**NorthWood Soccer Club Youth Soccer League**

RULES FOR U-10 DIVISION

# General

This is a recreation league, for the enjoyment of the players. While impossible to have all kids play the exact same amount, playing time should be kept mostly even (no player should play all four quarters if another player has only played 2 quarters, etc.). We will not keep score nor will we keep standings (no official wins or losses). If possible, we will have a referee for the game. If that is not possible, the two coaches are encouraged to help ref the game together (like in the U8 division).

# Laws

As specified in FIFA “Laws of the Game”, with the following exceptions:

**Law 1** The field of play shall be 50 yds. x 40 yds. Goals shall be 3 yds wide x 6 ft high.

Spectators will remain at least 3 yds. from the sideline on the spectator side.

No one, including spectators and coaches shall be allowed behind either goal line.

**Law 2** The ball shall be size number 4.

**Law 3** The game shall be played by two teams, each consisting of not more than 8 players, one of whom shall be the goalkeeper. If a team has fewer than 6 eligible players at the scheduled game time, the game shall be forfeited.

**Law 4**  Players will not wear shoes with metal cleats or with a cleat on the toe.

Players shall not wear jewelry.

No player wearing a cast will be allowed to play.

**Law 7** The game will be four 10-minute quarters, with 2-minute intervals between periods and 5 minutes at the half. (Periods may be shortened to 8 minutes during extreme heat conditions with the agreement of both coaches) Clock will be stopped only for injury or disqualification or other prolonged delay.

**Law 8** Teams will alternate kicking off at the start of each quarter. Teams will exchange goal lines at the half.

**Law 12** No slide tackles allowed. Any slide tackle will be considered dangerous and an indirect kick will be awarded to the other team.

The goalkeeper shall be considered in procession of the ball when one hand is on the ball.

If the goal keeper chooses to punt the ball, the ball may not cross midfield before landing. If it does, an indirect kick will be awarded to the other team at midfield.

**Goal Kicks:** On a goal kick, the kicking team may place the ball anywhere in the penalty box (not just the goal box). The opposing team must be on the other side of the mid-field line.

***No Headers:* No headers will be allowed in any of our practices/games. If a player intentionally heads the ball, the whistle will be blown and an indirect kick will be given to the other team.**

**Kickoffs**: The kickoff ***may*** be kicked directly backwards.

**Offsides**: While offsides will generally not be called in this league, coaches are encouraged to prevent their players from “cherry picking” (having an attacking player wait for a pass well beyond the defense).