

U10 RULES OF COMPETITION – OUTDOOR

Rule 1 OUTDOOR/FIELD

All competitions shall be governed by the Rules as stated herein in all cases where they are applicable. All members of SYSA shall be governed by these Rules of Competition.

Rule 2 FIELD OF PLAY

2.1 Dimensions

- (a) The following specifications are applicable to all U10 competitions administered by SYSA.
- (b) The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line. The maximum length is 55 yards and the maximum width is 35 yards. Interior markings consist of four corner arcs (1 yd. radius), a center circle (10 yd. radius), a goal area (6 yd box), and a penalty area (14 yd box). The goal mouth will be 6 ft. x 18 ft. In case permanent goals are not available, flags or cones may be used to mark the goals and corners. If cones are used for goals, the top of the goalkeeper's hands will determine the "imaginary" height of the crossbar. See drawing below.

2.2 Game Postponement

A game may be postponed at the field site if weather conditions are too hazardous for play. Extreme weather includes lightning, snow or ice on the ground. Rain is not a reason to postpone play. In case of a postponed game, the Soccer Coordinator has the ability to re-schedule the game as long as it does not conflict with the remainder of the season.

2.3 Team Responsibilities

All teams are responsible for the clean up of the fields after each game. Please do not leave garbage on the sidelines.

2.4 Game Duration and Ball Size

Two 25-minute halves and a 5-minute halftime break.

A size four (4) ball will be used for all practices and games.

2.5 Number of Players

Teams shall have no more than 10 players on the roster and 6 players on the field, one of which is a goalkeeper.

2.6 Substitutions

- (a) Substitutions may be made, with the consent of the referee:
 - (1) for an injury
 - (2) At any stoppage of play.
- (b) Each player will receive 50% of the total playing time. Substitutions will be allowed in order to give an opportunity for all players to get equal playing time and to balance rather than run up the score.
- (c) Players not on the field of play must remain two (2) yards behind the touchline and not within the distance of the goal area from the corner of the field. No players, parents, or spectators may be allowed to stand behind the goals.
- (d) The referee of the game has the responsibility of ensuring that any player bleeding from a wound leaves the field of play. The player may only return on receiving a signal from the referee of the game who is satisfied that the bleeding has stopped.

2.7 Player's Equipment

- (a) All players shall wear shin guards. Socks must be worn up and over the shin guards.
- (b) A player must not use equipment or wear anything which is dangerous to himself or another player (including any kind of jewelry). **NO JEWELRY.**
- (c) All players shall be in uniform to play. A minimum "official" uniform is the standard SYSA issued jersey with number, black shorts, and socks. Goalkeepers shall wear the issued SYSA goalkeeper jersey.
- (d) Standard approved soccer shoes or gym shoes shall be worn by all players. A player may not play in their bare feet. Shoes with toe cleats will not be permitted.
- (e) A player shall not wear anything that may be dangerous to other players or themselves.
- (f) All or any member(s) of a team may wear extra protective clothing against the cold, including gloves without dangerous, protruding or hard objects provided that:
 - (1) The proper team uniform is worn outermost; and
 - (2) Any hat should be without peak, bill or dangling or protruding object of any kind; however, the goalkeeper may wear a soft billed hat; and
 - (3) Referee discretion may be used to determine if an item of protective clothing is considered to go beyond the purpose of providing a means of retaining body heat.
- (g) No player shall be allowed to play in any regularly scheduled practice or game with an injury or a known medical condition, which can be communal or aggravated by playing.

- (h) Prosthetic Devices require a physicians permission before a player may play and it must state the player needs to wear the device in order to play. Even then, such devices must pose no danger to other players on the field. The referee's judgment shall be the final determining factor.

2.8 Officiating

- (a) All games will be officiated by a referee assigned by the referee assignor of SYSA. In the event that a referee is not present, both coaches will mutually agree upon one. If one cannot be agreed upon, each coach will referee one-half.
- (b) Assistant Referees will be assigned for these games if possible. It is expected that a parent from each side is to help with out of play calls along the sideline if no assistant referees are available and after permission from the referee.
- (c) It shall be the duty of the referee of the game to encourage clean competition and good sportsmanship at all times and to enforce the rules and regulations of the league.

