



U10 RULES OF PLAY.

INCLUDING THE PLAY OUT LINE

U10

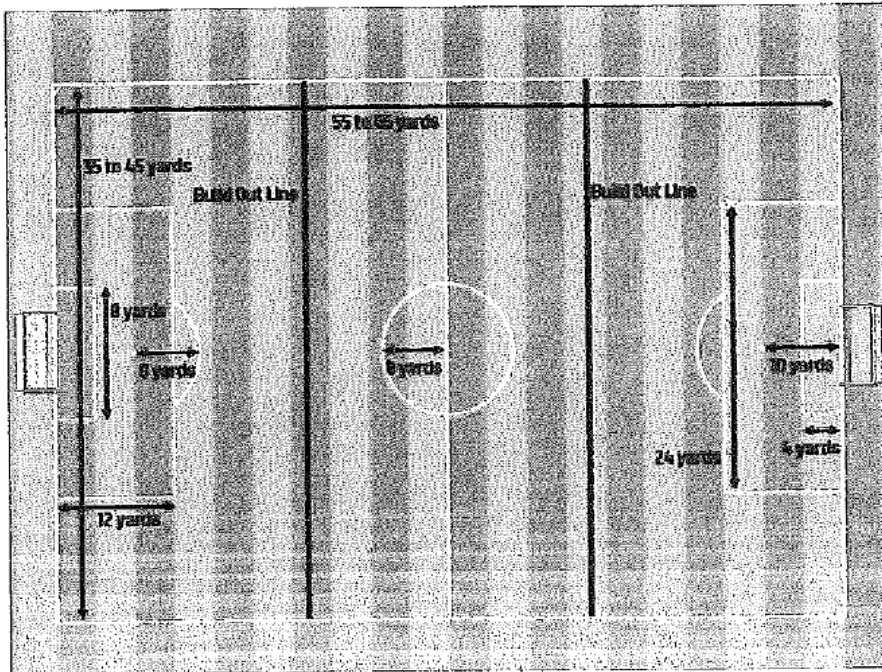
7v7 Standards of Play

Size 4 ball

Players •7v7 (6 field players and 1 goalkeeper)

Game may not start or continue if there are less than 5 players on a team

Substitutions are unlimited and can occur at any stoppage



- The Build Out Line Rule becomes effective when the goalkeeper gains possession of the ball.
- This rule is governed by the principal of "fair play."
- Like a free kick, the goalkeeper has the option of waiting for the opponents to be outside the Build Out Line, or take a quick restart. There is no consequence to any player if the ball is lost after a quick restart is played.
- Punts and drop kicks by the goalkeeper are prohibited. If the keeper punts or drop kicks the ball, the Referee will stop play, place the ball at the spot from where the keeper kicked the ball, and play is restarted by the keeper kicking the ball to a teammate. The opponents must be outside the Build Out Line and teammate must be inside the Build Out Line.



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- Goalkeepers may throw the ball, place the ball on the ground and kick the ball, or place the ball on the ground and dribble the ball. When placed on the ground for a kick, the ball cannot be moving.
- The first kick pass must be to a teammate inside the Build Out Line. The keeper may release the ball by throwing beyond the Build Out Line.
- Opponents must stay outside the build out line until the second touch on the ball. A keeper dribbling the ball will be considered a second touch.
- Goal Kicks are subject to the Build Out Line Rule.
- Free Kicks inside the Build Out Line but outside the Penalty Area are NOT subject to the Build Out Line Rule.