

# Soccer Rules Ages U10

## Revised: Jan. 2019

All rules and interpretations will be covered under the Kansas Youth Soccer with the following emphasis and exceptions listed below. The Champions Soccer League sets the rules and reserves the right to interpret the rules in the best interest of the Champions Soccer League League.

**Purpose of the CSL :** The goal of the CSL Program focuses on fundamental skills, fun, participation, and social interaction throughout practice and organized games. The CSL sports programs are designed to provide opportunities and participation to all, regardless of skill or ability. We wish to provide youth with a FUN learning experience and the opportunity to develop lifetime leisure skills.

**1. Roster** - each team shall consist of a maximum of 12 players.

- a. 9 Players are in the field of play
  - i. 8 on the field, 1 goalkeeper
  - ii. Must have minimum of 6 to start game
  - iii. Opposing team must play with same amount of players

**2. Organization**

- a. Leagues will be organized by the Champions Soccer League. Age groups can be combined by Champions Soccer League if number of teams permits. Leagues will be organized as follows:
- b. **Age Cutoff:** Age as of July 31 2017

**3. Game**

- a. Each game shall consist of two 25 minute halves, with a 5 minute break for half time.
- b. Game ball is regulation size 4
- c. Goal size is 7 x 21
- d. Field size will be 80 x 50
- e. A coin toss determines which team is on which end of the field at the start of the game.
- f. Visiting team captain calls heads or tails
- g. The team that wins the coin toss chooses the end of the field they will attack. The other team kicks off for the first half.
- h. Teams switch ends of the field for the second half of the game. The team that didn't kick off to start the first half kicks off to start the second half.

**4. Kick-Off**

- a. A kick-off is the way to start each half of the game and to restart play after a goal is scored.
- b. Kick-off requirements:
  - i. From the center mark
  - ii. Each team in its half of the field
  - iii. Players from the other team must be outside the center circle
  - iv. Ball is kicked and moves forward (into the "other half" of the field).
  - v. The player who takes the kick-off cannot touch the ball again until the ball has been touched by another player from either team (Indirect free kick restart if this happens).

## **5. Substitutes**

- a. Player substitutions can only be made when the ball is not in play, and are unlimited.
  - i. During half time
  - ii. When the ball is out of play, the possessing side can initiate a substitution, at which point the opposing team may also substitute.
  - iii. In the event of an injured player, a substitution may occur.
  - iv. Substitution cannot be made “on the fly” while the ball is in play.
  - v. Goalkeepers may only be substituted in the event of injury to the existing goalkeeper or at half time.
    1. Use discretion – If a player is clearly upset during the game, substitute at the next opportunity, regardless of current playing position.
- b. Substituting coach must advise the referee of the pending substitution.
  - i. Referee must acknowledge and approve the substitution before it occurs.

## **6. Goalkeepers**

- a. Goalkeepers are only allowed to handle the ball in their own penalty area.
- b. A goalkeeper may leave his goal area at anytime. However, the goalkeeper is not permitted to handle the ball while outside their team’s penalty area. If a goalkeeper handles the ball outside of his own area, the resulting play is an indirect free kick.

## **7. Free Kicks and Penalty Kicks**

- a. In the event of a foul, the referee should stop play and award a free kick.
- b. All Free Kicks will be indirect. In the event of a goal being scored, the ball must have touched another player of either team for it to be allowed.
  - i. The referee is classed as part of the field, an indirect free kick which goes into the goal after only making contact with the referee will result in a goal kick.
- c. Fouls committed in the penalty area will not result in a penalty spot kick. The referee will place the ball at the nearest spot outside the area and award an indirect free kick
- d. The defending team players must be 10 yards from the ball when the free kick is taken.
- e. For all fouls, the referee will briefly advise the player what they done to concede the foul.

## **8. Slide Tackling**

- a. If a player attempts to slide tackle, even if performed correctly, a foul will be called and the result will be an indirect free kick.

## **9. Throw-Ins**

- a. If the ball goes out of bounds on the sidelines a throw in will be awarded to the opposing team.
- b. The ball must go completely over the line to be ruled out of bounds.
- c. The throw in must be taken correctly, ball thrown in over the head, and at the point of the throw, both feet must be on or behind the sideline and on the ground.
- d. In the event of a foul throw, the throw in will be awarded to the opposing team.

## **10. Corner Kicks**

- a. Corner kicks will be awarded when the ball crosses the touchline of the defending team, and the defending team was the last to touch the ball.
- b. In the event of a goal, the ball must have touched another player of either team for the goal to be awarded.
- c. If the ball enters the goal without touching another player a goal kick will be awarded.

- i. The referee is classed as part of the field, a ball going directly into the goal after only making contact with the referee will result in a goal kick.

### **11. Goal Kicks**

- a. When the ball crosses the goal line and is last touched by an offensive player, a goal kick will be awarded.
- b. Goal Kicks may be taken by any player
- c. Goal kicks can be taken from anywhere from the goal box.
- d. When a goal kick is taken, all players must be outside the penalty box area
- e. Goal kicks must leave the penalty box area before any player can touch the ball.

### **12. Referees**

- a. There are two head referees for all U10 Soccer games.

### **13. Offside**

- a. U10 will play the offside rule.
- b. An attacker is in an offside position if when a teammate has the ball, the attacker is:
  - i. Closer to the other team's goal than the ball
  - ii. Closer to the other team's goal than the second to last defender
  - iii. In the other team's end of the fieldNote: It's not illegal for a player to be in an offside position!
- c. What is illegal is when an attacker who is in an offside position becomes actively involved in play by:
  - i. Interfering with play (have the ball passed to you, running towards the ball, or a combination of these).
  - ii. Interfering with an opponent (getting in the way of a player on the other team, including the goalkeeper).
  - iii. Gaining an advantage (receiving or running to a ball which has bounced off a goal post or crossbar or that has been deflected by the goalkeeper or another defender).
- d. When offside is called:
  - i. An indirect free kick from where the offside player was
- e. It is not an offside violation if a player in an offside position gets the ball directly from:
  - i. A throw-in
  - ii. A goal kick
  - iii. A corner kick

### **14. Safety**

- a. Players are required to wear shin guards at all games. This is a mandatory requirement. Socks must cover shin guards completely.
- b. No jewelry will be permitted, this includes, necklaces, earrings, bracelets, rings, etc... Tape cannot be used to cover up jewelry.
- c. Hair ties should be bands only
- d. Casts on limbs are not permitted.
- e. In the event of the coach believing a player maybe seriously injured, he/she will stop the game and call over the appropriate coach, and contact the field supervisor if necessary.
- f. Footwear: Players must wear shoes with cleats.
  - i. Cleats must be entirely made of rubber
  - ii. Toe cleats are not permitted.
  - iii. Coaches will check all footwear to ensure it complies.

**g. No Headers allowed**

**15. Sportsmanship**

- a. After each game both teams must line up and shake hands with the opposing team, coaches and referees.

**16. Uniforms**

- a. All players are required to wear Soccer uniforms
- b. Soccer socks must cover the entire length of the shin-guard
- c. Soccer shirts must be tucked into the shorts for the duration of the game, and must be the top layer of clothing.
- d. Shorts maybe replaced with sweat pants in the event of cold weather
- e. Shin guards must still be worn underneath sweat pants, and the socks are still required to cover the shin guard

**17. Forfeit**

- a. Teams are encouraged to lend players to team in need.
- b. It is recommended in the event of a forfeit, that coaches for both teams get together and play an exhibition game against the players.