2.9 Charging the Goalkeeper

- (a) No player shall make physical contact with the goalkeeper, harass the goalkeeper or attempt to play the ball once the goalkeeper has possession of the ball in any manner and to any degree whatsoever.
- (b) Note: Generally, one finger on the ball is considered having possession of the ball.

2.10 Coaching

- (a) The coach or designated adult should attend every practice and every game. All coaches, team managers, and assistants must fill out the required Washington State Patrol forms and comply with all Risk Management requirements. There must be an approved adult at all functions.
- (b) The coach should have a team and parent meeting before the 1st practice.
- (c) The coach should hand out the team game schedule and announce team practice times and fields.
- (d) The coach is responsible for his own behavior as well as that of his players, parents and spectators on his/her sideline. Remember this is just for fun.
- (e) Every player must play in each game at least 50% of the playing time unless they are not able to play due to illness or injury.
- (f) All coaches should attend an appropriate level-coaching clinic prior to the start of the regular season.
- (g) Coaching from the sidelines is permitted but not recommended. Coaching must be done in a civil manner and the tone of voice will be informational and encouraging, not demanding or critical.
- (h) It is every coach's obligation and duty to attend coaching meetings in order to acquire information that, in turn, may be passed on to the players.
- (i) Make sure that you have a game ball properly inflated before the game starts. The home team is responsible for providing the game ball.
- (j) Make sure that your players are properly equipped, fit and emotionally ready to play.
- (k) In case of injuries during the game, assure that the player is properly attended to. Check his/her condition after the game and follow up with a call to the home in the evening.
- (l) In the event an injured player requires medical attention, he/she must have a written release from the doctor before returning to practice or play with the team.

2.11 Field Boundaries

Each team, its coaches, players and spectators shall be on opposite sides of the field. The designated home team shall have choice of sides. Both teams should never be on the same side of the field. Coaches and other team officials shall not enter the field unless requested to do so by the referee.

2.12 Practices

Only two (2) practices per week for a one (1) hour each time is allowed for the U10 age level.

2.13 Lineup Cards

A lineup card must be provided to the official by both coaches prior to the game.

Rule 3 THE RULES OF PLAY

3.1 Start of Play

- (a) The ball will be placed at the center of the field by the referee and the game will start with one player taking a kick into the opponent's half of the field, after a given signal by the referee. At the time of the kickoff, every player will be in his/her half of the field. Every player of the opposing team, to that of the kicker, shall be 10 yards from the center mark.
- (b) The ball is in play when it is kicked and moves forward. The kicker shall not play the ball a second time until it has been touched or played by another player. If this infraction occurs an indirect free kick shall be awarded for the opposing team. If the kickoff is started backwards it is considered an improper start and a re-kick will be awarded.
- (c) The kickoff is considered a direct free kick.

3.2 Restart of Play

- (a) After a goal has been scored, the game shall be restarted in like manner by a player of the team that gave up the goal.
- (b) To start the second half, the game will be restarted with the kickoff by a player of the opposite team to that of the player who started the game.
- (c) Restarting play after temporary delay: In the case of a temporary suspension due to an injury or any unusual situation, if one team is clearly in possession of the ball, the game shall be restarted by an indirect free kick by the team in possession of the ball at the point where the ball was when play was suspended. Should there not be clear possession at the time play is suspended due to an injury or any unusual situation, there will be a drop ball at the spot where the ball was declared dead. The ball shall be deemed "in play" when the ball has touched the ground.

3.3 Ball in and out of Play

- (a) The ball is out of play when it is wholly crossed the goal line or whole touchline, whether it is on the ground or in the air,
- (b) The ball is out of play, when the referee has stopped the game.

3.4 Method of Scoring

- (a) A goal is scored when the whole of the ball has crossed the whole of the goal line on the ground or in the air between the goal posts (flags) and under the crossbar (height of the flags).
- (b) In the event that cones are used for markers, the height of the crossbar will be determined by the height of the goalkeeper's shoulders.

3.5 Offside Rule

The offside rule will be enforced at the U10 age level. The referees will call the rules and the proper penalties will be assessed.

