

U10 RULES FOR 2026 CHALLENGE CUP TOURNAMENT

AGE OF PLAYERS	U10
BALL SIZE	4
DURATION OF GAME	2X25 minutes (In case of an injury delay, end game at least 5 minutes prior to the next game.)
HALF TIME (HT) PERIOD	5 minutes
KICK OFFS	Winner of coin toss chooses to kick off or end to attack. Loser gets the remaining choice. For the second half, the teams switch ends and the other team kicks off. A backward kick is OK.
# OF PLAYERS ON THE FIELD	7 v 7, minimum is 5
SUBSTITUTION OPPORTUNITIES	Unlimited subs at any stoppage with ref's permission. Incoming subs must be at halfway line.
GOALKEEPER?	Yes
ENFORCE THE 8 SECOND VIOLATION BY GOALKEEPER ON A SAVE?	Per the 2025 Law change, the ref will begin counting seconds silently for 3 seconds when keeper gains control of the ball with hand(s) on a save. After 3 seconds, the ref will raise an arm with hand open signaling 5 and continue counting downward aloud. The hand can be lowered as the fingers are closed one at a time until the ball is put into play or the count reaches zero. At zero if the ball is still in the GK hand(s) the referee will blow the whistle and award a corner kick to the opposing team.
ENFORCE THE 3 KEEPER VIOLATIONS?	Yes - using hands after a foot pass from a teammate, throw-in from a teammate, or after releasing the ball. The sanction is an indirect free kick (NOT a penalty kick) from where a hand was used, unless inside the Goal Area (then nearest point on the Goal Area Line)
IS PUNTING ALLOWED?	No. If GK punts the ball, the opponents will be awarded an IDFK from where the punt was made unless it was inside the Goal Area (the IDFK will be taken from the Goal Area Line)
IS HEADING ALLOWED?	If a player intentionally heads the ball, an IDFK will be awarded to opponents from spot of foul (or 6-yard line if inside the Goal Area).
IS BUILD OUT LINE USED?	Yes - when Goalkeeper makes a save, for a Goal Kick and for Offside
IS OFFSIDE PENALIZED?	Yes - but only between the Built Out Line and the Goal Line
GOAL KICKS	Ball is placed on the ground anywhere in the Goal Area. Opponents may cross the Build Out Line when the ball is kicked and clearly moves.
FREE KICKS	IDFK, DFK
REQUIRED DISTANCE OPPONENTS MUST BE FROM BALL AT FREE KICKS	8 yards
WILL A GOAL BE ALLOWED WHEN BALL IS KICKED DIRECTLY FROM A KICK OFF, GOAL KICK OR CORNER KICK?	Yes
PENALTY KICKS?	Yes
ALLOW REDO'S ON IMPROPER THROW-INS?	No
OVERTIME?	Only for a playoff game. Two full 5-minute periods. If still tied after overtime, proceed with a penalty shootout.
The referee will be unassisted by any assigned AR's or volunteer linespersons except for a final, when a full 3-person crew will be assigned.	
The referee or a tournament official must collect a roster with "approved" stamp from coaches prior to each game.	
Referee will NOT read the names aloud; only do a "safety check" to save time & keep games on schedule.	
No jewelry is allowed--including all bracelets & ear rings. Tape over piercings is not acceptable; jewelry must be removed	
Home team wears dark jerseys; Away team wears light colored jerseys.	
The Home team is to prove the game ball. (If Home team does not have a suitable ball, Way team may provide the ball.)	
Winning team must initial/sign the game card after the match. If there is a tie, the home team coach must initial/sign the game card. Referees will give game cards to a Fire FC volunteer, who will assist in collecting after each round of games.	
A Red Card issued to a player or coach or a spectator sent off will be reported on the Game Report Card and a Supplemental Report (available at referee headquarters) will be completed at the referee's earliest opportunity.	
Coaches are responsible for gathering their roster from the referee after each game. If a roster is not returned to a coach, it will be delivered to the site coordinator by the referee.	