



Laws of the Game – U10

Skill Priorities:

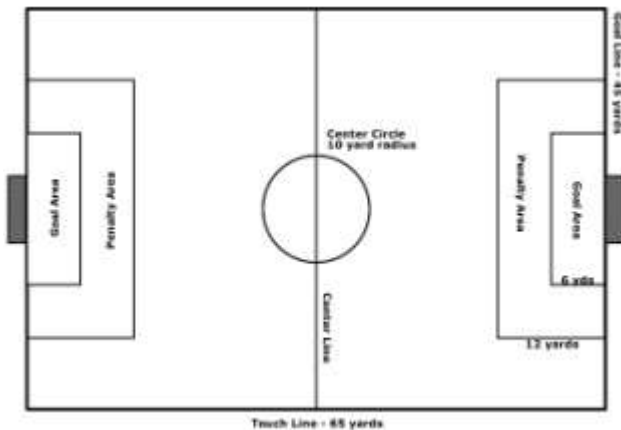
- ◆ Continue with all U6 thru U9 skill priorities
- ◆ Pass with inside and outside of both feet
- ◆ Shooting with both feet – using laces
- ◆ Heading
- ◆ Introduction to all roles in 3 v 3.

Tactical Priorities

- ◆ Basic principles of offense and roles of the 1st and 2nd attacker.
- ◆ Basic principles of defense and roles of the 1st and 2nd defenders
- ◆ Learn offside rules
- ◆ Comprehend 1 vs. 1 concepts
- ◆ Comprehend 2 vs. 1 concepts
- ◆ Introduction to 2 vs. 2 concepts

Laws of the Game

FIFA Laws are enforced unless specifically modified under these games rules. These game rules are a summary and the actual FIFA Laws should be consulted for specific details.



Field of Play: The field of play will be lined and include a goal.

The dimensions of the fields are approximately 55 yards long and 35 yards wide.

The goal mouth shall be 16 feet wide and approximately 6 feet in height.

Field marking terminology is consistent with standard soccer rules (Federation Internationale de Futbol Assn or FIFA Laws)

Ball: Size 4

Number of Players: 6 players per side, one of whom is a goal keeper. Only the goal keeper can use their hands to pick up a ball and only within their own goal area.

Everyone plays in at least one-half of each game if players maintain good practice/game attendance. Coaches must contact SpVJSA before not allowing a player to participate in recommended playing time.

With the permission of the referee, substitutions can be made at anytime the ball is out of play no matter who has possession. They should be made promptly to avoid delay of game. It is recommended that the coaches have

a rotation system of substitution, so that players know where to go when they enter, and who is coming off.

Equipment/Uniform: A proper uniform includes the t-shirt, socks, shorts, shin guards and tennis / soccer shoes.

Only t-shirts and socks issued by the teams Association may be worn for league games. Shin guards are mandatory for all practices and games and must be completely covered by socks.

Association t-shirts must be worn on the outside of any other clothing. If warm-up pants or shirts are worn, there should be no exposed zippers or snaps that can cause injury.

No jewelry of any type (even covered) may be worn during practice or games. Casts are permitted if properly wrapped and padded and do not pose a safety hazard to other players.

The goal keeper wears a distinguishing jersey. Any t-shirt that is distinct from the field player jerseys can be worn by the keeper.

Referees: SpVJSA will provide an authorized referee.

Decisions on points of fact connected with the game shall be final. The Referee is encouraged to explain an infraction to the offending player.

There will be no linesman at the U10 level due to the reduced number of players..

Game Duration/Substitutions: The game will be divided into two halves of 25 minutes each. Half-time break shall not exceed 5 minutes.

Kick-Off: Opponents will be (5) five yards from the center mark to start the kick off. The ball must roll forward before it is in play, and must not be touched twice by the starting player until another player touches it.

Goal: A goal is scored when the ball passes completely across the goal line between goal posts and under the crossbar.

Offsides: Offside Position and Offside are not the same. It is not against the rules to merely be in an offside position.

A player is in an offside position if the player is in the opponent's half of the field and the player is closer to the opponent's goal line than both the ball and the second to last opponent. (First opponent being the goal keeper).

