

# U10

## Laws of the Game

The official rules to the Walkerton Youth Soccer (WYS) program are the Indiana High School Athletic Association's (IHSAA) adaptations of the National Federation of State High School Association (NFHS) rule book. The NFHS rulebook is the standard and the final law to any situation that is not discussed in the following rules. The following rules are modified to age specific program standards. The WYS rules are simplified for better understanding.

**1. The Field** - Length no more than 90 yards nor less than 75 and its width not more than 60 yards nor less than 50 yards.

**2. The Ball** - size 4.

**3. The Players and Substitutions** - U10 play 11v11 (varies by season). Teams may be co-ed and EVERYONE plays a minimum of 50% of the game. Players are required to attend 50% of practices to be eligible for 50% of game time.

Short sided teams must play with an equal number of players on the field.

- Either team may substitute an unlimited number of players:

- a. between periods
- b. when a goal is scored
- c. on a goal kick
- d. a player is injured and the referee allows
- e. when a player from either team is cautioned (yellow card) or disqualified (red card).

-The team in possession of the ball may substitute an unlimited number of players:

- a. On a throw-in or,
- b. On a corner kick.

-The team not in possession of the ball may substitute:

- a. on a throw-in only if the team possessing the ball substitutes.
- b. a stoppage of play and the referee allows. (When ball is kicked out of bounds and it takes additional time to recover the ball).

-To request a substitution, a substitute who desires to enter the game goes to mid-field and the coach beckons the referee. *Entry onto the field is prohibited without the approval of an official.*

-Goal keepers may change any time the clock is stopped or at normal substitution times, provided the uniforms are legal. Anytime a goal keeper is changed an official shall be notified under penalty of a caution (yellow card).

**4. Players Equipment** - Players will dress in appropriate attire according to the weather, but must have their team shirt exposed, players must wear socks and a good pair of running shoes. Soft-cleated soccer shoes may be worn. No shoe with a front toe cleat may be worn at any time. Shin guards are required for safety reasons and must be covered by a pair of high socks.

-The goal keeper's shirt /jersey shall be distinctly different from that of the opponent, teammates or the officials.

-Illegal equipment shall not be worn by any player. This applies to any equipment which, in the opinion of the referee is dangerous or confusing. Such as ball caps, visors, casts or braces made of any hard material.

-Jewelry shall not be worn except for religious and medical medals. Religious medals must be taped and worn under the uniform. Medical alert must be taped and may be visible.

Each coach shall be responsible for ensuring that each of his/her players are properly equipped. Prior to the game, shirts shall be tucked in the pants unless manufactured to be worn outside. Officials may allow exceptions ONLY for weather reasons.

**5. Officials** - The Official's job is to keep the playing environment FUN, SAFE and focused on the child.

In addition officials keep time, score, enforce the rules, stop and restart the game. When the official stops the game because of a foul, ball out of play, goal or another reason, they will take the time to explain to the players why, if possible! This is the BEST time to educate all on the Laws of the Game. See the Indiana High School Athletic Association's (IHSAA) rule book for referee responsibilities.

**6. Assistant Referees** - Not used in the small sided game. Coaches are required to provide line judges for the game if needed. Line judges will report to the official prior to the start of the game.

**7. Duration of the Game** - Four ten minute quarters with two minute break between quarters and a five minute rest period at the half.

**8. Start of Play** - All players must be on their own half of the field with one team kicking off. Opponents must be 5 yards from the center mark at the kick off. The referee will signal the start of the game with a whistle.

-Before the game the referee will decide who will kick off to begin the game and then change the kick off team at the beginning of each quarter.

-After the kick off, the ball may be played by any player except the one kicking off. The kicker may not touch the ball until it has been played by another player on either team. Kick off is intended to ensure possession and should go forward to a teammate. The ball is not kicked to the other team.

**9. Ball In and Out of Play** - When the WHOLE of the ball goes over the WHOLE of the boundary line, the ball is out of play.

-The ball is in play at all other times, including:

- a. when it rebounds from a goal post,
- b. when it touches an official,
- c. after a free kick or kick off,
- d. when a drop-ball touches the ground
- e. until an official sounds the whistle.

-The referee shall sound a whistle when needed to indicate that the ball is out of play or for a foul. *As soon as the ball is in position to be played, it may be played without a second whistle.*

-A second whistle is required to restart play for:

- a. penalty kick
- b. after a substitution
- c. caution, disqualification
- d. injury
- e. encroachment

-A drop-ball will be used in cases of no clear possession of the ball during a stoppage of play.

**10. Method of Scoring** - A goal is scored when the WHOLE of the ball goes over the WHOLE of the part of the goal line defined by the cones or actual goal.

