

**Soccer has 17 rules called Laws of the Game. These are US Youth Soccer's and DCYSA's recommended Modifications to the FIFA Laws of the**



**U10 Recreation \*Heading is not allowed for U12 and younger.**

- **7v7, 55 minutes games**
- **Maximum roster size 13 players**(the maximum number can be one greater if voted on by the DCYSA board),  
**minimum number to start the game is 5 players**
- **Min field size(yd): 35 X 45 / Max field size(yd): 55 X 65 yard field**
- **Goal size recommended: 6.5 ft. X 18.5 ft.**
- **Soccer Ball Size 4**
  - **25-minute halves**
  - **5-minute half-time between the halves**
- **A certified official is to be used.**

**Law 1) The Field of Play – Flat, grassy field; Dimensions: The field of play must be rectangular.**

**Soccer Field Dimensions & Diagram for Field Layout Measurements For U10 Field**

**The Field of Play:** Flat, grassy field; Dimensions: The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line

**Flagposts:** A flagpost, not less than 5 feet high, with a non-pointed top and a flag is placed at each corner

**Goals:** Goals must be placed on the center of each goal line. They consist of two upright posts equidistant from the corner flag post and joined at the top by a horizontal crossbar. The maximum distance between the posts is 18 feet and the maximum distance from the lower edge of the cross bar to the ground is 6 feet. Goal size recommendation by DCYSA is 6 x18.

**Safety:** Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement.

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Law 3) Number of players- A match is played by two teams, each consisting of not more than 7 players, 1 of whom is the goalkeeper. A maximum number of twelve (13) players (updated 8/2018) per team and a minimum number of 5 to start a game. Recommended Playing Time: Each player shall play 50% of the total playing time unless player refuses to play or other circumstances discussed with the coach concerning discipline. Playing time is kept up with by one of the team's coaches.

Substitutions: can be made by either team on a goal kick or a kick off. The team possessing the ball at a throw in may do a substitution (only the possessing team). Any team may sub at an injury. Substitutions maybe only made with the referees' permission

Law 4) The Players Equipment- A player must not use equipment or wear anything, which is dangerous to himself or another player including jewelry tape over jewelry is not acceptable. NO Earrings (No not even if you just had them pierced). The basic compulsory equipment of a player is: • A jersey or Shirt • Shorts • Socks • Shoes • Shin guards- are covered entirely by the socks, is made of suitable material and provides a reasonable degree of protections. Each goalkeeper wears colors that distinguish him/her from other players, the referee and the assistant referees or linesmen/women. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

Law 5) The Referee - Registered referee. All rule infringements shall be briefly explained to the offending player.

Law 6) Assistant Referees- None.

Law 7.) The Duration of the Match- The match lasts two equal periods of 25 minutes. There shall be a half-time interval of 5 minutes.

Law 8) The Start and Restart of Play- A coin is tossed and the team that wins the toss decides which goal it will attack in the first half of the match. The other team takes the kick-off to start the match. The team that wins the toss takes the kick-off to start the second half of the match. In the second half of the match, the teams change ends and attack the opposite goals. A goal may NOT be scored directly from the kick-off. After a team scores a goal, the other team takes the kick-off. A kick off is a way of starting or restarting play: • At the start of the match • After a goal has been scored • At the start of the second half of the match • All players are in their own half of the field • The opponents of the team taking the kick-off are at least 8 yards from the ball until it is in play • The ball is stationary on the center mark The referee gives the signal • The ball is in play when it is kicked and moves forward OR backward • The kicker does not touch the ball a second time until it has touched another player.

Law 9) Ball in and out of Play The ball is out of play when: It has wholly crossed the goal line or touch line whether on the ground or in the air. Play has been stopped by the referee. The ball is in play at all other times, including when: It rebounds from a goal post, cross bar or corner flag post and remains in the field of play. It rebounds from either the referee or an assistant referee when they are on the field of play.

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Law 10.) Method of Scoring-A goal is scored when the whole of the ball passes over the goal line, between the goal posts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal.

Law 11) Offside-None.

