

# US Youth Soccer Official Under 10 Playing Recommendations

US Youth Soccer recommended modifications to the FIFA Laws of the Game including any rules adapted by SS and SW. FIFA Laws of the Game can be found at [www.ussoccer.com/referees](http://www.ussoccer.com/referees).

## 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. **Length:** minimum 45 yards maximum 60 yards

**Width:** minimum 35 yards maximum 45 yards

**Field Markings:** Distinctive lines not more than five (5) inches wide. 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.

**Goal Area:** Conform to FIFA.

**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 a distance of 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.

**Corner Flags:** Conform to FIFA.

**Corner Arc:** will be an arc 24 to 36 inches in radius.

**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 eighteen (18) feet and the maximum distance from the lower edge of the crossbar to the ground is six (6) feet. Goals must be anchored securely to the ground.

**Law 2 – The Ball:** Size four (4).

**Law 3 – Number of Players:** A match is played by two teams, each consisting of not more than six players,

one of whom is the goalkeeper. A match may not start if either team consists of fewer than five players.

**Substitutions:** With referee permission at the following times: Any Goal, Any Goal Kick, Own

Throw In, “1 for 1 “ for an injured player.

**Playing time:** Coaches should strive for 50% playing time for each player. Teams and matches may be coed.

**Law 4 – Players’ Equipment:** Conform to FIFA. Non-uniform clothing is allowed based on weather

conditions, but uniforms must still distinguish teams. Jewelry, including taped piercing(s), is not allowed.

**Law 5 –The Referee:** An OFFICIAL (Referee, Game Manager, Team Coordinator, Parent, Coach or Grade

9 referee) may be used. All infringements should be briefly explained to the offending player.

**Law 6 –Assistant Referee:** Not required. Team volunteers may be used if desired by the referee.

**Law 7 –Duration of the Match:** Conform to FIFA with the exception of the match being divided into two (2)

equal halves of twenty-five (25) minutes each. There shall be a half-time interval of five (5) minutes.

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

**Law 9 –Ball In and Out of Play:** Conform to FIFA.

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

**Law 11 –Offside:** None.

**Law 12 –Fouls and Misconduct:** Conform to FIFA with the exception of no slide tackles.

**Law 13 –Free Kicks:** Conform to FIFA with the exception that all opponents are at least eight (8) yards from

the ball and all kicks are Indirect.

**Law 14 –Penalty Kick:** None.

**Law 15 –Throw-In:** Conform to FIFA.

**Law 16 –Goal Kick:** Conform to FIFA.

**Law 17 –Corner Kicks:** Conform to FIFA with the exception that opponents remain at least eight (8) yards

from the ball until it is in play.

### *Additional Recommendations*

Spectator and team benches should be on opposite sides of the field. Spectators and the team

benches should be 2 yards from the field

Proper Player cards and a team roster need to be presented to the referee before the match

begins. A proper player card has a player's picture permanently attached and the player has written their name on the signature line. A player without a completed player card will not be allowed to participate in any game their card is not available to the referee.

Parent/coaches, non-participating players and spectators should be there to enjoy and encourage

the activity of the youngsters from both teams. Parent/coaches need to refrain from directing play

or undermining the authority of the game official. The game official has final decision on any and all

situations.

- No slide tackles to be allowed in this age group.
- Scores are not reported in this age group and competition is within the club coalition. Teams are encouraged to loan/share players to keep the games balanced. Adding an extra field player to a struggling team is preferred to make the game fun for everyone involved. Playing one player short is another option but does restrict playing time and should be a second choice. Player skills, not high scoring/ one sided wins are the objective at this age.
- Coaches are allowed to enter the field of play to assist an injured player. If the coach and game official determine the injury requires more assistance than can be provided on the field then the player's parent(s) and/or medical help can be asked to enter the field also.
- Opposing coaches, players and parents should shake hands after each match.
- No alcoholic beverages or tobacco products will be consumed or allowed near the playing area.
- Your referees are younger and less experienced as a rule in this age group. Asking a question to clarify a rule during player check in with the team is encouraged. Continuously suggesting a call for the referee or discussing/arguing the rules before, during or after the game is not allowed. Any issues or discussion of the rules or game performance may be done away from the players and referee with Mark Carlson, SSSC Director of Referees, or Kate Rodriguez at SWSC by any of the follow means.

Email: [LLLCook15@aol.com](mailto:LLLCook15@aol.com) (Mark) or [alissa.rodriguez@dmps.k12.ia.us](mailto:alissa.rodriguez@dmps.k12.ia.us) (Kate)  
 Phone: Home # 287-7864 or Cell # 720-7894  
 Personal contact on the practice field or a place away from the game field.