

**Altus Soccer Club U-10 Small-Sided Rules  
(US Youth Soccer – Laws of the games)**

**LAW 1 - The Field of Play** - 60 Yards long by 40 Yards wide.

**LAW 2 - The Ball** - Size 4.

**LAW 3 - The Number of Players** - A match is played by two teams, each consisting of not more than 6 players on the field, 1 of whom is the goalkeeper. *Substitutions:* At any stoppage and unlimited.

Playing time: Each player SHALL play a minimum of 50% of the total playing time. See Guideline 15.

**LAW 4 - Players equipment** - Shin guards MUST be worn, and COVERED, during ALL practices and games. Tennis shoes or cleats (no toe cleats). Appropriate pants (according to weather) with no pockets. Team jersey must be showing at all times, jackets sweatshirts etc. will be worn under jersey. No jewelry.

**LAW 5 - The Referee** – Registered referee grade 9 or higher. All rule infringements shall be briefly explained to the offending player.

**LAW 6 - The Assistant Referees** - Not required. May use club linesmen if desired.

**LAW 7 - The Duration of the Match** - The match lasts two equal periods of 25 minutes. There shall be a half-time interval of 5 minutes.

**LAW 8 - The Start and Restart of Play** - A coin is tossed and the team that wins the toss decides which goal it will attack in the first half of the match. The other team takes the kick-off to start the match. The team that wins the toss takes the kick-off to start the second half of the match. In the second half of the match, the teams change ends and attack the opposite goals. A goal may be scored directly from the kick-off. After a team scores a goal, the other team takes the kick-off. A kick-off is a way of starting or restarting play:

- At the start of the match
- At the start of each quarter of play
- After a goal has been scored

Procedure:

- All players are in their own half of the field
- The opponents of the team taking the kick-off are at least 8 yards from the ball until it is in play
- The ball is stationary on the center mark
- The official gives a signal
- The ball is in play when it is kicked and moves forward
- The kicker does not touch the ball a second time until it has touched another player

**LAW 9 - The Ball In and Out of Play** - The ball is out of play when:

- It has wholly crossed the goal line or touch line whether on the ground or in the air
- Play has been stopped by the referee

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

- It rebounds from a goalpost, crossbar or corner flagpost and remains in the field of play.
- It rebounds from either the referee or an assistant referee when they are on the field of play.

**LAW 10 - Method of Scoring** - A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement has been committed previously by the team scoring the goal.

**LAW 11 - Offside** - None.

**LAW 12 - Fouls and Misconduct** - A direct free kick is awarded to the opposing team if a player commits any of the following six offenses in a manner considered by the referee to be careless, reckless or using excessive force:

- Slide tackles an opponent
- Trips or attempts to trip an opponent
- Charges an opponent
- Pushes an opponent
- Kicks or attempts to kick an opponent
- Jumps at an opponent
- Strikes or attempts to strike an opponent

A direct free kick is also awarded to the opposing team if a player commits any of the following four offenses:

- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately (except for the goalkeeper within his/her own penalty area).

An indirect free kick is awarded to the opposing team if a goalkeeper, inside his/her own penalty area, commits any of the following four offenses:

- Takes more than six seconds while controlling the ball with his/her hands before releasing it from his/her possession
- Touches the ball again with his/her hands after it has been released from his/her possession and has not been touched by another player
- Touches the ball with his/her hands after it has been deliberately kicked to him/her by a team-mate
- Touches the ball with his/her hands after he/she has received it directly from a throw-in taken by a team-mate. An indirect free kick is also awarded to the opposing team if a player, in the opinion of the referee:

- Plays in a dangerous manner
- Impedes the progress of an opponent
- Prevents the goalkeeper from releasing the ball from his/her hands. The indirect free kick is taken from where the offense occurred.
- No ball may be directly punted or drop-kicked in the air by the goalkeeper from one penalty area into the opponents' penalty area. The infraction is punished by giving the ball to the opponents for an indirect free kick taken at the center spot on the halfway line.

**LAW 13 - Free Kicks** - Opponents are at least 8 yards from the ball until it is in play. The ball must be stationary when the kick is taken and the kicker does not touch the ball a second time until it has touched another player. If a direct free kick is kicked directly into the opponents' goal a goal is awarded. If a free kick is kicked directly into the team's own goal a corner kick is awarded to the opposing team.

