



10U (7v7) Game Rules

1. **Player Equipment:** Size **4** ball, shin guards and soccer cleats(recommended).
2. **Duration of the Game:** **2-25 min** halves, **5 min** halftime.
3. **Playing time:** Each player **SHALL** play a **minimum of 50%** of the **total playing time**. Each player should also be provided the opportunity to play each position (GK, Defender, Midfield, Forward) over the course of the season.
4. **Substitution rules:** Unlimited Number. Sub on any **Stoppage of play**.
5. **Free Kicks:** All free kicks are **indirect**. Defensive players must be at least 5 yards from the ball. Please note that starting or restarting the game from the center circle is considered an indirect kick, therefore a player may not shoot the ball from the kickoff. If in the **Penalty Box**, the ball is moved outside the penalty box nearest to where the foul occurred.
6. **Indirect Kicks :** An indirect kick requires any movement of the ball, no matter how slight. The nearest defensive player must be a minimum of 5 yards from the ball.
7. **Throw-ins:** Throw-ins will be taken until the player gets "it right". This is a teaching moment for the players. If a player is still struggling with a foul throw-in, please ask the player to cross their legs on the throw-in to help keep feet on the ground.
8. **No Slide Tackling:** At this age, we ask that players stay on their feet to make a tackle on the ball. Without players understanding the proper way to make a sliding tackle, this will become a dangerous play and safety should always be priority #1.
9. **No Heading the Ball:** Any header will result in an indirect kick from the spot of the infraction. If a ball is headed by a defending team in their penalty box an indirect free kick is awarded from the nearest edge of the penalty box."
10. **Goal Kicks:** The ball is kicked from any point within the goal area by a player of the team in possession. The ball can be touched by any player prior to it leaving the penalty box. Opposing players must be in their own half of the field until the ball is played. Goal kick **CAN** be kicked before the opposing team reaches their own half of the field, play resumes immediately.
11. **Goalkeeper:** throws the ball in on goalkeeper distribution, **no punting or drop kicks**. If the Goalkeeper punts or drop kicks the ball the restart is an indirect free kick at the center spot. When the Goalkeeper has the ball, the opposing team must drop back to the half-way line until the ball is played by the Goalkeeper. Upon goalkeeper distribution, the ball is considered live once the GK places the ball on the ground. **The ball does not have to leave the penalty box before another player can touch the ball. The GK should wait to play until the opposing team drops back.**
12. **Offside with modification:** A player will be deemed offside if such player is clearly positioned behind the opponent's last defender (less goalie) in opposing teams defensive side of field (completely past mid line) while a pass is made toward such player by a teammate. An indirect free kick will be awarded to the opposing team at the spot of the infraction.
13. **Conduct:** Good sportsmanship will be exhibited by all players, coaches, officials, and spectators. Players ejected and/or coaches removed from a game need to be out of sight and sound of the field and automatically banned from their team's next game. Coaches are responsible for the behavior of their spectators and may be cautioned for dissent. Players ejected and/or coaches/spectators removed for fighting and/or dangerous play will not be allowed to return to the game.
14. **Coaching from endlines:** Coaches must stay on "their half" of the sideline during play. No one including parents may be on the end lines. All personnel acting as a coach or an assistant coach must be properly registered for safety risk assessment.
15. **Blow Out Rule:** If at any time during the game a team achieves a 4-goal margin, the opposing team will be permitted to add an additional player. They will also be able to add an additional player for each additional

increase in the margin over 4 goals. Once the margin is reduced below 4 goal, all additional players should leave the field. **For Example:**

Score 3-0 = 9v9

Score 4-0 = 9v10

Score 6-1 = 9v11

Score 6-3 = 9v9