

Officials Guide to U10 Soccer Rules

Grades 3/4

Game Length

- Two 20 minutes halves
- 10 minute Half Time
- 5 minutes before & after the game to get organized

Ball Size

- U7 - U12 should play with a size 4 ball

Field of Play

- 50 yards long x 35 yards wide

Number of Players

- 7v7 including GK
- 5 v 5 (minimum)

Substitutions

- Any stoppage of play

Re-starts/Goal Kicks/Throw-ins/Corner Kicks

- Kick-ins instead of throw-ins. The ball will be placed on the line where it went out of play.
- Opponents must remain behind half field for Goal Kicks until the ball either
 - 1) crosses the midline or
 - 2) the team kicking the goal kick makes a complete pass to a teammate
- NO punting after a save. Goalkeepers may roll, throw, or set the ball down to pass to a teammate.

Kick-Off

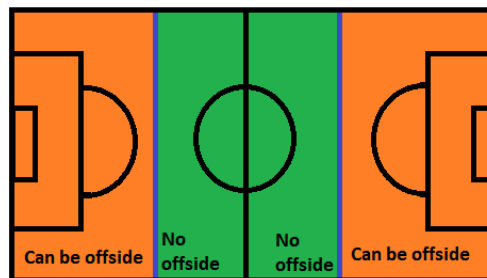
- A kickoff at midfield will be used to begin each half of the game and after a goal has been scored. The team not starting with the ball may not enter the circle until the ball has made one complete rotation. The ball can be kicked in any direction as long as it moves.

Heading

- Heading the ball is not allowed. If a player intentionally heads a ball, the ref shall stop play and award a kick to the other team at the location of the header.

Offsides

- A player is in an offside position if he/she is closer to their opponent's goal than both the ball and the second to last opponent. He/she is not offside if the player is on their own defensive end of the field. There is no offside on a goal kick, corner kick, or throw-in.
- If players struggle to understand offsides OR there is only 1 referee, the referee OR both coaches can agree to utilize a "**build-out**" line. Do so by placing cones on each sideline halfway between the center arc and the arc on top of the penalty area. The blue lines are the **build-out lines**



Conduct

- Disrespect toward other players, teams, coaches, referees, staff, or spectators will NOT be tolerated. Staff on-site reserve the right to dismiss any persons displaying misconduct.