Law 12) Fouls and Misconduct- A direct free kick is awarded to the opposing team if a player commits any of the following six offenses in a manner considered by the referee to be careless, reckless or using excessive force: • Kicks or attempts to kick an opponent • Trips or attempts to trip an opponent • Jumps at an opponent • Charges an opponent • Strikes or attempts to strike an opponent • Pushes an opponent • Slide kicks an opponent A Direct Free Kick (DFK) is also awarded to the opposing team if a player commits any of the following four offences: • Holds an opponent • Spits at an opponent • Handles the ball deliberately (except for the goalkeeper within his/her own penalty area). • Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball. An Indirect Free Kick (IDK) is awarded to the opposing team if a goalkeeper, inside his/her own penalty area, commits any of the following four offences: • Takes more than six seconds while controlling the ball with his/her hands before releasing it from his/her possession. • Touches the ball again with his/her hands after it has been released from his/her possession and has not been touched by another player • Touches the ball with his/her hands after it has been deliberately kicked to him/her by a team-mate. Touches the ball with his/her hands after he/she has received it directly from a throw-in taken by a team-mate An IDK is also awarded to the opposing team if a player, in the opinion of the referee: • Plays in a dangerous manner • Impedes the progress of an opponent • Prevents the goalkeeper from releasing the ball from his/her hands

The indirect free kick is taken from where the offence occurred. • An indirect free kick is awarded to the opposing team at the center spot on the halfway line, if a goalkeeper punts or drop-kicks a ball in the air from one penalty area into the opponents' penalty area.

Law 13) Free Kicks- All free kicks are direct and indirect and opponents are at least 8 yards from the ball until it is in play. The ball must be stationary when the kick is taken and the kicker does not touch the ball a second time until it has touched another player. If the free is kicked directly into the opponents' goal a goal is awarded. If a free kick is kicked directly into the team's own goal a corner kick is awarded to the opposing team.

Law 14) Penalty Kick- A penalty kick is awarded against a team that commits one of these offences: • Kicks or attempts to kick an opponent • Trips or attempts to trip an opponent • Jumps at an opponent • Charges an opponent • Strikes or attempts to strike an opponent • Pushes an opponent • Holds an opponent • Spits at an opponent • Handles the ball deliberately (except for the goalkeeper within his/her own penalty area). • Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball A goal may be scored directly from a penalty kick. Additional time is allowed for a penalty kick to be taken at the end of each half. When a penalty kick is taken during the normal course of play, or time has been extended at half-time or full time to allow a penalty kick to be taken or retaken, a goal is awarded if, before passing between the goalposts and under the crossbar the ball touches either or both of the goalposts and /or the crossbar, and/or the goalkeeper. The ball is placed on the penalty mark (the penalty mark is 8 yards from the center of the goal line.) The player taking the penalty kick is properly identified. The defending goalkeeper remains on his/her goal line, facing the kicker, between

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the goalposts until the ball has been kicked. The players other than the kicker are located inside the field of play, outside the penalty area, behind the penalty mark and at least 8 yards from the penalty mark. The referee does not signal for penalty kick to be taken until the players have taken up position in accordance with the Law. The referee decides when a penalty kick has been complete. The player taking the penalty kicks the ball forward. He does not play the ball a second time until it has touched another player. The ball is in play when it is kicked and moves forward.

Law 15) The Throw-In-A throw-in is a method of restarting play. A goal cannot be scored directly from a throw-in. A throw-in is awarded: • When the whole of the ball passes over the touch line, either on the ground or in the air • From the point where it crossed the touch line • To the opponents of the player who last touched the ball At the moment of delivering the ball, the thrower: • Faces the field of play • Has part of each foot either on the touch line or on the ground outside the touchline • Uses both hands • Delivers the ball from behind and over his head The thrower may not touch the ball again until it has touched another player. The ball is in play immediately it enters the field of play. Law 16.) The Goal Kick-A Goal kick is a method of restarting play. A goal may be scored directly from a goal kick, but only against the opposing team. A goal kick is awarded when: • The whole of the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air, and a goal is not scored. Procedure: • The ball is kicked from any point within the goal area by a player of the defending team • Opponents must remain outside the goal area and at least four yards from the ball until it is in play • The kicker does not play the ball a second time until it has touched a second player • The ball is in play when it is kicked directly beyond the goal area.

