

U10 Division Rules



Playing Time: 2 Halves

- Two 25-minute halves (55 Minute Game)

Number of Players on Field:

- 7v7 Including Goalkeeper
- Minimum: 6 Including Goalkeeper

Ball Size: 4

Field Dimensions: Approx. 60 yards x 40 yards

Team Areas: Player & Coach Sideline

- ONLY rostered players and officials allowed

Restarts: Restarts are direct & indirect

Throw-ins: Yes

Heading: Not Allowed (per USSF Mandate)

Referees: Volunteer Referees

Playing Time

- Playing Time: Each player MUST play a minimum of 50% of the total playing time.
- Coaches MUST make every effort to balance playing time between all players at game.

The Field

- Dimensions: field size 60 yards long and 40 yards wide, center circle and goal box. Field will have two build out lines.
- Goals: 2 goals.

Number of Players

- Maximum number of players per team on the field at one time is Seven (7).
- Minimum number of Players: per team on the field to start or continue the game is Six (6).
- Coaches should loan players to a team that is short handed to allow all children to play and have fun!
- Substitutions can be made on any stoppage of play such as a throw-in, kickoff.

Players' Equipment

- Uniforms: All Players are required to wear the issued GLAYSO jerseys at all games.
- The team listed first on the schedule shall be the home team.
- Players must not use equipment or wear anything dangerous to themselves or another player (No jewelry of any kind).
- Shin guards: Players must wear shin guards covered by long socks.
- Footwear: Soccer cleats recommended.

Referees

- Only one referee provided by GLAYSO.
- Parents can be utilized as linesmen.
- Both coaches work with referees to ensure all players are safe and enjoying the game.

Duration of the Game

- Two 25-minute halves
- Half-time must be five (5) minutes.
- Teams switch goals at half-time.
- Quarter breaks IAW heat index.

- The referees shall allow for time lost through injury (only when a player is replaced) or accident but not allow the half to run longer than 30 mins.

Starting the Game

- The game begins with a kickoff in the center circle, by Home team, to start the first half. Away team will kick off to start the second half. Teams change sides at halftime.
- The opposing team must be outside the center circle on their own half of the field.
- Kickoff occurs after each goal. The player taking the kickoff cannot touch the ball a second time before it has been touched by another player. For a violation of this rule, the kick shall be retaken.
- Kickoff- ball is in play when it is kicked and clearly moves in any direction, including backwards.

Ball In and Out of Play

- The ball is out of play when it has entirely crossed over the touchline resulting in throw-in for the other team.

Method of Scoring

- The ball must completely travel over the goal line, inside of the goal.

Off-Side

- Offside will be called per USSF mandate. Starting at the buildout line.
- No offside directly from a throw in.

Fouls and Misconduct

- All fouls will result in an in-direct free kick with the opponents 10 yards away.
- The referee will explain ALL infractions to the offending player(s).
- No punting.
- No slide tackling.
- No heading: Per USSF mandate. If a player intentionally heads the ball an indirect free kick will be awarded to the opposing team where the ball was headed. If this is inside their penalty area award the kick at the top of the box.

Build Out Line/Rule

Goal Kick:

- All opposition players must retreat behind build-out line. They can only cross the build out line after the goal kick is taken. Game is live at that point.
- NEW: ball can be received inside penalty area by possession team on goal kick (per FIFA rule change 2019).

Goalkeeper Possession

- The buildout line/rule is in effect when the goalkeeper has the ball in their hands. Once, the ball leaves the goalkeepers hands it is live.
- It is the goalkeeper's choice if they wish to release the ball from their hands before the opposition has retreated to the build out.

Free Kick

- Indirect and direct free kicks to be given in accordance with the laws of game.
- All opponents must be 10 yards away until the ball is in play.

Penalty Kick

- Taken at PK mark
- Goalkeeper must keep one foot on goal line

Goal Kick

- All opposition players must retreat behind the build-out line. They can only cross the build-out line after the goal kick is taken.
- Ball can be placed anywhere within the goal box.

Corner Kick

- Awarded when ball crosses goal line, except through the goal and was last played or touched by a defending player. Attacking team to take corner from same side of the goal on which it went across the goal line.
- Opponents must be 8 yards from the ball

Practices: Two mandatory per week one optional