

## U10 RULES FOR 2026 GRAND MESA INVITATIONAL TOURNAMENT

AGE OF PLAYERS	U10
BALL SIZE	4
DURATION OF GAMES	2x25 min. (In the 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 FIELD	7v7, minimum is 5
SUBSTITUTION OPPORTUNITIES	Unlimited subs at any stoppage with Ref's permission. Incoming subs must be at half-way line.
GOALKEEPER?	Yes
ENFORCE THE 3 KEEPER VIOLATIONS RESTARTED WITH INDIRECT FREE KICK?	Yes - using hands following a deliberate foot pass from a teammate, a throw-in from a teammate, or after releasing the ball. Penalty is an indirect free kick ( <b>NOT a penalty kick</b> ) from the spot of the infringement, unless inside the goal area (then nearest spot on the Goal area line)
ENFORCE NEW 8-SECOND RULE FOR KEEPER VIOLATION?	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 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 at the corner nearest to the ball.
BUILD OUT LINE (abbrev. as BOL)	Yes - When GK gains control of the ball with hands, opponents move behind the BOL. Ball is placed on ground anywhere in Goal Area for Goal Kick. Opponents move beyond BOL. Goal kick is "in play" when ball is kicked and clearly moves.
GOAL KICKS	
OFFSIDE PENALIZED?	<b>Yes, Between BOL and Goal Line</b>
FREE KICKS	IDFK, DFK
REQUIRED DISTANCE OPPONENTS MUST BE FROM A FREE KICK	8 yards
WILL YOU ALLOW A SCORE DIRECTLY FROM A KICK OFF, GOAL KICK OR CORNER KICK?	Yes
PENALTY KICKS?	Yes
HEADING ALLOWED?	No. If heading is intentional, opponents restart with IDFK from spot of the offense - except if by defender inside own Goal Area, IDFK is from the Goal Area Line (parallel to the Goal Line)
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).
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.
U10 games will be officiated by only one Referee unassisted by any assigned AR's or volunteer linespersons other than the final, when a full 3-person crew will be assigned.	
The referee or a GMIT official must collect a roster with "approved" stamp on it from coaches prior to each and every game. Referee will NOT read the names aloud; only do a "safety check" to save time & keep games on schedule.	
Home team wears dark jerseys; Away team wears light colored jerseys.	
The Home team is to provide the game ball. (If Home team does not have a suitable ball, Away 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 card 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 send off will be reported on the Game Report Card and a Supplemental Report (available at the "Ref Tent") will be completed at the referee's earliest opportunity.	
Coaches are responsible for gathering roster from referee after each game. If rosters are not returned to a coach, they will be delivered to the site coordinator by the referee.	