

NCYSA Procedures and Rules of Competition for Recreational Play 2007

Under-10 Rules

Game Format Summary Chart

Age Group	Field Players	Roster Size	Game Duration	Ball Size
U-10	6 max. including GK	10 max.	Two 25-minute periods	4

Field Dimension Chart

Age Group	Recommended Field Size	Recommended Goal Size	Min/Max Goal Size	Center Circle	Goal Area	Penalty Area	Corner Arcs	Penalty Mark
U-10	30 x 35 yd. to 35 x 55 yd.	6 ft. x 18 ft.	6 ft. high x 12 ft. 6ft - 18 ft. long	8 yd.	6 yd.	10 yd.	1 yd.	None

Law I-The Field of Play

Conform to FIFA with the following exceptions:

1. Dimensions: The field of play shall be rectangular. Age specific recommendations for field sizes are included in the Field Dimension Chart. The length in all cases shall exceed the width.
2. Markings: Distinctive lines not more than five (5) inches wide. A halfway line shall be marked out across the field. The center circle, goal area, penalty area, and corner arcs should be marked using the age-appropriate dimensions from the Field Dimension chart. Field markings may be delineated using disk cones where chalk or paint are or not feasible (e.g., artificial turf, multi-age group use of the same fields, conflicts with school district or public park field use policies, etc.).
3. Goals: Age specific requirements for recommended and maximum goal size are included in the Field Dimension Chart. In case permanent goals are not available, portable goals are acceptable but must be staked down to ensure player safety at all times.

Law II-The Ball

Conform to FIFA with the following exceptions:

A legal ball at the start of the match is defined as spherical, of the following circumference, weight and pressure: Size 4 ball – 25-26 in., 11-13 oz., 9-10.5 lbs. /sq. inch

Law III-The Number of Players

Conform to FIFA with the following exceptions:

1. Age specific requirements for number of players on the field at any one time are included in the Game Format Summary Chart.
2. Age specific requirements for number of players on the roster are included in the Game Summary Chart.

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3. Age specific requirements for use of goalkeepers are included in the Game Format Summary Chart.
4. Substitutions may be made, with the consent of the referee, during any stoppage of play.
5. Permission for substitution is not required at quarter break or half time break.

Law IV-The Players Equipment

Conform to FIFA.

Law V-The Referee

Conform to FIFA with the following exceptions:

1. Registered Referee.
2. Parent/Coach or Assistant as per NCYSA Playing Rule V, #3.
3. Referee's decision on points of fact connected with the game shall be final.
4. All rule infractions shall be briefly explained to the offending player.

Law VI-The Assistant Referees

Conform to FIFA with the following exceptions:

Club linesman at the discretion of the referee for purpose of calling the ball in or out of play only.

Law VII-The Duration of the Match

Conform to FIFA with the following exceptions:

1. The game shall be divided into two (2) equal halves of twenty-five (25) minutes each.
2. Half-time break shall be five (5) minutes.

Law VIII-The Start and Restart of Play

Conform to FIFA with the following exceptions:

1. Preliminaries.
 - a. A coin is tossed and the team winning the toss decides which goal it will attack in the first half of the match.
 - b. The other team takes the kick-off to start the match.

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- c. The team winning the toss takes the kick-off to start the second half of the match.
 - d. In the second half of the match the teams change ends and attack the opposite goals.
2. Start of Play
- a. The ball will be placed at the center of the field by the referee and the game will start with one player taking a kick into the opponent's half of the field, after a given signal by the referee. At the time of the kickoff, every player will be in his/her half of the field. Every player of the opposing team, to that of the kicker, shall be at a distance away from the center mark equal to the diameter of the center circle (i.e., 6 yards for U-8).

Kick-offs for U10 and above shall be played per FIFA rules.

3. Restart of Play
- a. After a goal has been scored, the game shall be restarted in like manner by a player of the team that gave up the goal.
 - b. Restarting play after temporary delay: In the case of a temporary suspension due to an injury or any unusual situation, if one team is clearly in possession of the ball, the game shall be restarted by an indirect free kick by the team in possession of the ball at the point where the ball was when play was suspended. Should there not be clear possession at the time play is suspended due to an injury or any unusual situation, there will be a drop ball at the spot where the ball was declared dead. The ball shall be deemed "in play" when the ball has touched the ground.

Law IX-The Ball In and Out of Play

Conform to FIFA.

Law X-The Method of Scoring

Conform to FIFA.

Law XI-Offside

Conform to FIFA.

Law XII-Fouls and Misconduct

Conform to FIFA with the following exceptions:

1. Free kicks shall be classified under 2 (2) headings: "**Direct**", from which a goal can be scored by a direct kick against the offending side and "**Indirect**", from which a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal.
2. In addition to those offenses defined in the FIFA Laws of the Game, an **INDIRECT KICK** shall be awarded to the opposing team if a player, in the opinion of the referee: Slide tackles (**Slide tackling is not allowed for U-10.**)

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Law XIII-Free Kicks

Conform to FIFA with the following exceptions:

1. Opponents must be eight (8) yards away before kick is allowed.
2. Direct and indirect free kicks awarded to an attacking team as a result of a foul by a defending team within its own penalty area, will be taken on the penalty area line closest to where the foul occurred.

Law XIV- The Penalty Kick

Conform to FIFA with the following exceptions:

No Penalty Kicks will be granted at U-10.

Law XV-The Throw-In

Conform to FIFA.

Law XVI-The Goal Kick

Conform to FIFA.

Law XVII-The Corner Kick

Conform to FIFA with the following exceptions:

Opponents must be eight (8) yards away before kick is allowed.

