

MIDDLESEX YOUTH SOCCER UNDER-10 RULES

Unless otherwise specified below, all under-10 matches will abide by the Rules of the Middlesex Youth Soccer League.

1. Field of Play

- A. Dimensions. The field should be 40 to 50 yards wide and 60 to 70 yards long. This is the ideal size for 6 v 6 soccer. Fields should come as close to these dimensions as possible in order to insure that no team gains an advantage due to an oversized or undersized field.
- B. Markings. The field of play should be distinctly marked with lines of not more than five (5) inches wide. The field 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. A quarter circle with a radius of eighteen (18) inches from each corner flag will mark the corner arc.
- C. Goal Area. A goal area is defined at each end of the field by two lines drawn at right angles to the goal line, six (6) yards from the inside of each goal post. These lines extend into the field of play for six (6) yards and are joined by a line drawn parallel with the goal line.
- D. Penalty Area. A penalty area is defined at each end of the field by two lines drawn at right angles to the goal line, fourteen (14) yards from the inside of each goal post. These lines extend into the field of play for fourteen (14) yards and are joined by a line drawn parallel with the goal line.
- E. Goals. Goals must be placed on the center of each goal line. Goals should have a minimum size of six (6) feet tall and twelve (12) feet wide. All goals must be secured to the ground so as to maintain stability and minimize the risk of falling over.

2. Ball

- A. Size. A size four (4) ball will be used for all under-10 matches.
- B. Replacement. The ball may not be changed or replaced during the match without the permission of the referee.

3. Number of Players

- A. Roster. The maximum number of players on a roster during the Spring Season shall not exceed twelve (12). The maximum number of players on a roster during the Fall Season shall not exceed fourteen (14). The minimum number of players on a roster, for either season, is eight (8).
- B. Players. A match is played by two teams, each consisting of not more than six (6) players, one of whom is the goalkeeper. A match may not start, or continue, if either team consists of fewer than four (4) players who are able to play.
- C. Playing Time. Each player should play a minimum of 40% (20 minutes) of the total playing time.

- D. Substitutions. All substitutes should enter and leave the field at the halfway line. Players on the field may be replaced by a substitute under one of the following conditions:
- 1) prior to a throw-in in your team's favor,
 - 2) prior to a goal kick by either team,
 - 3) after a goal by either team,
 - 4) after an injury by either team when the referee stops play (one player only),
or
 - 5) at half-time.
- E. Coed Teams. Teams may be coed but, if coed, the team must be placed in a boys division.

4. **Coaches/Supervision**

- A. Coaches. Each team must have a designated head coach and may have up to two (2) assistant coaches.
- B. Supervision. For each team, a registered coach or assistant coach must be present during the entire game. If no such coach is present, or if the coach is ejected or leaves the game for other reasons, the referee may accept another person, but not a player, as the substitute coach. The game will not be played or continued if the referee, at anytime, decides that no proper supervision is present. If the referee abandons the game, a forfeit will be assessed at the discretion of the Age Director.

5. **Player's Equipment**

- A. Required Equipment. The required equipment of a player is:
- 1) a jersey or shirt
 - 2) shorts
 - 3) stockings
 - 4) shinguards
 - 5) footwear
- B. Shinguards. Shinguards are to be made of a suitable material in order to provide a reasonable degree of protection and must be covered entirely by the stockings during the match.
- C. Footwear. The footwear shall be soft soccer cleats or sneakers.
- D. Goalkeeper. Each goalkeeper shall wear colors which distinguish him/her from the other players and from the referee.
- E. Restrictions. The following articles are not to be worn or allowed during a match:
- 1) jewelry of any type,
 - 2) hard casts (even if padded), or
 - 3) any other equipment the referee determines is dangerous to another player.

6. **Referee**

- A. A currently registered referee shall be used for all matches.
- B. Referees shall be assigned by the **HOME** team club's referee assignor.
- C. Referees are encouraged to explain all infractions of the Laws of the Game to the offending player(s) as the progress of the match permits. Due to the age of the players, such explanations are viewed as a method to educate the younger player.

7. **Linesmen (Assistant Referees)**

- A. Linesmen may be used at the discretion of the referee, if necessary.
- B. The linesmen only responsibility shall be to indicate, to the referee, whether the ball is out of play.

8. **Duration of the Match**

- A. Periods of Play. The match shall be divided into two (2) equal halves of twenty-five (25) minutes each.
- B. Half-Time. The half-time interval shall be five (5) minutes.
- C. Allowance for Time Lost. The allowance for time lost in either period is at the discretion of the referee.

9. **Start of Play**

- A. Preliminaries. Prior to the beginning of play, the referee shall summons a captain(s) from each team to the center of the field for the coin toss. The visiting team shall call the coin toss. The team which wins the coin 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 which wins the coin toss takes the kick-off to start the second half of the match.
- B. Kick-off. A kick-off is a way of starting (or restarting) play. All players shall be in their own half of the field. All players of the opposing team shall be at least eight (8) yards from the ball until it is in play. With the ball stationary on the center mark, the referee shall give a signal to start play. The ball is in play when it is kicked and moves forward. The kicker shall not touch the ball a second time until it has touched another player. A goal may be scored on a kick-off.

10. **Ball In and Out of Play**

- A. Out of Play. The ball is out of play when:
 - 1) it has wholly crossed the goal line or touch line whether on the ground or in the air, or
 - 2) play has been stopped by the referee.
- B. In Play. The ball is in play at all other times including when:

- 1) it rebounds from a goal post, crossbar or corner flagpost and remain in the field of play, or
- 2) it rebounds off the referee when he/she is on the field of play.