**LAW 14 - The Penalty Kick** - A penalty kick is the way to start play again after a defender commits a direct free kick foul inside the defending team's penalty area.

The ball is placed on the penalty mark (the penalty mark is 8 yards from the center of the goal line.) The player taking the penalty kick is properly identified. The defending goalkeeper remains on his/her goal line, facing the kicker, between the goalposts until the ball has been kicked. The players other than the kicker are located inside the field of play, outside the penalty area, behind the penalty mark and at least 8 yards from the penalty mark. The referee does not signal for penalty kick to be taken until the players have taken up position in accordance with the Law. The referee decides when a penalty kick has been completed. The player taking the penalty kicks the ball forward. He does not play the ball a second time until it has touched another player. The ball is in play when it is kicked and moves forward.

**LAW 15 - The Throw-In** - A throw-in is a method of restarting play. A goal cannot be scored directly from a throw-in. A throw-in is awarded:

- When the whole of the ball passes over the touch line, either on the ground or in the air
- From the point where it crossed the touch line
- To the opponents of the player who last touched the ball

At the moment of delivering the ball, the thrower:

- Faces the field of play
- Has part of each foot either on the touch line or on the ground outside the touch line
- Uses both hands

- Delivers the ball from behind and over his head. The thrower may not touch the ball again until it has touched another player. The ball is in play immediately when it enters the field of play.

- A goal cannot be scored directly from a throw in

**LAW 16 - The Goal Kick** - A goal kick is a method of restarting play. A goal may be scored directly from a goal kick, but only against the opposing team. A goal kick is awarded when:

- The whole of the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air, and a goal is not scored.

Procedure:

- The ball is kicked from any point within the goal area by a player of the defending team
- Opponents must remain outside the penalty until the ball leaves the penalty area
- The kicker does not play the ball a second time until it has touched a second player
- The ball is in play when it leaves the penalty area. No one either team can touch the ball until it is in play.

**LAW 17 - The Corner Kick** - A corner kick is a method of restarting play. A goal may be scored directly from a corner kick, but only against the opposing team. A corner kick is awarded when the whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air.

Procedure:

- The ball is placed inside the corner arc at the nearest corner flagpost
- The corner flagpost is not moved
- Opponents remain at least 8 yards from the ball until it is in play
- The ball is kicked by a player of the attacking team
- The ball is in play when it is kicked and moves
- The kicker does not play the ball a second time until it has touched another player

### **Guidelines for U-10 Coaches**

1. Coach packet **MUST** be with team at **ALL** practices and games. It contains Medical Release forms!!!
2. Do not leave children alone after practice or games. Make sure there are two adults present.
3. Let parents know what times practices end for those who drop off kids.
4. Practice time, days and place are up to coaches.
  1. May use fields as long as there are no games going on.
  2. If more than one team shows up to practice on the same field, share the field.
5. Keep children from hanging on nets and goals. This is very dangerous and could result in serious or fatal injuries.
6. Coaches use good judgment. You are the example to the kids on how they should conduct themselves. Show good sportsmanship.
7. Issues during the game should be brought up after the game ends, not during the game.
8. If a game needs to be cancelled you must first get approval by a board member.
9. All rescheduled games will be scheduled by the Registrar (April Cole) only.
10. Smoking is **NOT** permitted on OR near the playing fields.
11. **NO** animals are permitted on OR near the playing fields.
12. Please **DISPOSE** of trash properly and keep fields clean. Set a good example for our kids. Both teams are responsible for picking up trash on and around the field. Whoever is responsible for snacks should bring an extra bag for the trash.
13. If there are questions throughout the season, parents should talk with their child's coach first.
14. Shin guards **MUST** be worn, and **COVERED**, during **ALL** practices and games. Tennis shoes or cleats (no toe cleats). Appropriate pants (according to weather) with no pockets. Team jersey must be showing at all times, jackets sweatshirts etc. will be worn under jersey. No jewelry.
15. If a team does not have enough players then you can play down (5v5 etc). You can not use players from other teams and you must match players ( 5v5, 6v6 etc).