

Swanton Soccer Club

U-10 Recreation Rules

Number of Players on the field: 6 per team (including the goalie)

Equipment: Purple/White Jersey (can have shirt under if too cold), shin guards with socks covering, soccer shorts (pants if too cold), soccer cleats or tennis shoes. The goalie must be distinguishable from all other players on both teams. Jewelry must also be removed.

Duration of Game: 2 – 25 minute halves. Break--5 minute half time.

Start and Re-start: Kick-off at the beginning of each half (alternate teams) and after a goal is scored. This is a DIRECT kick. The player kicking-off cannot touch the ball a 2nd time until it is touched by another player (from either team). Violation results in an indirect kick for the opposing team.

Ball In and Out of Play: The ball is out of play if it COMPLETELY crosses the sideline (length) or the end line (width).

- If the ball crosses the sideline, a throw-in is taken by the opposing player at the place the ball left the field.
 - both feet on the ground
 - throw ball with both hands over the head
 - at this age level, if the player does not throw in correctly, have him/her re-do the throw, making sure to explain what he/she did.
 - a goal cannot be scored directly from a throw-in
 - the thrower cannot touch the ball again until it is touched by another player. Result in indirect kick by opposing team.
- If the ball crosses the end line by the offensive team, a goal kick is taken (any player may take the kick—does NOT have to be goalie)
 - must completely leave the penalty box before any other player touches the ball. Re-do the goal kick if necessary.
- If the ball crossed the end line by a defending player, a corner kick is taken at the closest corner. A goal can be scored directly from a corner kick.

Hand-Balls: This can be a confusing rule for parents to understand. It is considered a hand-ball if the ball is handled anywhere from the shoulder to the fingers. If a ball is thrown or kicked and it hits the player, it is not considered a hand-ball. The referee will be the judge in determining if it was accidental contact or deliberate. ***A deliberate hand ball will be awarded a direct kick from the location of the foul.***

- a goalie can also receive a hand-ball if he/she handles the ball outside of the penalty area. (Once the goalie leaves the penalty box, he/she becomes a regular player and cannot use his/her hands)

Other fouls: A player cannot kick, trip, jump at, charge, strike, push, hold, or spit at an opponent. *Anything that is deliberate is awarded a **direct kick*** from the location of the foul. Bumping or going shoulder-to-shoulder while competing for a ball is *not a foul* until the hands or elbows come up.
-A referee may also play “advantage” when the offensive team clearly would benefit from the foul not being called.

Direct vs. Indirect:

- Direct kicks can result in a goal being scored directly from the kick
---awarded for **deliberate/intentional** fouls/hand-balls
- Indirect kicks cannot result in a goal until a 2nd player (from either team) has touched the ball.

Penalty Kick (aka “PK”): A penalty kick results from a contact foul or hand ball by the defending team within the penalty area – the large box on either end of the field. So it’s a type of direct kick also.

- All players must remain outside the penalty area and the penalty arc until the ball is kicked. The goalkeeper must have both feet on the goal line until the ball is kicked.
- If after the ball is kicked, it rebounds off of the goal or the keeper and stays on the field, the ball is “live” and anyone can play it.

Offsides: This is a very confusing rule for many people.

- you cannot be offside on a corner kick, goal kick, or throw-in
- Also, *it is not an offense for a player to be in an offside position*. The player must be involved in active play as determined by the referee to be called offside.
- **A player is in an offside position if:** *he is nearer to his opponents’ goal line than both the ball and the second last opponent* meaning...an offensive or attacking player can’t be ahead of the ball and involved in the play unless there is a defender between him and the goalkeeper. Or, you can’t hang out at the other team’s goal waiting for the ball.
- You can’t be offside if you are standing on your half of the field.
- the offside rule applies *when the ball is kicked*, not when the player receives the ball.

Drop-Ball: A drop ball occurs when the referee needs to stop the game for any reason not listed in the rules (i.e. an injury)

Substitutions: Can be made by either team at any time there is a stoppage in play.

Scoring: The ball must COMPLETELY cross the end line inside the goal.

Pass-Back: The only time a goalie cannot pick up the ball inside the penalty box is called a “pass-back” in which a player on the same team as the goalie passes it back to the goalie. If it is intentional, then award an indirect kick from the point of the infraction.

Referees: Remember that in many situations in soccer, the call is made in the opinion of the referee. The referee’s decision is FINAL. Arguing with, yelling at, or making sarcastic comments to, a referee is not going to change a call and is a bad example to set for the players. Referees have been told to stop the game and not allow it to continue if a coach or other spectator is causing a disturbance.