

## Canton Family YMCA Soccer Rules U-10

This document is intended as an introduction to the basic rules of soccer for those in the U-10 division. It also specifically addresses Canton YMCA Soccer exceptions, adjustments or special circumstances. The goal of Canton YMCA Soccer is to introduce and promote the game of soccer to the youth of the Canton YMCA area and it is our intention for it to be a learning experience. It is also the leagues intention to follow as closely as practical the consensus opinion of high school, college, and upper level coaches as to how this should be accomplished. To this end, Canton YMCA Soccer also introduces the players to the various laws and concepts of the game in stages as they move through the various age groups.

- 1) Games are played on U-10 size fields. These are normally 80 yards by 40 yards.
- 2) A team plays with 8 field players and one goalkeeper for a total of 9 players on the field.
- 3) Throw-ins are used for restarts for balls out of play over the side touch lines. A second chance throw-in should be given before the ball is turned over to the other team if a foul throw occurs.
- 4) For a ball crossing the goal line that is not a goal, play is restarted with either a corner kick or a goal kick. For a ball crossing the goal line and resulting in a goal, play is restarted from the center circle.
- 5) Direct free kicks (and penalty kicks) and offside penalties apply to this age group.
- 6) Referees are scheduled for games in this age group. Because referees are now in charge of the game, coaches are NOT allowed onto the field during the game without permission of the referee.
- 7) The length of each half is 20 minutes of playing time.
- 8) All players who show up to play the game must play and rotate in. This is regardless of how well they play or how many practices they have attended. This rule basically means that all players must play at least  $\frac{1}{2}$  of the game (except for injuries). Substitutions shall be made on your own throw-in, any goal kick, or any kickoff. You may also substitute during an opponent's throw-in if the opponent is substituting. If there are numerous substitutes and the referee agrees, open substitution will be allowed. If there is no referee, open substitution will be allowed.
- 9) Coaches keep score.
- 10) Some of the referees used in this division may be young adults. While they are in total charge of the game itself, the adult coaches are responsible for the safety of the players and should ask the referee to suspend any game if they feel a situation warrants it. The adult spectators and coaches should also refrain from criticizing the referees or attempting to influence their decisions. Any conduct by a parent or a coach that is not within the spirit of Canton YMCA Soccer should be reported to the Canton YMCA.

## **Law 1 – The field of play**

1) The field is rectangular. The longer boundary lines are the touch lines and the shorter lines are the goal lines. The widths of the lines (the lines themselves) are within the field of play. A halfway line divides the field. Each half includes a goal area, a penalty area, two corner areas and a goal.

a) All mentioned above are to be proportionate with the size of the field.

2) Spectators are not allowed to stand on the ends of the field (by the goal lines) and are to be on the side of the fields (touch lines) only.

## **Law 2 – The ball**

1) The ball must be spherical. No material shall be used in its construction which might prove dangerous to other players. The pressure shall be enough to push thumbs in about a quarter of an inch.

2) The U-10 division uses a size no. 4 ball.

## **Law 3 – Numbers of Players**

1) Suggested team size is between 11 and 14 players.

2) The game is played with 8 field players and a goalie for each team.

3) Coaches are encouraged to change players' positions each week but it is suggested that only players who want to play goalkeeper play that position.

4) A player who leaves the field for first aid treatment, to change or adjust equipment, or for any other reason must wait until the next substitution time to reenter the field of play. Any player that is bleeding shall immediately leave the field until the bleeding has stopped.

5) Players that are removed from the field because of an injury can be replaced prior to the restart of play by another player from the sideline.

6) If a player is attended to on the field for an injury, the player must be removed until the next substitution. The player leaving the field can be replaced prior to the restart of play by another player on the team. If no substitutions are available, the referee may delay restarting the game until the injured player is ready to play (within reason).

7) In the event that a team is unable to field a full 9 players, the opposing team is requested to play with the same number of players.