Law 17) Corner Kick-A Corner kick is a method of restarting play. A goal may be scored directly from a corner kick, but only against the opposing team. A corner kick is awarded when the whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air. Procedure: • The ball is placed inside the corner arc at the nearest corner flag post • The corner flag post is not moved • Opponents remain at least 8 yards from the ball until it is in play • The ball is kicked by a player of the attacking team • The ball is in play when it is kicked and moves • The kicker does not play the ball a second time until it has touched another player

## Soccer Field Dimensions & Diagram for Field Layout Measurements For U10 Field

**The Field of Play:** Flat, grassy field; Dimensions: The field of play must be rectangular.

The length of the touchline must be greater than the length of the goal line.

Length: minimum 55 yards maximum 65 yards

Width: minimum 35 yards, maximum 45 yards

**Field Markings:** Distinctive lines not more than 5 inches wide. The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of 8 yards is marked around it.

Goal Area: 6 x 18 yards

Penalty Mark: 8 yards

Penalty Area: 10 x 26 yards

**The Goal Area:** A goal area is defined at each end of the field as follows:

Two lines are measured from the center goal line 9 Yards to the left and right and 6 yards into the field and 18 Yards across. Goal Area is 6 x 18.

**The Penalty Area:** A penalty area is defined at each end of the field as follows:

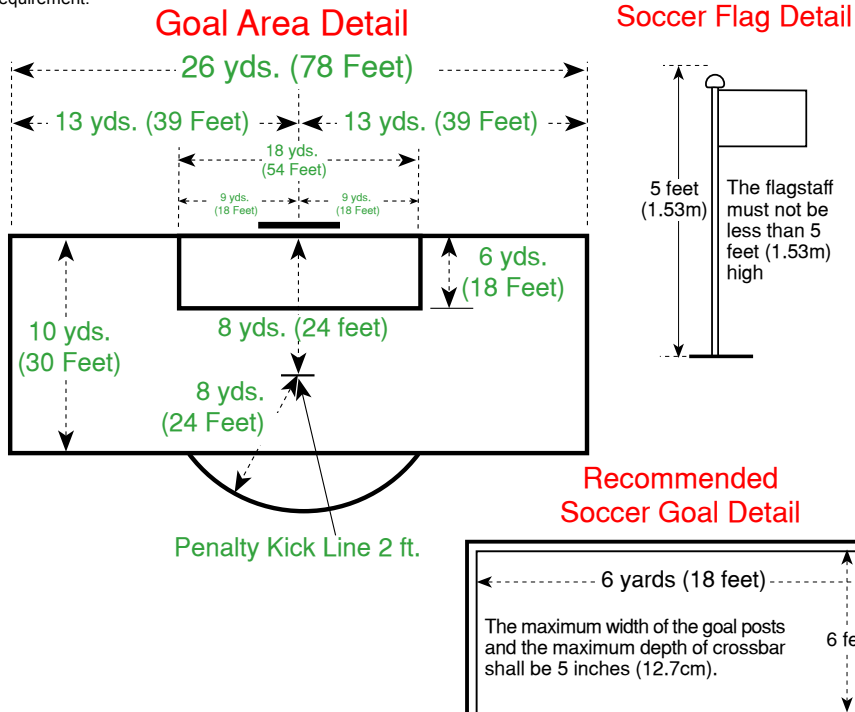
Two lines are drawn at right angles to the goal line, 39" from the center line. These lines extend into the field of play for a distance of 10 yards and are joined by a line drawn parallel with the goal line, 26 yards. The area bounded by these lines and the goal line is the penalty area. Within each penalty area a penalty mark is made 8 yards from the midpoint between the goal posts and equidistant to them. An arc of a circle with a radius of 8 yards from each penalty mark is drawn outside the penalty area. (Penalty Area: 10yds x 26yds, measured from the center line at 39' on either side)

**The Corner Arc:** A quarter circle with a radius of 1 yard from each corner is drawn inside the field of play.

**Flagposts:** A flagpost, not less than 5 feet high, with a non-pointed top and a flag is placed at each corner

**Goals:** Goals must be placed on the center of each goal line. They consist of two upright posts equidistant from the corner flag post and joined at the top by a horizontal crossbar. The maximum distance between the posts is 18 feet and the maximum distance from the lower edge of the cross bar to the ground is 6 feet. Goal size recommendation by DCYSA is 6 x 18.