A player being in an offside position becomes offside if, at the moment the ball touches or is played by a teammate, the player, in the opinion of the referee, is involved in active play. The position of a player at the moment the ball is played by a teammate determines whether the player may be called offside. If a player is called offside, an indirect free kick is taken by the opposing team from the position of the offside player. A player is not offside if the player receives the ball directly from a goal kick, throw-in, or corner kick. The referee has final authority on this call.

Throw-in: When a player kicks the ball across the touch line, his/her team loses possession of the ball and the opposing team is granted a throw-in.

One re-throw is allowed after an explanation. A second foul throw-in will result in a turn-over. Defenders must be at least (2) two yards from the ball for a throw-in.

The ball must be thrown from behind the head and in a continuous motion. Both feet must be on the ground and outside the field of play when the ball is released.

A goal cannot be scored directly from a throw-in. The player making the throw-in cannot touch the ball again until it touches another player.

Goal Kick: If the ball passes over the goal line after last being touched by the attacking team, the defending team will restart play with a goal kick.

The goal kick may be taken anywhere within the goal area. The opponents must be outside the penalty area.

After the goal kick, the ball cannot be touched by any player until it has left the penalty area.

A goal can be scored on a goal kick.

Corner Kick: If the ball passes over the goal line after last being touched by the defending team, then a corner kick is awarded the attacking team.

The corner kick is taken from the nearest corner of the field, within the corner arc, where the ball passed over the end line. Opposing players should be at least (10) ten yards away from the person taking the kick. The ball cannot be played twice by the person taking the corner kick.

A goal can be scored directly from a corner kick.

Penalty Kicks: No penalty kicks are taken. Any infraction within the goal area is taken as an indirect kick from the nearest point on the (12) twelve yard line. Opponents must stand at least (10) ten yards from the ball.

Direct and Indirect Free Kicks: There are two types of free kicks associated with fouls, direct and indirect. A direct free kick means that a goal can be scored by kicking the ball directly into the opponent's goal. In an indirect free kick the ball must be touched by at least one player (either team) after it is kicked into play and before it enters the goal. A direct free kick results from a penal foul, while an indirect free kick

results from a non-penal foul. A penalty kick is a type of direct free kick that occurs when a player commits a penal foul within his or her own penalty area. In this case the fouled team is given a penalty kick from the penalty mark.

When a free kick is awarded to a team within its own penalty area, the ball is in play when it leaves the penalty area; otherwise the kick is retaken. In a free kick awarded to a team outside its own penalty area, opponents should be at least (10) ten yards from the ball until it is kicked. When an indirect kick is taken within (10) ten yards of the opponent's goal, the opposing players may form a wall on their goal line between the goal posts. The opposing players may form a wall (10) ten yards from the ball on any indirect or direct free kick that is not a penalty kick. In a penalty kick, all players except the kicker and defending goal keeper must be outside the penalty area and penalty arc and behind the penalty mark.

Examples of penal fouls (resulting in a direct free kick or penalty kick depending on where the foul occurs):

- Intentionally kicking, tripping, striking, holding, or pushing an opponent.
- Deliberately handling the ball (except the goal keeper within their penalty area).

Examples of non-penal fouls (indirect kick):

- Dangerous play (high kicks, kicking the ball while on the ground, etc., determined by the referee)
- Impeding the progress of an opponent.

See FIFA rules for complete listing of penal and on-penal fouls.

Special Rules:

- No slide tackling permitted. An indirect free kick will be awarded at the point of infraction.
- Please park in designated areas only – do not block driveways or mailboxes.
- Anytime you may be at Otis Orchards School fields do not park in the library parking lot.
- No player shall make physical contact with the goalkeeper, or attempt to play the ball once the goalkeeper has control of the ball in any manner and to any degree whatsoever. This includes the goalkeeper holding the ball on the ground with one or both hands.
- The goal keeper has only 6 seconds to put the ball back into play.

The six things a parent should say to their player

Before the Match

1. I love you
2. Good Luck
3. Have Fun

After the Match

1. I love you
2. It was great to see you play
3. What would you like to eat

Source: www.brucebrownlee.com

**No Dogs * No Alcohol * No Tobacco
Permitted at schools or Plante's Ferry Park**