8) If a team is unable to field at least 7 players, the game is forfeited.

9) If either team is up by 5 goals, the other team is allowed to add one additional player on the field. They also may add one additional player for each goal over the 5 goal spread. If additional players are unavailable, the opposing team is encouraged to remove players. It is Canton YMCA Soccer philosophy to avoid lopsided games and coaches are asked to keep this in mind when coaching a stronger team.

## **Law 4 – Players Equipment**

- 1) A player's equipment consists of:
  - a) A Canton YMCA Soccer shirt, shorts, soccer socks, shinguards, and footwear.
  - b) A player shall not wear anything that is dangerous to himself or another player. Baseball shoes are not allowed due to the cleat structure. There are NO exceptions. A player may not be allowed to play if any part of his/her body is in a cast. This is for the safety of all players. Jewelry is not permitted. This includes ALL ear studs, hard barrettes, bobby pins and watches. Hooded sweatshirts should either be worn up around the head and tied or be tucked into the game shirts to help avoid injuries. Short knit stocking caps are permissible but billed caps or other dangerous ornamental cap or headgear is not permissible.
- 2) Shinguards must be worn at all Canton YMCA Soccer practices and games, and must be completely covered by socks.
- 3) Street glasses must have a strap around the back.
- 4) The goalkeeper is to wear colors that distinguish him/her from the other players on both teams.
- 5) The Canton YMCA will inspect the goals to ensure that they are properly anchored prior to the start of the games each week.

## **Law 5 – Referees**

- 1) A referee shall be appointed to officiate at each game. Referees should emphasize safety, fun, fairness, and learning. Referees should briefly explain any infringement to the player(s) and help players with instructions. His/her jurisdiction begins from the time that he/she enters the field of play and the power to penalize extends to those periods when play has been temporarily suspended or the ball is out of play. The referee's decision of fact connected with the play shall be final as far as the result of play is concerned. The referee can only reverse his/her decision so long as the game has not restarted. The referee will make calls as he/she best sees them, which may not always be the way others have seen the play. Canton YMCA Soccer is an educational league in all manners of the game from the players, parents and coaches to the referees. Canton YMCA Soccer expects all involved in the game to act with a spirit of good sportsmanship. The referee shall:
  - a) Enforce the laws and decide any disputed points.
  - b) Refrain from penalizing in cases where he/she is satisfied that by doing so would be giving an advantage to the offending team.
  - c) Keep a record of the game and act as the timekeeper for the game. He/she may also allow the full or agreed upon game time by adding time back that was lost for accidents and other disruptions.
  - d) Have the discretionary power to stop play for any infringement of the laws.

- e) Have the discretionary power to suspend or terminate a game whenever he/she feels that the elements, interference of spectators, coaches or other causes or situations warrant it. In the event of a suspended game, the referee does not have the power to decide the winner or loser of the match.
  - f) In Canton YMCA Soccer, games are automatically suspended for 30 minutes if lightening or thunder is present. The referee may continue or terminate games at his/her discretion if the game situation warrants it. In the case of youth referees, (those under 21), coaches are responsible for all safety related decisions regarding weather or other non-game related conditions.
  - g) Caution any player or coach guilty of misconduct or unsportsmanlike behavior and if it persists, to suspend the player or coach from the game.
  - h) Allow no person other than the players and assistant referees to enter the field of play without permission.
  - i) Stop play, if in his/her opinion, a player has been seriously injured. The referee is to have the player removed from the field as quickly as possible and resume play. If a player is only slightly injured, refrain from stopping the game until the ball has gone out of play. Any player that is bleeding must leave the field of play for treatment.
  - j) Suspend any player from participation in the game who, in the referee's opinion, is guilty of violent conduct, serious foul play, or use of abusive or foul language.
- 2) All ejections, suspensions of the game, or serious injuries are reported to the Canton YMCA immediately after the game. In addition, a written report must be sent immediately to the Canton YMCA Soccer office.
- 3) In the event that a scheduled referee does not show up for a game, a team may:
- a) Find a suitable replacement referee. The referee could be coach(es), experienced high school player(s) or a YMCA trained referee.
  - b) Referee the game in a dual system either with parent or coach volunteers. Once a referee or dual referee is accepted, his/her decisions are final.

