

Catawba Cup Soccer League Under 10 (U10) Playing Rules



Zero Tolerance for Profanity, Fighting, Official Abuse

There will be zero tolerance for profanity, fighting, or abuse of officials from players, coaches, or fans. On-field profanity or fighting will result in an immediate red-card with no substitution allowed. Coaches - please let your players know this.

Printed Roster / No Changes to Roster

Each team shall provide the league with a printed and digital roster within two (2) weeks after the first game of the season, but preferably before. At a minimum, the roster should contain the team names, coaches' names, player names, and jersey numbers. The purpose of the roster is to verify that teams use a consistent roster. Rosters will be placed in a notebook and provided to the officials at each location. **No changes to the roster are permitted once they are submitted. Any team that uses any player other than those on the roster shall forfeit the game(s) that player participated in.**

Playing Age

Playing age for U10 is 8 or 9 years old as of August 31. Exemptions may be approved by agreement of all Catawba Cup members.

Heading

Per AYSO guidelines, heading is banned at all levels U10 and below. An indirect free kick will be awarded to the opposing team if a player deliberately touches the ball with his/her head during a game. The indirect free kick is to be taken from the place where the player touched the ball with his/her head. An indirect free kick awarded to the attacking team inside the opposing team's goal area, must be taken on the goal area line parallel to the goal line at the point nearest to where the player touched the ball with his/her head.

Law 1: The Field of Play

Dimensions: The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line. These dimensions may be increased during the end-of-season tournament if single field is being used for U10 and U13.

Length: minimum 45 yards maximum 60 yards

Width: minimum 35 yards maximum 45 yards

Field Markings: The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of eight (8) yards is marked around it.

The Goal Area: A goal area is defined at each end of the field as follows: Two lines are drawn at right angles to the goal line five (5) yards from the inside each goalpost. These lines extend into the field of play for five (5) yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the goal area.

The Penalty Area: A penalty area is defined at each end of the field as follows: Two lines are drawn at right angles to the goal line, ten (10) yards from the inside of each goalpost. These lines extend into the field of play for ten (10) yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area. Within each penalty area a penalty mark is made eight (8) yards from the midpoint between the goalposts and equidistant to them.

Flag posts: Conform to FIFA.

The Corner Arc: Conform to FIFA.

Goals: Goals must be placed on the center of each goal line. They consist of two upright posts equidistant from the corner flag posts and joined at the top by a horizontal crossbar. The maximum distance between the posts is twenty-one (21) feet and the maximum distance from the lower edge of the crossbar to the ground is seven (7) feet.

Safety: Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement and are properly weighted.

Law 2: The Ball: Size four (4).

Law 3: The Number of Players, Substitutions, Required Playing Time:

Number of Players:

A match is played by two teams, each consisting of eight players, one of whom is the goalkeeper. A match may not start if either team consists of fewer than six players.

Substitutions:

- **possessing team's throw-in:** If the possessing team makes a substitution before their throw-in, the defensive team is allowed to make a substitution also and play will be held until the substitution is made. If the possessing team does not make a substitution, a defensive substitution will not be allowed.
- **possessing team's corner kick:** If the possessing team makes a substitution before their corner kick, the defensive team will be allowed to make a substitution as well and play will be held until the substitution is made.

- **goal kick:** If the possessing team makes a substitution before their goal kick, the defensive team will be allowed to make a substitution as well and play will be held until the substitution is made.
- **foul kick:** If the possessing team makes a substitution before their foul kick, the defensive team will be allowed to make a substitution as well and play will be held until the substitution is made.

Playing time: Each player **SHALL** play a minimum of 50% of the total playing time. Teams and matches are coed. **Nothing in this rule may be construed to mean that players may only play half of a game.**

Law 4: The Players Equipment: Conform to FIFA. Non-uniform clothing (such as leggings, soft hats, or long-sleeve undershirts) is allowed based on weather conditions, but jerseys must not be covered meaning the non-uniform clothing must be worn under the jersey. Shin guards are required.

