

Putnam County Youth Soccer Association

Recreational League

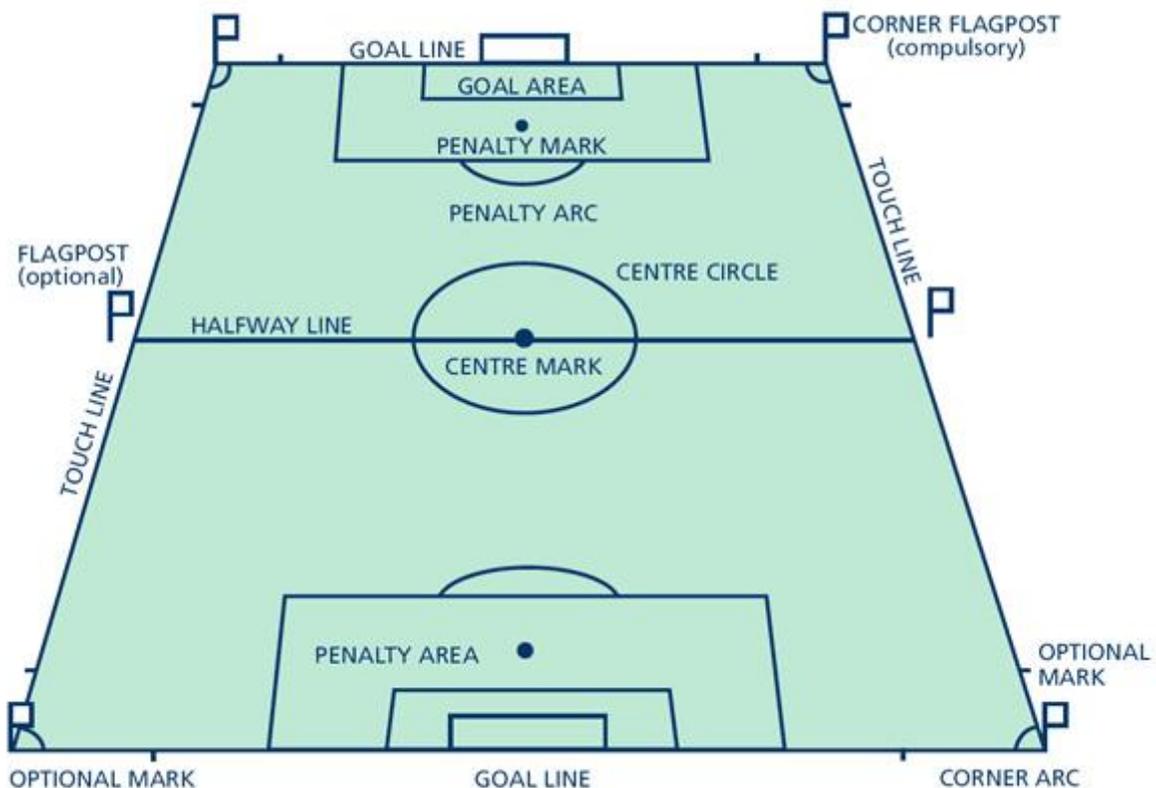
as of Spring 2015

Rules and guidelines for coaches and referees

U-10

(U-10 and U-9)

NOTE: These rules are based on US Youth Soccer Official U-10 Playing Rules for small-sided games, with some local adaptations. They are designed to assist young players in learning the game and its laws, while providing a common framework for the players, coaches and parents to enjoy their recreational soccer experience.



Game conditions and protocols:

- A. All games should be completed within one hour, to ensure games remain on schedule.
- B. Games take place regardless of the weather, *except* when officials sight lightning, severe weather, or as cancelled by PCYSA due to extremely poor playing conditions. Parents should dress children appropriately for the weather: rain, shine, hot, or cold, and provide water for them to drink.
- C. Opposing players and coaches should shake hands after the game, and thank the game official.
- D. Parents and spectators should be there to encourage the youngsters and enjoy the game. Negative comments towards players, coaches, or game official(s) are never appropriate.