#### **Law 6 – Referee Assistants**

- 1) Two referee assistants (one from each team) may be appointed by the referee. Their duties (subject to the final decision of the referee) shall be to indicate:
- a) When ball is out of play.
  - b) Which side is entitled to a corner kick, goal kick, or throw-in.
- 2) They shall assist the referee in controlling the game only in accordance with the laws.

#### **Law 7 – Duration of the Game**

- 1) The game consists of two periods. The half time interval is not to exceed 5 to 10 minutes.

- 2) Each period shall be 20 minutes long.
- 3) Allowances may be made for all time lost through substitution, injuries, time wasting or other causes. The amount of time lost shall be a matter of discretion by the referee.
- 4) The length of either period may be extended to permit a penalty kick.

### **Law 8 – The Start and Restart of Play**

- 1) At the beginning of the game, choice of ends and the kick-off shall be decided by the toss of a coin. The team winning the toss shall decide which goal it will attack in the first half of the match. The other team shall take the kick-off.
- 2) A goal may be scored directly from the kick-off.
- 3) The ball is in play when it is kicked and moves.
- 4) When restarting play after half-time, ends of the field shall be changed and the kick-off shall be taken by a player of the opposite team to that of the player who started the game.

### **Law 9 – Ball In and Out of Play**

- 1) The ball is out of play when:
  - a) It has completely crossed the side touch line or goal line, whether on the ground or in the air.
  - b) The game is stopped by the referee.
- 2) The ball remains in play when:
  - a) It rebounds from a goal post, goal cross bar, or corner flag pole into the field of play.
  - b) If it rebounds off a referee when he/she is in the field of play.
  - c) In the event of a supposed infringement of the laws, until the referee stops play.
- 3) In the case of a restart by a direct or indirect kick, the ball is in play when it is kicked and has moved forward. In the case of a goal kick, the ball must travel outside of its own penalty area before it is back in play.

### **Law 10 – Method of Scoring**

- 1) A goal is scored when the whole of the ball passes through the goal crossing, crossing the goal line provided it has not been thrown, carried, or propelled by hand or arm of the attacker.
- 2) A goal cannot be scored from a throw-in.
- 3) If after the normal two periods of play have been completed, and both teams have an equal number of goals, the game is a tie.

### **Law 11 – Offsides**

- 1) A player is in an offside position if he/she is nearer to his opponent's goal line than the ball unless:

- a) He/she is in his own half of the field.
  - b) He/she is not nearer to the goal line than at least two of his opponents.
- 2) A player shall be declared offside and penalized if at the moment the ball is played by one of his/her team towards the player that is in an offside position that he is, in the opinion of the referee:
- a) Interfering with the play or an opponent that is in the play.
  - b) Seeking to gain an advantage by being in that position.

Penalty: The penalty for being offside is an indirect kick for the opposing team from the point where the player was deemed offside.

- 3) A player is not to be declared offside:
- a) By merely being in an offside position if the player is not involved in the play.
  - b) If he/she receives the ball directly from a corner kick, goal kick, throw-in, or drop ball.
  - c) If the ball was last played by an opponent.
  - d) If the ball was passed back from a teammate.

## **Law 12 – Fouls and Misconduct**

- 1) A player may not INTENTIONALLY:
- a) Kick or attempt to kick an opponent.
  - b) Trip or attempt to trip an opponent.
  - c) Jump at an opponent.
  - d) Charge an opponent in a violent or dangerous manner.
  - e) Charge an opponent from behind, unless the other player is obstructing.
  - f) Strike or attempt to strike an opponent, or spit at an opponent.
  - g) Hold an opponent.
  - h) Push an opponent.
  - i) Handle the ball with arm or hand (that is any area below the shoulder). The goalkeeper is allowed to handle the ball in his own penalty area.

