



Circle City FC

U10 Rules

1. No coaches will be allowed on the playing field during the game unless called on by the referee. Coaches outside the field of play will be restricted to the coaches' side of the field and may only use their half of the field.
2. The game format will be short-sided, 7v7 – INCLUDING a goalie.
3. A team must have at least 6 players to start the game and can finish the game with 5.
4. Coaches must make an honest effort to have each player on their team play 50 percent of each match, including tournament matches, and have at least one female player on the field at all times.
5. One referee will officiate games in this division.
6. All players must make their best effort to keep from making a soccer move/play on the ground. Slide tackles of any kind will not be permitted. A free kick will be awarded to the other team.
7. The game will consist of two (2) 25 minute halves.
8. A size 4 ball will be used.
9. All free kicks will be indirect. Defending players must stand 8 yards away from the ball.
10. No penalty kicks.
11. No headers.
12. Substitutions will be allowed by both teams from the touch line at the middle of the field when play has been stopped due to a dead ball. NOTE – Substitutions are only permitted once the referee has called for them.
13. All players will have 1 chance at a throw-in. Both feet must be on the ground and the ball thrown starting from behind the players head in order for the throw-in to count.
14. Goalkeepers may NOT distribute the ball by punting or drop kicking.
15. Offsides will be called in a "best effort" by the referee. The offsides rule at this age is intended to be an introduction to the rule. Offsides can ONLY take place beyond the build out line (a dotted or alternately colored line located approximately halfway between the center circle and penalty box arc).
16. On a goal kick or when the goalie has the ball in hand, all defensive players must retreat to the build out line and can only advance after play has been restarted with the goalkeeper passing the ball or rolling the ball.