-A goal may not be scored directly from an indirect free kick, a throw-in or a free kick into a teams own goal.

**11. Offside** - A player is in an offside position when nearer to his/her opponents' goal line than the ball, unless:

- a. the player is in his/her own half of the field or;
- b. the player is not nearer to the goal than at least two opponents.

-A player shall not be penalized for being in an offside position if the ball is being received directly from a goal kick, a corner kick or a throw-in.

-A player shall only be penalized for being in an offside position if, at the moment the ball touches a teammate, that player is involved in active play by:

- a. interfering with play or with an opponent; or
- b. gaining an advantage by being in that position.

## **12. Fouls and Misconduct -**

### ***I. Spitting, Kicking, Striking, Tripping, Handling, Pushing, Holding and Charging***

1. A player shall not spit, kick, strike attempt to kick or strike or jump at an opponent.
2. A player shall not trip, or attempt to trip an opponent.
3. A goalkeeper shall not strike or attempt to strike an opponent by throwing or kicking the ball at an opponent or by pushing an opponent with the ball while holding it.
4. A player shall be penalized for deliberately handling, carrying, striking or propelling the ball (exception: Goalkeeper within his own penalty area. A goalkeeper has no privileges outside of his/her penalty area).
5. A player shall not hold or push an opponent with the hand(s) or arm(s) extended from the body.
6. A player shall be penalized for charging in a dangerous or reckless manner, or using excessive force.
7. A player shall not, in any manner, charge into the goalkeeper in the penalty area unless the goalkeeper is obstructing the player or dribbling the ball with the feet.

**PENALTY: Direct Free Kick**

### ***II. Obstruction, Dangerous Play***

1. A player may not cause an obstruction. Obstruction is the deliberate act by a player, not in possession of the ball and/or not attempting to play the ball, of running between the opponent and the ball or using the body as an obstacle.
2. A player shall not participate in dangerous play, which is an act an official considers likely to cause injury to any player. This includes playing in such a manner which would or could cause injury to self or another player (opponent or teammate).

**PENALTY: Indirect Free Kick**

### ***III. Restriction on the Goalkeeper***

1. From the moment a goalkeeper takes control of the ball with the hands when playing as a goalkeeper within his/her own penalty area, he/she has six seconds in which to release the ball into play. During that interval he/she may hold the ball, bounce it, or throw it into the air and catch it. Once the ball has been released into play, the goalkeeper may not touch it again until it has been played or touched by another player of the same team outside the penalty area or a member of the opposite team either inside or outside the penalty area.

2. On any occasion, when a player deliberately kicks the ball to his/her own goalkeeper, the goalkeeper is not permitted to touch the ball with his/her hands. Only if the player passes with his head, then the goalie can use his hands.

3. A goalkeeper shall not touch the ball with his /her hands after receiving it directly from a throw-in.

**PENALTY: Indirect Free Kick awarded to the opponent at the spot of the violation, unless in the goal area.**

#### *IV. Misconduct*

A player, coach or bench personnel shall be cautioned (yellow card) for:

1. Entering or leaving the field of play, except through the normal course of play, without the permission of an official.

2. Persistent infringement of any of the rules.

3. Objecting by word of mouth or action to any decision given by an official (dissent).

4. Any incidental use of vulgar or profane language.

5. Unsporting conduct, including, but not limited to:

a. coaching outside the team area.

b. unnecessary delay (kicking, throwing the ball away on a free kick, ect.)

c. deliberate verbal tactics

d. holding a shirt or short, etc

e. encroachment

f. deliberate handling to stop an attack

g. faking an injury

h. simulating a foul

**PENALTY: A cautioned player shall leave the field and may be replaced. The cautioned player shall not return to the game until the next legal substitution opportunity. An Indirect Free Kick shall be awarded at the spot of the ball unless the game has been stopped for some other reason calling for a different restart.**

6. A player, coach, or bench personnel shall be disqualified (yellow and red card) and the number of players on the field shall not be reduced for: taunting, excessive celebration, subsequent caution. **PENALTY: An Indirect Free Kick shall be awarded at the spot of the ball unless the game has been stopped for some other reason calling for a different restart.**

7. A player, coach or bench personnel shall be disqualified (red card) and not replaced for:

a. exhibiting violent conduct

b. committing serious foul play:

- a player (other than the goalkeeper) anywhere on the field who deliberately handles the ball to prevent it from scoring a goal.