Penalty: For any offense during play, a direct free kick is awarded at the place of the infraction. If the offense occurs by the defending team in the defending team's penalty area, a penalty kick is awarded. The referee may caution or eject a player for any serious foul.

- 2) A player may not:

- a) Play in a manner considered by the referee/coach to be dangerous (for example-kicking the ball while in the goalkeeper's hands).
- b) Charge the goalkeeper in his/her penalty box when he/she has possession of the ball. The keeper may be challenged for the ball outside his box.
- c) Obstruct opponents when not playing the ball.
- d) Charge any player fairly with his/her shoulder when the ball is not playable.
- e) If he/she is the goalkeeper, hold the ball (in his/her hand) more than 6 seconds prior to putting the ball back into play. After releasing the ball to play, the keeper is not allowed to pick up the ball again until it has been played by another player outside the penalty area. An opponent may not obstruct the keeper while the keeper is attempting to release the ball.
- f) Pass the ball to the keeper with his/her feet with the keeper picking up the ball. If a player passes the ball back to his keeper with his feet and the keeper does not pick up the ball, there is no infraction. A ball may be passed to and picked up by the keeper if it is touched to the keeper with any other part of the passing player's body than his/her feet.
- g) A goalkeeper may not handle (with his/her hands) a ball received directly from a throw-in from his/her own team.

Penalty: The penalty for any of the above offenses is an indirect free kick for the other team, from the point of the infraction.

3) A warning is issued by the referee that advises a player that a heavier punishment is liable if the conduct persists. A yellow card is shown to a player as an indication that a caution is being issued. A player is cautioned when:

- a) A player re-enters the field of play without the approval of the referee.
- b) A player exchanges positions with the keeper after the game has started without the approval of the referee.
- c) A player leaves the field of play without having been given permission to do so by the referee.
- d) A player persistently infringes the rules of the game.
- e) A player shows dissent in any manner.
- f) A player delays a restart (fails to automatically move a required distance on a restart of play).

Penalty: If play is stopped for a yellow card, an indirect free kick is awarded to the opposing team from the point of the infraction (subject to overriding conditions imposed in Law 13). If the ball is out of play when an infraction warranting a yellow card occurs, play will resume normally.

4) A player is ejected ("sent off" or red carded) if he:

- a) Persists in misconduct after receiving a yellow card (receives a 2<sup>nd</sup> yellow card).
- b) Is guilty of violent conduct or serious foul play.

- c) Is guilty of foul or abusive language.
- d) Intentionally impedes, by unlawful means, an opponent with an obvious opportunity to score if he is the last defender.
- e) If a player is ejected from the game due to a red card, the player is not replaced with another player and his team must play one player down.

Penalty: If play is stopped for a red card, an indirect free kick is awarded to the opposing team from the point of the infraction (subject to overriding conditions imposed in Law 13). If the ball is out of play when the infraction occurs, play will resume normally.

### **Law 13 – Free Kick**

1) There are 2 types of free kicks:

- a) An indirect free kick:
  - i) A goal cannot be scored directly from an indirect free kick unless the ball touches another player prior to going into the goal.
- b) A direct free kick:
  - i) A goal can be scored directly from a direct free kick.

2) Free kicks are taken from the place of the infraction except:

- a) If the infraction occurs against the defending team within the keeper's 6 yard box, the ball can be placed anywhere on the side of the six yard box in which the infraction occurred.
- b) If the infraction is charged against the attacking team, the ball can be placed on the six yard line parallel to the place of the infraction.

3) The ball must be stationary when a free kick is taken.