11. **Method of Scoring**

- A. Goal Scored. A goal is scored when the whole of the ball passes over the goal line, between the goal posts, and under the crossbar provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal. A goal may be scored on a kick-off.
- B. Winning Team. The team scoring the greater number of goals during a match is the winner. If both teams score an equal number of goals, or if no goals are scored, the match is a draw (tie).

12. **Off-Side**

The off-side rule does not apply in an under-10 match.

13. **Fouls and Misconduct**

- A. Conformance. During a match, conformance will be with all FIFA Laws of the Game except as otherwise noted.
- B. Exceptions. The following exceptions to the FIFA Laws of the Game will pertain to all under-10 matches:
 - 1) there are no penalty kicks.
 - 2) there is no off-side.
 - 3) goal kicks and goalkeeper punts must bounce or be played in the kicking team's own half of the field.

14. **Free Kicks**

All free kicks will conform to the FIFA Laws of the Game with the exception that an opponent must be eight (8) yards from the ball before the kick is allowed.

15. **Penalty Kicks**

No penalty kicks shall be awarded to or taken by either team. All fouls committed inside the penalty area that would normally result in a penalty kick will be moved outside the penalty area to the point closest to where the foul was committed and a direct free kick awarded.

16. **Throw-ins**

All throw-ins will conform to the FIFA Laws of the Game.

17. **Goal Kick**

- A. Awarded. 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.

- B. Procedure. The ball is kicked from any point within the goal area by a player of the defending team. Opponents remain outside the penalty area until the ball is in play. The ball is in play when it is kicked beyond the penalty area; the ball may not be played or touched until it has exited the penalty area. The kicker shall not play the ball a second time until it has touched another player.
- C. Infringement/Sanctions. Goal kicks must bounce or be played in the kicking teams own half of the field by either team or there is a loss of the ball to the opposing team. An indirect kick is awarded to the opposing team at the halfway line at the point nearest the point of the infraction. This rule also applies when the goalkeeper, after making a save, punts or drop-kicks the ball into play.

18. Corner Kick

All corner kicks will conform to the FIFA Laws of the Game with the exception that an opponent must be eight (8) yards from the ball before the kick is allowed.

19. Certified Rosters and Identification Cards

- A. Certified Rosters. A certified roster shall be that roster reviewed by and stamped with the appropriate Commissioner's name prior to the beginning of the season. Adds/Drops to the original certified roster will be in the form of a supplemental roster attached to the original certified roster. Before the match, each coach will hand to the referee two copies of the team's certified roster which must indicate each player's name, date of birth and shirt number. The referee shall pass on one copy of the team's certified roster to the opposing coach.
- B. Identification Cards. During the Spring Season, each coach and assistant coach(s) will have in their possession an identification card properly stamped by the appropriate Commissioner. Identification cards shall be made available to the referee upon his/her request.
- C. Missing Roster(s). If either team fails to submit copies of the certified roster before the match, the game may be played at the discretion of the referee. It will be the responsibility of the opposing coach to report this violation to the Age Director. If the referee abandons the game, a forfeit will be assessed at the discretion of the Age Director.

20. Division Champions (Spring Season only)

- A. Spring Season. During the Spring Season (only), a division champion will be the team that has the most points in the standings, at the end of the season, as determined by the Age Director.
- B. Eight Team Division. Eight team divisions consist of two groups in which teams play each other twice. There will be a play-off game between these group winners unless the point difference is more than two (2) points. Second place will go to the team with the highest point total after a champion is determined.
- C. Tie-Breaker Rules. If teams are tied in points, the following tie-breaker rules will be used, in order:

- 1) head to head competition (if still tied)
 - 2) least goals allowed head to head (if still tied)
 - 3) least goals allowed (if still tied)
 - 4) tie-breaker game
- D. Organization of Tie-Breaker and Playoff Games. The Age Director will organize all tie-breaker and playoff games in order to determine a division champion. Tie-breaker and playoff games shall be played on neutral fields (whenever possible). The Age Director has complete authority in these matters and shall use his/her best judgment in complicated matters taking into account that tournament bound teams shall be determined at least three (3) days before the tournament starts.
- E. Playing of Tie-Breaker and Playoff Games. Tie-breaker and playoff games shall be played in conformance to all under-10 rules stated above. If, at the end of regulation time, the game is tied, the teams will play two (2) ten (10) minute overtime periods with a half-time interval of five (5) minutes regardless of any goals scored. If the game remains tied, the teams will play a ten (10) minute sudden-death overtime period. Once a goal is scored, the game is over. If the game remains tied, the teams will continue playing ten (10) minute sudden-death overtime periods (with five minute intervals) until a winner is determined.

Middlesex Youth Soccer League Recommendations

- A. Opposing coaches/parents and players should shake hands after each game.
- B. Coaches/parents, non-playing players, parents and spectators should be located not less than six (6) yards from outside the touch line nor should they be closer than twenty (20) yards to the goal line. No individual should be allowed to run the length of the field except for the participants of the game.
- C. Coaches/parents should not coach or instruct players during the game.
- D. NO alcoholic beverages shall be consumed or allowed near the playing area.
- E. Courtesy and respect should be extended to the referee by all coaches, players, parents and spectators. Any abuse, verbal or otherwise, of the referee is not acceptable and will not be tolerated. It is the responsibility of the coaches to control their players, parents and spectators.