

## MATCHPLAY RULES FOR U10

### Boys and Girls will play 7v7 (goalie included)

**Match Duration: 25 min halves with an 8 minute halftime, running clock**

**Major rules:**

- No offsides
- No slide tackling
- 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 six 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 – *No 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.