4) Defending players must be 8 yards away from all free kicks. A player may be automatically cautioned if he/she fails to immediately move to a position 8 yards from the point where the free kick is being taken. If a player is asked to move back 8 yards and fails to immediately do so, the player may be cautioned (yellow carded) by the referee.

5) The player taking the free kick may not touch the ball again until another player has touched the ball.

Penalty: An indirect free kick for the other team.

### **Law 14 – Penalty Kick**

1) A penalty kick is awarded if a serious infraction occurs within the defending team's penalty box by the defending team. A penalty kick is really a direct free kick that is awarded within the penalty box area. The ball is placed on a marked spot 10 yards from the goal. The referee may count out the



distance. The goalkeeper must remain on his own goal line, facing the kicker, between the goalposts, until the ball has been kicked.

2) The referee will indicate when the player taking the kick should proceed and should not allow the kick to be taken until the goalie is ready. The player taking the kick must kick the ball forward. He/she may also not play the ball a 2<sup>nd</sup> time until the ball has been touched by another player. A penalty kick that is initially saved by the goalkeeper but rebounds back to the original kicker may be kicked again by that player and a goal scored. A ball rebounding off the cross bar or goal post that has not been touched by the goalkeeper may not be touched again by the original kicker.

3) The ball is in play when it has been kicked and moves forward.

4) When a penalty kick is taken after the expiration of time, a goal may not be scored on a rebound. However, a goal is allowed if the ball is touched by the keeper on the way into the net.

5) With the exception of the goalkeeper and the player taking the penalty kick, all other players must remain outside of the penalty area until the kick is taken.

#### Penalty:

- a) If an infringement occurs by the defending team, the kick is retaken unless a goal has been scored.
- b) If an infringement occurs by the attacking team, any goal is disallowed and the kick is to be retaken. If a goal is not scored, play is stopped and restarted with an indirect free kick taken by the defending team.

#### **Law 15 – Throw-In**

1) A throw-in puts the ball back in play after it has completely crossed the touch line. Throw-ins are taken from the spot where the ball crosses the touch line. The throw-in is awarded to the team that did not touch the ball last. Any player may take the throw-in for the team.

2) The thrower must be facing the field of play, have two feet on the ground, be behind the touch line, and throw the ball over his/her head with two hands.

3) The thrower is allowed two chances to complete a “fair throw” at which point if still unsuccessful, the ball is turned over to the other team.

4) The thrower is not permitted to touch the ball again until any other player touches the ball.

#### **Law 16 – Goal Kick**

1) When an attacking player last touches the ball before it crosses the goal line (or end line) outside the goal mouth, a goal kick is awarded. The ball may be placed anywhere in the 6 yard box and may be taken by any player.

2) The ball must go outside the penalty box before it is played by any player. The ball may not be touched a second time by the player taking the goal kick until touched by another player.

3) A goal can be scored directly from a goal kick.

4) Players from the opposing team must remain outside the penalty box until the ball crosses the penalty box line.

Penalty: The kick is retaken for all infractions except when the player who kicked the goal kick touches the ball a second time outside the box before another player touches it. In this case, an indirect free kick is given to the attacking team.

### **Law 17 – Corner Kick**

1) When a defender is the last to touch the ball crossing the goal line outside the goal posts, a corner kick is awarded. The ball is placed in and the kick taken from inside the quarter-circle by the corner flag on the same side of the field that the ball went out on. The corner flag may not be moved to take a corner kick.

2) Defenders must be 8 yards away from the ball when it is played.

3) The ball is in play when it has been kicked and it moves.

4) The kicker may not play the ball a second time until the ball has been touched by another player.

Penalty: An indirect free kick is awarded to the opposing team when the kicker touches the ball for a second time before the ball has been touched by another player.

### **YCMA Recommendations**

1) Coaches and players from both teams exchange handshakes after each game.

2) All players receive participation awards.

3) Parents should encourage players, but not coach or instruct during game time.