

10U COED Division Rules



Revised: March 2026

1 Number of Players: 7v7

Registration: All players must have properly completed registration forms for the Tigers FC Recreational soccer program.

Equipment:

- Shin guards are mandatory, Sock over shin guards
- Size 4 ball.
- League shirt required.
- Soccer cleats are recommended (no baseball cleats). Tennis shoes are allowed.
- No jewelry of any type. Soft (non-metallic) sweatbands, rubber bands, scrunchies are allowed.
- During cold weather, league shirt must be shown over garments.
- Water to drink

Field Dimensions: 50 yds. x 40 yds.

Goal Dimensions: 6 ft. x 72 ft.

Game Duration: Two twenty-five (25) minute halves, Five (5) minute half time

Game Rules: (all rules will conform to FIFA, except where the league has instituted changes)

Unlimited substitution with referee's permission. Player must be at the center line at the time of stoppage of play for substitution.

- Prior to a throw-in by either team
- Prior to goal kick by either team
- After a goal by either team
- After an injury on either team when referee stops play
- At half time

Throw-ins occur when the ball goes out of play over the touchline. Second tries will be given for the first two games.

Eight Yard Rule. Start of play and Free kicks will take place with all opposing players at least 8 yards away from the ball.

Goal Kicks. Ball can be placed anywhere in the goal box for Goal Kicks.

Buildout Line Reminders:

- When the goalkeeper has the ball: in their hand from the opponent or for a goal kick, the opposing team must move behind the buildout line until the ball is put into play.
- Once the opposing team is behind the buildout line, the goalkeeper can pass, throw or roll the ball into play (punting/drop kicks are not allowed)
- After the ball is put into play by the goalkeeper, the opposing team can cross the buildout line and play resumes as normal.
- If the goalkeeper is playing the ball with their feet, they are considered a field player and the buildout line does not come into play.
- If a goalkeeper punts the ball, an indirect free kick should be awarded to the opposing team and taken on the penalty area line parallel to the goal line at the nearest point to where the infringement occurred.
- The buildout line will also be used to denote where offside offenses can be called
- Players cannot be penalized for an offside offense between the halfway line and the buildout line
- Players can be penalized for an offside offense between the buildout line and the goal line

THERE SHALL BE NO ROUGH or OUT OF CONTROL PLAY. PLAYERS MAY NOT SLIDE TACKLE.

Heading:

All players shall not engage in heading in practice or in games.

If a player deliberately heads the ball, the referee will award an indirect free kick (IFK) to the opposing team from the spot of the infringement. An indirect free kick awarded inside the goal area must be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.

Referees:

The center referee will be assigned. Coaches and assistant coaches may referee their own games if an assigned referee is not available. No assistant referees will be used.