

## U10 Recreation Laws of the Game

\*These rules apply if the U10 age group is self-contained within TYSC. Otherwise rules of the governing league (e.g., Carolina Rec Alliance) will apply.

<p><b>Law I: The Field of Play</b></p>	<ul style="list-style-type: none"> <li>➤ Field: 40 yards wide x 50 yards long.</li> <li>➤ Goal: 6 feet tall x 18 feet wide.</li> <li>➤ Goal area: 6 yards x 54 feet.</li> <li>➤ Penalty area: 10 yards x 26 yards.</li> <li>➤ Midfield circle: 8-yard radius.</li> <li>➤ 8-yard penalty spot with 8 yard arc.</li> <li>➤ Corner arc: 3-foot radius.</li> <li>➤ Coaches and players will occupy one side of the field; fans will be on the opposite side.</li> </ul>
<p><b>Law II: The Ball</b></p>	<ul style="list-style-type: none"> <li>➤ Size 4. The designated home team will supply the game ball.</li> </ul>
<p><b>Law III: Number of Players</b></p>	<ul style="list-style-type: none"> <li>➤ 6 including the goalkeeper (5 minimum).</li> <li>➤ Roster size: 9 – 11 players. 10 is optimum.</li> <li>➤ Substitutions: Prior to throw-in in your favor, prior to a goal kick for either team, after a goal has been scored, halftime, quarter, after referee stops play for an injury by either team.</li> <li>➤ The referee must be informed before the substitution is made.</li> <li>➤ All players present must play a minimum of half the game.</li> </ul>
<p><b>Law IV: Player's Equipment</b></p>	<ul style="list-style-type: none"> <li>➤ <b>Shinguards are mandatory.</b> Socks must cover the shinguards.</li> <li>➤ Tennis shoes (sneakers) or soft cleats (no toe cleat).</li> <li>➤ Supplied jersey. The goalie's jersey must be distinctly different from both teams' jerseys.</li> <li>➤ Shorts. Undergarments (sweat pants and sweatshirts) may be worn during cold weather.</li> <li>➤ The goalie may wear goalkeeping gloves.</li> </ul>
<p><b>Law V: Referee</b></p>	<ul style="list-style-type: none"> <li>➤ A single certified referee.</li> </ul>
<p><b>Law VI: Asst Referee</b></p>	<ul style="list-style-type: none"> <li>➤ Not required.</li> </ul>
<p><b>Law VII: Duration of Match</b></p>	<ul style="list-style-type: none"> <li>➤ 2 25-minute halves.</li> <li>➤ 5-minute halftime.</li> <li>➤ No overtime in regular season games.</li> </ul>

<p><b>Law VIII: Starts and Restarts</b></p>	<ul style="list-style-type: none"> <li>➤ Kick-off at the start of the match and second half. Opponents must be 8 yards from the center mark until the ball is in play.</li> <li>➤ Ball is in play when it is kicked and moves forward. Kicker cannot touch the ball a second time until it has touched another player.</li> </ul>
<p><b>Law IX: Ball In and Out of Play</b></p>	<ul style="list-style-type: none"> <li>➤ The ball is out of play when it has completely crossed over the entire line.</li> </ul>
<p><b>Law X: Method of Scoring</b></p>	<ul style="list-style-type: none"> <li>➤ A goal is scored when the ball has completely crossed over the goal line between the goal posts and under the crossbar.</li> </ul>
<p><b>Law XI: Offside</b></p>	<ul style="list-style-type: none"> <li>➤ None shall be called, however blatant occurrences of offside may be called (i.e., “cherry-picking”).</li> </ul>
<p><b>Law XII: Fouls and Misconduct</b></p>	<ul style="list-style-type: none"> <li>➤ A direct free kick will be awarded for: kicking an opponent, tripping, jumping or charging at an opponent, striking or attempting to strike an opponent, pushing, spitting, holding, or a handball.</li> <li>➤ An indirect free kick will be awarded for: dangerous play, obstruction, charging the goalkeeper, delay of game, or the goalkeeper touching the ball with hands after it has been kicked to them by a teammate.</li> </ul>
<p><b>Law XIII: Free-Kicks</b></p>	<ul style="list-style-type: none"> <li>➤ For both direct and indirect kicks, the ball must be stationary when the kick is taken and the kicker may not touch the ball a second time until it touches another player.</li> <li>➤ Opponents must be 8 yards from the ball.</li> <li>➤ The player kicking the ball may score directly from a direct free kick.</li> <li>➤ An indirect free kick must touch another player from either team before going into the goal to count. The referee signals indirect free kick by raising his/her arm above head.</li> </ul>

<p><b>Law XIV: Penalty Kick</b></p>	<ul style="list-style-type: none"> <li>➤ Awarded when a direct free kick infraction occurs within the penalty area.</li> <li>➤ The ball is placed on the penalty spot.</li> <li>➤ All players except the kicker and goalkeeper must be behind the penalty spot, outside the penalty area, and at least 8 yards away</li> <li>➤ The goalkeeper must remain on the goal line until the ball is kicked.</li> <li>➤ The shooter must wait for the referee's whistle before proceeding.</li> <li>➤ After the initial shot, the ball cannot be played by the shooter until it is touched by another player.</li> </ul>
<p><b>Law XV: Throw-In</b></p>	<ul style="list-style-type: none"> <li>➤ One attempt allowed. Throw-in is awarded to opponent in the event of a foul throw.</li> </ul>
<p><b>Law XVI: Goal-Kick</b></p>	<ul style="list-style-type: none"> <li>➤ Awarded when the attacking team kicks the ball over the goal line outside the goal posts.</li> <li>➤ Kick is taken from the outer edge of the goal area.</li> <li>➤ Ball cannot be touched by either team until it goes outside the penalty area.</li> </ul>
<p><b>Law XVII: Corner-Kick</b></p>	<ul style="list-style-type: none"> <li>➤ Awarded when the defending team kicks the ball over its own goal line outside the goal posts.</li> <li>➤ Kick is taken from within the corner arc by the attacking team.</li> <li>➤ Opponents must be 8 yards from the ball until it is kicked.</li> </ul>