- a foul by a player against an opponent who is moving toward his/her goal with an obvious goal scoring opportunity.

c. spitting at another person

**PENALTY: A Direct Free Kick shall be awarded at the spot of the ball unless the game has been stopped for some other reason calling for a different restart.**

d. using insulting, offensive or abusive language or gesture.

e. leaving the team area to enter the field where a fight or altercation is taking place unless summoned by an official

**PENALTY: An Indirect Free Kick shall be awarded at the spot of the ball unless the game has been stopped for some other reason calling for a different restart.**

### **Coach Responsibility:**

-The coach may be cautioned or disqualified either for team misconduct or for bench misconduct that cannot be attributed to a specific individual.

-A coach who is disqualified shall leave the vicinity of the playing area immediately and is prohibited from any contact, direct or indirect, with the team during the remainder of the game. Failure to comply will result in termination of the game.

**PENALTY: After the coach complies, the game will be started by an Indirect Free Kick awarded at the spot of the ball unless the game has been stopped for some other reason calling for a different restart.**

**13. Free kicks** - Free kicks shall be classified "direct" from which a goal may be scored against the defending team or "indirect" from which a goal may not be scored unless the ball is touched by another player of either team.

- All free kicks with the exception of kickoffs and penalty kicks may be taken in any direction.

- Any free kick awarded to the defending team within its own goal area may be taken anywhere inside the goal area.

- Any indirect free kick awarded within its opponents goal area shall be taken from the part of the goal-area line that runs parallel to the goal line at the point nearest to where the offense occurred.

- Any player of the awarded team may take a free kick.

- The opposing players must stay 5 yards away from the ball until it is kicked, unless they are standing on their own goal line between the posts.

-If the free kick is awarded to the defending team in its penalty area, opponents must stay the required distance away *and* shall stay outside of the penalty area until the ball clears the penalty area.

-The kicker may not play the ball until it has been touched by another player.

**14. Penalty kick** – A penalty kick shall be awarded when a foul, which ordinarily results in a direct free kick, occurs within the offending team's penalty area.

-All players except the kicker and the opposing goalkeeper shall be within the field of play but outside the penalty area and at least 5 yards from and behind the penalty mark until the ball is kicked.

-The opposing goalkeeper shall stand on the goal line, between the goal posts until the ball is kicked. Lateral movement is allowed, but the goalkeeper is not permitted to come off the line by stepping or lunging forward until the ball is in play.

- The ball shall be kicked while it is stationary on the penalty mark. Once a kicker starts his/her approach towards the ball, he/she may not interrupt his/her movement. Failure to kick the ball as specified shall result in a rekick.

- After the penalty kick is properly taken, the ball may be played by any player except the one who executed the penalty kick. The kicker may not play the ball until it has been touched by another player on either team.

**15. Throw-in** - When the ball goes completely over one of the longer boundary lines last touched by a player on team "A", a player on team "B" shall throw the ball back into play. *A goal may not be scored directly from a throw-in.*

-The thrower shall use both hands and shall deliver the ball from behind and over the head in one continuous movement, with both feet on the ground on or behind the touchline. Failure to throw the ball as specified will result in awarding possession to the opposing team.

-An opponent shall not interfere with nor impede the actions of the thrower while the throw-in is being taken. **PENALTY: Caution for unsporting conduct.**

- A thrower may not play the ball until after it has been played by another player.
- If the ball fails to enter the field of play on a throw-in, the ball is awarded to the opponent at the spot of the infraction.

**16. Goal Kick** - If the team attempting to score goal kicks the ball over the goal line outside or over the goal posts, the opposing team puts the ball back into play with a goal kick. The kick can be taken anywhere in the goal box, kicked in any direction, and opposing players must stay 5-6 yards away and outside the penalty area. *A goal may be scored directly from a goal kick.*

- Once spotted, the ball shall be kicked from the ground from any point within the goal area by any player of the defending team. The goal kick shall clear the penalty area and enter the field of play. If the ball is not kicked beyond the penalty a rekick will occur.
- Opponents must stay outside the penalty area until the ball has cleared the penalty area.
- The kicker may not play the ball until after it has been played by another player.
- The goalkeeper shall not pick up the ball and play it.

**17. Corner Kick** – A corner kick shall be awarded to the attacking team when the entire ball passes over the whole of the goal line, excluding the portions between the goal posts and under the crossbar, having last been touched by the defending team. *A goal may be scored directly from a corner kick.*

- Players of the defending team must stay 5-6 yards from the ball until it has been kicked.
- The ball shall be kicked from the ground within the quarter circle. The ball is in play when it is kicked and moves. Failure to kick the ball as specified shall result in a rekick.
- The kicker may not play the ball until after it has been played by another player.
- An offensive player who is not offside during a corner kick may be put in an offside position during subsequent play.
- The ball can be placed on either corner.

Referees Decision is Final.