

Under 10 Rules

U10 play 8v8 with 25 minute halves. If a team shows up short of players, the opposing team either lends players or plays down to even out the game. Rules: FIFA rules apply except as noted below:

There is no slide tackling permitted.

There is no offside.

Intentional Headers are not allowed. A header is treated as a dangerous play.

Substitution Rules:

1. On your throw-in (not the other team's).
2. On either teams' goal kick.
3. After a goal is scored.
4. At half time.
5. At water break.
6. Injury.