



MANUAL

U10 AGE GROUP 7v7 Rules of Competition

Law I-The Field:

- A. Dimensions: 50 yds x 70 yds.
- B. Markings:
 - 1. A halfway line marked out across the field.
 - 2. Center Circle: 8 yd radius.
 - 3. Dotted lines parallel across the field parallel to and 8 yds on either side of the halfway line.
 - 4. Corner Arcs: 2 ft radius.
 - 5. Goal Area: 6 yds from each goal post and 6 yds into the field of play joined by a line drawn parallel with the goal line.
 - 6. Penalty Area: 14 yds from each goal post and 14 yards into the field of play joined by a line drawn parallel with the goal line.
 - 7. Penalty Spot: 8 yds from center of goal line.
- C. Goals: 6 x 18 up to 7 x 21.

Law II-The Ball: Size 4.

Law III-Number of Players:

- A. Maximum number of players on the field at one time is 7 including the goalkeeper.
- B. Maximum number of players on the roster should not exceed 14.
- C. Substitutions: Prior to throw-in, in your favor. Prior to goal kick, by either team. After goal, by either team, After an injury, by either team when referee stops play. At half time.
- D. Playing time: Each player SHALL play a minimum of 50% of the total playing time.
- E. Teams and games may be coed.

Law IV-Players Equipment: Conform to FIFA with the following exception:

- A. Footwear: Tennis shoes or soft-cleated soccer shoes.
- B. Shinguards are mandatory.

Law V-The Referee:

- A. One certified referee.
- B. All rule infractions shall be briefly explained to the offending player.

Law VI-Linesman: May use club linesmen.

Law VII-Duration of the Game: Two equal halves, 25 minutes each with 5 minute break between halves.

Law VIII-The Start of Play: Conform to FIFA, except opponent must be 8 yds from the center mark while kick-off is in progress.

Law IX-Ball in and Out of Play: Conform to FIFA

Law X-Method of Scoring: Conform to FIFA

Law XI-Off-Side: Conform to FIFA except **Build-Out Line is used** (*see Addendum)

Law XII-Fouls and Misconduct: Conform to FIFA.

Law XIII-Free Kicks: Conform to FIFA with the following except opponent must be 8 yds away before kick is allowed.

Law XIV-Penalty Kicks: Conform to FIFA except opponent must be 8 yds away.

Law XV-Throw-In: Conform to FIFA.

Law XVI-Goal Kick: Conform to FIFA (*see Addendum).

Law XVII-Corner Kick: Conform to FIFA with the following except opponents must be 8 yds away from the ball.

*See Addendum on page 2



Addendum for Heading, Punting and the Build-Out Line

1. No deliberate heading of the ball at U8, U10 and U12.

a. Restart on any infraction of this rule will be an Indirect Free Kick at spot of deliberate header

2. No Punting is allowed in the 8U and 10U age groups. Punting is permitted in U12.

a. Restart on any infraction of this rule will be an Indirect Free Kick at the spot of the punt

3. A build-out line will be implemented for all matches in the U8 and U10 age groups

a. All opposing players must retreat behind the build-up line on:

i) all goal kicks.

ii) In the event goal keeper has the ball in their hands following a save, it will be the goalkeeper's team's option to have the attacking team fall back to the break out line. If the goalkeeper's team chooses not to wait and distributes the ball prior to the attacking team falling back behind the break out line, it is now a live ball for either team.

b. Once all opposing players have retreated behind the build-up line the Goalkeeper may then distribute the ball to his or her teammates.

c. Once the goalkeeper distributes the ball the opposing team may cross the build-up line to defend.

d. Restart on any infraction of this rule will be an Indirect Free Kick from the spot where the opponent illegally crossed the build-up line

4. The build-out line also serves as an offside line for U10's. Attackers cannot be penalized for an offside offense between the halfway line and the build-out line.