



10U Rec Soccer Rules

Ball Size: Size Four (4)

Field Size: Approximately 70 yards x 40 yards

Goal Size: Approximately 7' Height x 14' Wide

Rosters:

- The game is played 9 vs 9, including the goalkeeper.
- The maximum number of players on a roster should not exceed sixteen (16).
- Each player shall play a minimum of 50% of the total playing time.
- All players not playing in the game must be in the team box, located behind the touchlines.
- No Forfeits Teams may play with lesser players if necessary.

Equipment and Uniforms:

- Shin guards worn under the socks are mandatory.
- An NYS-administered or approved jersey must be worn during the game. All players must be wearing matching jerseys.
- Teams utilizing **NYS jerseys** must follow the following:
 - Home team wears **blue**, away team wears **white**.
- Jerseys should be tucked into shorts.
- Soccer cleats are required for this age group.
 - Baseball, football, track, or golf shoes are not allowed.
- No jewelry of any type is allowed. Newly pierced ears may be covered with tape or bandage.

Referees/Officials:

- NYS will provide one official for each game.
- All Coaches and spectators, who are watching a game, are prohibited from commenting or questioning a call of the Referee officiating the game. A disruption of this nature may result in disciplinary action upon review by the League Director.
- **FOR COMMENTS ON HOW A REFEREE IS OFFICIATING, TAKE YOUR ISSUES TO THE LEAGUE DIRECTOR.**

Game Duration:

- Each game will consist of two (2), twenty-minute (20) halves.
 - Exception: Halves can be broken into quarters based on weather conditions.

- Halftime will be 5 minutes long.

Start of Play:

- A coin flip will take place at the beginning of each game. The team that wins the coin flip will get to choose if they would like to kick off or choose a side to defend.
- Play starts with a kick-off at the center mark of the field.
- The opposing team must stand 10 yards from the ball at each re-start.
- Players may not touch the ball twice at the start of play.
- Teams shall rotate sides and kick-offs at the half.

Substitutions:

- Substitutions are unlimited and allowed during any dead-ball situation or for injuries.
- Referees must be notified prior to a substitution.
- Players are not allowed to run on or off the field during play.

Throw-Ins:

- A throw-in will be awarded when the ball completely crosses the sideline.
- Illegal throw-ins will be enforced. Upon an illegal throw-in the opposing team will be awarded a throw-in.

Goal Kick:

- A goal kick is awarded when the offense kicks the ball over the opponents' goal line. The ball is put back into play by the defending team, taken from a point anywhere within the smaller goal box area.
- The opposing team must remain ten (10) yards from the larger goal box until the ball is kicked.
- The ball must leave the goal area to be in play or the kick is retaken.

Corner Kick:

- A corner kick is awarded when the defense kicks the ball over their goal line.
- The offensive team restarts play with a corner kick from within the corner arc on the side from which the ball went out of play.
- Defensive players must stand ten (10) yards away from the ball until the ball is touched and travels in a forward motion.
- The player taking the corner kick cannot touch the ball a second time unless it has been touched by another player.

Free Kicks:

- The referee, according to the infraction, will award direct or indirect free kick.
- Opposing players must stand ten (10) yards away from the ball until the ball is kicked.

Penalty Kicks:

- Penalty kicks are awarded when the defense commits a foul or infraction in the penalty area.
- Penalty kicks will be placed nine (9) yards from the goal line.

Offside:

- The offside rule will be in effect and taught in this age group. However, it will be called at the referee's discretion, for plays in which offsides is blatant.

- A player is offside when he/she is in the opponent's half of the field, nearer the goal than the second to last defender and/or the ball and involved in play.
- Any player directly involved in a play, that is in an offside position will be called offside and a free kick will be awarded to the opposing team at the spot of the foul.

Slide Tackling and Heading:

- All Players shall **NOT** head the ball directly from the air in any match or competition, nor shall these players practice heading the ball in any organized team setting. If a player deliberately heads the ball in a match, the referee shall award a free kick to the opposing team at the spot of the infraction. If the heading occurs within the penalty area, the referee shall move the ball outside the penalty area and award a free kick to the opposing team.
- Slide tackling is never allowed. If a player deliberately slide tackles in a match, the referee shall award a direct free kick to the opposing team at the spot of the infraction. If the infraction occurs within the penalty area by the defense, the referee shall award a penalty kick to the opposing team.

Cards and Send-Offs (Ejections):

- The referee will show yellow (caution) and red (sending off) cards in accordance with the laws of the game. A red card results in ejection from the game. Red cards shown for serious infractions may result in ejection for the remainder of the season with reinstatement only with the permission of the League Director.

Scores and Standings:

- This is intended to be an instructional program, not a competitive league. Scores and standings will not be kept.

Coaches and Spectator Conduct/Responsibilities

- Family members, parents, and spectators are required to observe the contest from designated areas.
- Participants, coaches, parents, and family members must conduct themselves appropriately during gameplay.
- Participants, coaches, parents, and family members will refrain from the use of drugs, tobacco, and alcohol at all NYS facilities. Any use of these items will result in immediate removal from the field.
- Artificial noisemakers, such as, but not limited to, air horns, cowbells, drums, megaphones, car horns, etc., shall not be allowed. Electronic devices used to communicate between the Players and Coaches is not allowed.
- Inappropriate, rude, or confrontational behavior by a coach, player, or spectator may lead to disqualification from the game and possible suspension. These decisions are made at the sole discretion of the NYS League Officials.

RULES SUBJECT TO CHANGE WITHOUT NOTICE