



## US Youth Soccer Official Under 10 Playing Recommendations

US Youth Soccer recommended modifications to the FIFA Laws of the Game.  
FIFA Laws of the Game can be found at: [www.fifa.com/worldfootball/laws-of-the-game.html](http://www.fifa.com/worldfootball/laws-of-the-game.html)

### 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.

**Length:** minimum 45 yards maximum 60 yards  
**Width:** minimum 35 yards maximum 45 yards

**Field Markings:** Distinctive lines not more than five (5) inches wide. The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of eight (8) yards is marked around it.

**The Goal Area:** Conform to FIFA.

**The Penalty Area:** A penalty area is defined at each end of the field as follows: Two lines are drawn at right angles to the goal line, ten (10) yards from the inside of each goalpost. These lines extend into the field of play for a distance of ten (10) yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area. Within each penalty area a penalty mark is made eight (8) yards from the midpoint between the goalposts and equidistant to them. An arc of a circle with a radius of eight (8) yards from each penalty mark is drawn outside the penalty area.

**Flag posts:** Conform to FIFA.

**The Corner Arc:** Conform to FIFA.

**Goals:** Goals must be placed on the center of each goal line. They consist of two upright posts equidistant from the corner flag posts and joined at the top by a horizontal crossbar. The maximum distance between the posts is eighteen (18) feet and the maximum distance from the lower edge of the crossbar to the ground is six (6) feet.

**Safety:** Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement.

**Law 2 – The Ball:** Size four (4).

**Law 3** – The Number of Players: A match is played by two teams, each consisting of not more than six players, one of whom is the goalkeeper. A match may not start if either team consists of fewer than five players.

Substitutions: At any stoppage and unlimited.

Playing time: Each player SHALL play a minimum of 50% of the total playing time.

Teams and matches may be coed.

**Law 4** – The Players' Equipment: Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

**Law 5** – The Referee: Registered referee, especially Grade 9 or parent/coach or assistant coach. All rule infringements shall be briefly explained to the offending player.

**Law 6** –The Assistant Referees: Not required. May use club linesmen/women if desired.

**Law 7** – The Duration of the Match: Conform to FIFA with the exception of the match being divided into two (2) equal halves of twenty-five (25) minutes each. There shall be a half-time interval of five (5) minutes.

**Law 8** – The Start and Restart of Play: Conform to FIFA with the exception of the opponents of the team taking the kick-off are at least eight (8) yards from the ball until it is in play.

**Law 9** – The Ball In and Out of Play: Conform to FIFA.

**Law 10** – The Method of Scoring: Conform to FIFA.

**Law 11** – Offside: None.

**Law 12** – Fouls and Misconduct: Conform to FIFA with the exception that an indirect free kick is awarded to the opposing team at the center spot on the halfway line if a goalkeeper punts or drop-kicks the ball in the air from his/her penalty area into the opponents penalty area.

**Law 13** – Free Kicks: Conform to FIFA with the exception that all opponents are at least eight (8) yards from the ball.

**Law 14** – The Penalty Kick: Conform to FIFA with the exception that the penalty mark is made eight (8) yards from the midpoint between the goalposts and equidistant to them.

**Law 15** – The Throw-In: Conform to FIFA.

**Law 16** – The Goal Kick: Conform to FIFA.

**Law 17** – The Corner Kick: Conform to FIFA with the exception that opponents remain at least eight (8) yards from the ball until it is in play.