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# U10 Field

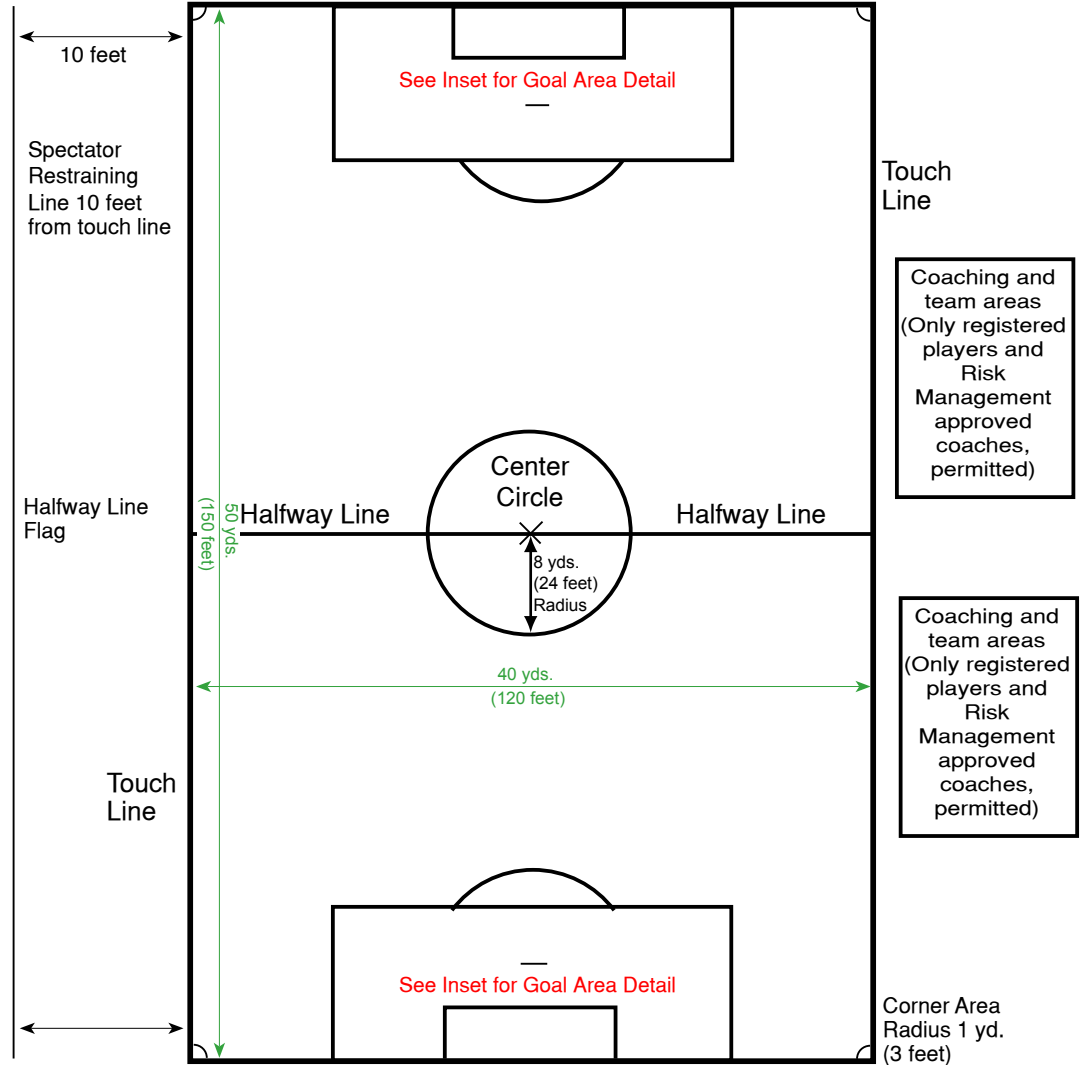


DIAGRAM FOR A 50 BY 40 FIELD (YDS)  
150 BY 120 (FT)