FIFA Laws of the Game (as recommended by US Youth Soccer, and modified for PCYSA):**Law I - The Field**

As already determined at Big Walnut Sports Park; U-10 plays on fields 9 or 14. The field is 50 x 40 yds.

Law II - The Ball

Size 4

Law III - Number of Players

- A. The maximum number of players on the field at any one time, per side, is six (6), which must include a goalkeeper.
- B. The minimum number of players required on the field for a side is five (5).
- C. Substitutions: Prior to a throw-in, in your favor; Prior to a goal kick, by either team; After a goal, by either team; After an injury, by either team, when the referee stops play; At half-time.
- D. Each player should play about the same amount of time.
- E. Teams and games may be co-ed.

Law IV - Players Equipment

- A. Footwear: tennis shoes or soft-cleated soccer shoes (NOT baseball cleats with a spike at the toe).
- B. Shinguards and long socks are mandatory; socks must be pulled OVER the shinguards.
- C. Players should remove necklaces, watches, earrings, bracelets and other jewelry.

Law V - The Referee

A certified or Registered Referee.

Law VI - The Assistant Referee: Not used in the small-sided game

Law VII - Duration of the game

A. Two 25-minute halves; B. A 5-minute break at half-time.

Law VIII - The Start of Play

- A. Teams alternate kicking off from the center circle at the start of each period, and switch ends after half-time.
- B. After a goal, the other side kicks off from the center circle.
- C. All players must be in their own half of the field when the kick-off occurs.
- D. All opponents must be outside center circle during kick-off.
- E. The ball is stationary, and at the Referee or Game Official's signal, a player kicks it forward.
- F. The kicker cannot touch the ball a second time until it has touched another player.

Law IX - Ball in and out of Play

The ball must *completely* cross over the goal- (end-) line or side- (touch-) line to be out of play. If the ball is touching any part of the line, it is still *in*.

Law X - Method of Scoring

A. The ball must *completely* cross over the goal-line, between the posts and beneath the crossbar to count.; B. Scores are kept for games, but not for standings.

Law XI - Off-side

A 'soft' off-side rule. The referee should call off-side in cases where a player is deliberately poaching or 'cherry-picking' in front of the opposition goal.

Law XII - Fouls and misconduct

A. Conform to FIFA rules; Fouls are classified as either Penal (Contact) or Technical (Non-Contact). Penal fouls include tripping, pushing, charging, etc. Technical fouls include dangerous play and impeding (obstruction).

B. Yellow or red cards are administered for fouls committed carelessly or recklessly.

Law XIII - Free kicks

A. Conform to FIFA rules, except that opponents must be at least 8 yards away.

Law XIV - Penalty kicks

A. Conform to FIFA rules, though opponents must be 8 yards away before the kick is allowed.

B. Penalty kicks awarded when the defense commits a direct free kick foul in the penalty area.

C. The goalkeeper must have both feet on the goal line until the ball is kicked.

D. If, after it is kicked, the ball stays in the field of play, it is 'live' and anyone can play it.

Law XV - Throw-In

Conform to FIFA rules.

Law XVI - Goal-kick

A. Goal kick may be taken anywhere within the penalty area.

B. Opponents must be on their own side of the halfway line until the ball is struck.

Law XVII - Corner kick

Conform to FIFA rules, except that opponents must be at least 8 yards away.

Notes:

- The goalkeeper can throw, roll, and drop-kick the ball to a teammate, but cannot punt it into the opponent's penalty area in the air. If punted into the opponent's penalty area in the air, the opposing team is awarded indirect free kick at the midfield line.

- Goalkeepers should not have possession of the ball in their hands for longer than 6 seconds.

Referees and coaches should download the FIFA laws of the game from US Soccer:

<http://www.ussoccer.com/referees/laws-of-the-game.aspx>

References and Sources:

- http://www.usyouthsoccer.org/parents/Soccer_Pocket_Guide_Intro/
- <http://www.usyouthsoccer.org/CoachResourceCenter/>