3.6 Fouls and Misconduct

- (a) Free Kicks: Free kicks shall be classified under two (2) headings: "Direct", from which a goal can be scored by a direct kick against the offending side and "Indirect", from which a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal. Opponents must be 10 yards away before the kick is allowed.
- (b) Penalty kicks will not be awarded at the U10 level.
- (c) A DIRECT KICK shall be awarded for the following nine (9) offenses committed in a careless or reckless manner:
 - (1) Kicking an opponent
 - (2) Tripping an opponent
 - (3) Jumping at an opponent
 - (4) Charging an opponent in a violent or dangerous manner
 - (5) Charging an opponent from behind
 - (6) Striking an opponent
 - (7) Holding an opponent
 - (8) Pushing an opponent
 - (9) Intentionally handling the ball, with the exception of the goalie, in the designated area
- (d) An INDIRECT KICK shall be awarded for the following offenses:
 - (1) Dangerous play (high-kicking, playing the ball while lying on the ground)
 - (2) Charging fairly (shoulder to shoulder) when the ball is not within the playing distance of the players involved
 - (3) Impeding the progress of an opponent
 - (4) Obstructing the goalkeeper (there will be NO physical contact with the goalkeeper in the "penalty area")
 - (5) Preventing the goalkeeper from releasing the ball with his/her hands
 - (6) Lying on the ball and not allowing others to play it
 - (7) Unsporting behavior
- (e) Slide tackling will not be allowed at the U10 level.
- (f) The referee should inform the offending player of the infraction that was committed.

3.7 Throw-ins

- (a) When the whole of the ball passes over the whole touch line, either on the ground or in the air, it shall be put back into play by a throw-in. The throw shall be taken from the point where it crossed the line, by a player of the opposing team.
- (b) The thrower must face the field of play and must keep both feet on the ground while releasing the ball. He/she shall use both hands on both sides of the ball to deliver the ball from behind and over his/her head.
- (c) If an incorrect throw occurs the throw shall be awarded to the opposing team.
- (d) The thrower may not play the ball until another player has touched it. If the thrower plays the ball a second time before another player has touched it, an Indirect Free Kick will be awarded to the opposing team.
- (e) A goal shall not be scored directly from the throw-in.

3.8 Goal Kicks

- (a) When the whole of the ball passes over the whole of the goal line, excluding the portion between the goal posts and under the crossbar (either in the air or on the ground), having last been played by one of the players on the attacking team, it shall be kicked directly into play by a goal kick.
- (b) A goal kick may be taken from anywhere inside the goal area.
- (c) Any defending player, including the goalkeeper, may take the goal kick.
- (d) The kicker shall not play the ball a second time until it has been touched or played by another player.
- (e) A goal may be scored directly by a goal kick.
- (f) The ball is in play when it crosses outside the penalty area.
- (g) The opponent must remain outside the penalty area until the ball has crossed the penalty area.

3.9 Corner Kicks

- (a) When the whole of the ball passes over the whole of the goal line excluding that portion between the goal posts and under the crossbar, (either in the air or on the ground), having last been played by one of the defending team, a player of the attacking team shall have a corner kick.
- (b) The ball shall be placed within a three (3) foot arc from the corner flag or cone and shall be kicked into play from that position by an attacking player.
- (c) A goal may be scored directly from a corner kick.
- (d) Players from the opposing team to the kicker shall not approach within the distance of the center circle measurement (10 yards) of the ball until it is in play.
- (e) If the player who takes the kick plays the ball a second time before it has been touched by another player, the referee shall explain to the kicker the proper procedure of a corner kick. Then the referee shall award an indirect kick to the opposite team from a spot where the infringement occurred. For any other infringement the kick shall be retaken.

3.10 Miscellaneous Rules

- (a) Good judgment, sportsmanship and fair play should govern the decisions and actions of all the coaches, referees and spectators.
- (b) Coaches, their assistants or spectators are not allowed on the field of play during the game unless permission is given by the referee (in case of emergencies or unusual situations).
- (c) There will be no published team standings and game scores will not be recorded.
- (d) Heading the ball is allowed in this age group.