fouls will result in an indirect free kick. If there is a foul in the penalty box, the ball is moved outside the penalty box nearest to where the foul occurred.
5. Throw-ins: Throw in's will be taken until player gets "it right". This is a teaching moment for the players.
6. **No heading the ball** Any header will result in an indirect kick from the spot of the infraction. If a ball is headed by a defending team in their penalty box an indirect free kick is awarded from the nearest edge of the penalty box."
7. Blow Out Rule - If at any time during the game a team achieves a 4-goal margin, the opposing team will be permitted to add an additional player. They will also be able to add an additional player for each additional increase in the margin over 4 goals. Once the margin is reduced below 4 goal, all additional players should leave the field. If a team invokes the blow out rule at any time during the contest, the game will be scored as a 0-4 loss against the team that adds the extra player. Any team invoking the blow out rule will not be eligible for tie breakers concerning goal differentials, goals allowed, or goals scored.
8. Law 16: Goal Kicks - The ball is kicked from any point within the goal area by a player of the team in possession. The ball can be touched by any player prior to it leaving the penalty box. Opposing players must be in their own half of field until ball is played. Goal kick CAN be kicked before the opposing team reaches their own half of the field, play resumes immediately.
9. **Goals may only be scored when the ball is played from the offensive team's side of the field.** Balls that are scored from the defensive end will result in a goal kick for the opposing team.
10. Law 12: Goalkeeper is to throw ball in on goalkeeper distribution, no punting or drop kicks. If the Goalkeeper punts or drop kicks the ball the restart is an indirect free kick at the center spot. When Goalkeeper has the ball, the opposing team must drop back to the half-way line until the ball is played by the Goalkeeper. Upon goalkeeper distribution, the ball is considered live once the GK places ball on the ground. **The ball does not have to leave the penalty box before another player can touch the ball. The GK should wait to play ball until opposing team drops back.**
11. Law 11 Offside with modification: A player will be deemed offside if such player is clearly positioned behind the opponent's last defender (less goalie) in opposing teams defensive side of field (completely past mid line) while a pass is made toward such player by a teammate. An indirect free kick will be awarded to the opposing team at the spot of the infraction.
12. **Conduct:** Good sportsmanship will be exhibited by all players, coaches, officials, and spectators. Players ejected and/or coaches removed from a game need to be out of sight and sound of the field and automatically banned from their team's next game. Coaches are responsible for the behavior of their spectators and may be cautioned for dissent. Players ejected and/or coaches/spectators removed for fighting and/or dangerous play will not be allowed to return to the game.
13. **Coaching from endlines:** Coaches must stay on "their half" of the sideline during play. No one including parents may be on the end lines. All personnel acting as a coach or an assistant coach must be properly registered for safety risk assessment. Non soccer players may be required to provide proper registration or identification to CSA or NCYSA officials.