Law 5: The Referee: A registered referee is recommended. All rule infringements shall be briefly explained to the offending player. Coaches may ask for an explanation as well.

Law 6: The Assistant Referees: One assistant referee will be used during game play and will have shared duties on the field with the referee.

Law 7: The Duration of the Match: The match will be divided into two (2) equal halves of twenty (20) minutes each. There shall be a half-time interval of five (5) minutes.

Law 8: The Start and Restart of Play: Conform to FIFA except for the opponents of the team taking the kick-off are at least eight (8) yards from the ball until it is in play.

Notes:

- FIFA rules allow for a reverse kick to start the games or restart play.
- The kick-off is a free kick and therefore goals may be scored from a kick-off

Law 9 – The Ball in and Out of Play: Conform to FIFA.

Law 10 – The Method of Scoring: Conform to FIFA.

Law 11 – Offside: Conform to FIFA.

Law 12 – Fouls and Misconduct: Conform to FIFA with the following exceptions:

- An indirect free kick is awarded to the opposing team at the center spot on the halfway line if a goalkeeper punts or drop-kicks the ball in the air from his/her penalty area into the opponent's penalty area.
- **Slide tackling WILL NOT be allowed. Sliding when not tackling a player is allowable.**

Law 13: Free Kicks: Conform to FIFA with the exception that all opponents are at least seven (7) yards from the ball.

Law 14: The Penalty Kick: Conform to FIFA with the exception that the penalty mark is made eight (8) yards from the midpoint between the goalposts and equidistant to them.

Law 15: The Throw-In: Conform to FIFA.

Law 16: The Goal Kick: Conform to FIFA.

Law 17: The Corner Kick: Conform to FIFA with the exception that opponents remain at least seven (7) yards from the ball until it is in play.

Law 18: Tournament Rules: (In event of a tie)

Over Time and Shoot-Out:

Overtime

There will be a 10-minute overtime consisting of two 5-minute halves. After the first half, the teams switch ends of the field. This overtime is NOT sudden death. The full ten minutes will be played. If the tie is not broken in overtime, a shoot-out will determine the winner.

Shoot-Out

If there is a shoot-out, both teams will meet at the center circle for instructions from the officials. **All players are the team are eligible for the shoot-out. Teams may designate a new goalie for the shoot-out. Goalies are allowed to be a shooter. *The same goalie must be used throughout the shoot-out.***

Each coach will pick 5 players and provide their jersey numbers to the officials. The players will shoot in the order in which they were provided to the officials. Teams will alternate shooting. Team A will shoot with Team B protecting the goal. Team B will then shoot with Team A protecting the goal. Teams will alternate until all 5 shooters of each team have taken their turn. Once a player has shot, they must exit the field toward the touchline opposite from the bench. There are two penalty markers - one for U10 and one for U13. Only the shooter and goalie are allowed near the goal. All other players and coaches must remain behind the center line or on the bench.

Method

- The official will place the ball on the marker.
- The official will ask if the keeper is ready. If so, the official will blow his whistle and then the shooter will shoot. The shooter must use a "fluid" motion and make

only one strike. No dribbling, stopping, or stuttering is allowed. If any of these occur, then the turn is lost.

- The goalie must remain on the goal line and cannot move off the line until the ball is struck (move forward to the shooter). The goalie may jump, wave their arms, and move side to side if they do not come off the line. If a goalie comes off the line and a shot was missed, the shooter will take a re-kick.
- If at the end of 5 shooters, there is still a tie, then the coaches will then provide players 6 - 10. If a team does not have 10 players, they may use player 1, 2 etc. in their original order again to get their complement of shooters. All players on the team must be used before using player 1 again.
- Starting with round six, the shootout goes to single elimination. Once a team scores and the other does not, the match is decided. For example, if in the 6th round of the shootout, Team A scores and Team B fails, Team A wins the game. There would be no rounds 7 – 10.