

MATCHPLAY RULES FOR U10

Match Duration: 24-minute half with a running clock and a one-minute break at 12 minutes for water and substitutions during each half. Half time will be for 8 minutes

Major rules:

- Offside enforced
- No slide tackling
- One coach from each team is allowed on the field for the first three weeks
- No direct kicks
- Free kicks, Penalty kicks and Corner kicks use 8 yard rule
- No heading the ball in practices or games
- Throw in conforms to FIFA
- Players must return to midfield on goal kicks

Our Guidelines for Short Sided Games

Law 3 – *The Number of Players*

A match is played by two teams, each consisting of not more than seven players, one of whom is the goalkeeper. A match may not start if either team consists of fewer than seven players.

Substitutions: *Goal kicks and Throw-ins. However, BOTH teams may substitute at the same time, not just the team with possession of the ball.*

Law 4 – *THE PLAYERS' EQUIPMENT*

A player must not use equipment or wear anything that is dangerous to himself or another player (including any kind of jewelry).

Shinguards • are covered entirely by the stockings • are made of rubber, plastic or a similar suitable material • provide a reasonable degree of protection

Law 5 – *The Referee*

Each match is controlled by a referee who has full authority to enforce the Laws of the Game in connection with the match to which he has been appointed. The Referee: • enforces the Laws of the Game • ensures that the players' equipment meets the requirements of Law 4 • acts as timekeeper and keeps a record of the match • ensures that any player bleeding from a wound leaves the field of play. The player may only return on receiving a signal from the referee, who must be satisfied that the bleeding has stopped * The decisions of the referee regarding facts connected with play, including whether or not a goal is scored and the result of the match, are final.

Law 7 – *The Duration of the Match*

Conform to FIFA with the exception of the match being divided into two (2) halves of twenty-five (25) minutes each. There shall be a half-time interval of eight (8) minutes.

Law 8 – *The Start and Restart of Play*

Conform to FIFA with the exception that opponents of the team taking the kick-off are at least eight (8) yards from the ball until it is in play.

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

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

Law 11 – *Offside*
Will be enforced

Law 12 – *Fouls and Misconduct*

Conform to FIFA with the exception that an indirect free kick is awarded to the opposing team at the center spot on the halfway line if a goalkeeper punts or drop-kicks the ball in the air from his/her penalty area into the opponents penalty area.

Law 13 – Free Kicks

Conform to FIFA with the exception that opponents are at least eight (8) yards from the ball.

Law 14 – The Penalty Kick

Conform to FIFA with the exception that the penalty mark is made eight (8) yards from the midpoint between the goalposts and equidistant to them.

Law 15 – The Throw-In

Conform to FIFA.

Law 16 – The Goal Kick

Conform to FIFA.

Law 17 – The Corner Kick: Conform to FIFA with the exception that opponents remain at least eight (8) yards away from the ball until it is in play.