

## **GREENFIELD AREA SOCCER CLUB**

[www.greenfieldsoccer.org](http://www.greenfieldsoccer.org)

**Club Hotline 335-4275**

### **U10 COED**

### **Recreational League Rules**

**Number of Players:** Teams must play even-up normally 7 v 7. One player must be a goalkeeper. Exceptions can be made for teams short on players when agreed upon by both coaches. The referee must be advised of any game changes. No team can have a player who is not registered with the league.

#### **Equipment:**

- Shinguards are mandatory.
- Size 4 ball.
- League shirt
- Socks over shinguards
- Cleats are recommended (no baseball cleats). Tennis shoes are allowed
- No jewelry of any type. Soft (non-metallic) sweatbands, rubber bands, scrunchies are allowed. No metal hair clips.  
Note: if a player must keep jewelry in (i.e. newly pierced ears), it must be covered with a band-aid or tape.
- Water bottle

During cold weather, league shirt must be shown over garments.

**Field Dimensions:** 50 yds. X 40 yds.

**Goal Dimensions:** 6 ft. x 12 ft.

**Game Duration:** Two twenty-five (25) minute halves. Five (5) minute half-time.

#### **Game Rules: (all rules will conform to FIFA Laws of the Game, except where the league has instituted exceptions)**

- Throw-ins occur when ball goes out of play over the touchline. Second trys will be given for the first two games.
- Goal kicks or corner kicks occur when ball goes out of play over the goal line without scoring a goal.
- Goal kicks must clear the nine yard penalty area. Infractions shall result in redo of goal kick.
- Goalie may restart by throwing, rolling or punting the ball.
- Kickoff - Indirect (ball must touch one additional player before a goal can be scored). Player kicking the ball cannot touch the ball again until a second player for either team has touched it.
- Kickoff - the ball must move forward. Any infractions shall result in redo of kickoff.
- Cherry Picking – Cherry Picking is the tactic of leaving a good player near an opposing goal at all times even if play is occurring near the opposing goal. IT IS NOT ALLOWED.

#### **Exceptions to FIFA Laws of the Game**

- Unlimited substitution with referees permission. Players MUST be at center line at the time of stoppage of play for substitution
  - a) Prior to a throw-in by either team
  - b) Prior to goal kick by either team
  - c) After a goal by either team
  - d) After an injury on either team when referee stops play
  - e) At half time and quarter breaks
- NO OFFSIDE. However, do not practice “cherry picking” to gain advantage.
- GOALIE PUNT RULE. A goalie punt or drop kick may not cross the halfway line on-the-fly. The infraction will result in an indirect free kick for the opposing team at the nearest point on halfway line.
- FIVE YARD RULE. Start of play and Free kicks will take place with all players at least 5 yards (radius of center circle) away from the ball.
- No penalty kicks
- Fouls can result in direct and indirect kicks. Fouls within the penalty area are placed at the nearest point on the penalty area line.
- THERE SHALL BE NO SLIDE TACKLES or ROUGH AND OUT OF CONTROL PLAY
- Regular season games can end in tie.

**Coaches:** Stay off playing field unless recognized by referee. Stay on your bench half of field. NO coaching from behind the goals.

**Referees:** Center referee will be assigned. Coaches and assistant coaches may referee their own games if an assigned referee is not available. In the case of no referee, the kickoff's team's coach shall do the first half. The receiving team's coach shall do the second half. Assistant referees may be used if assigned.