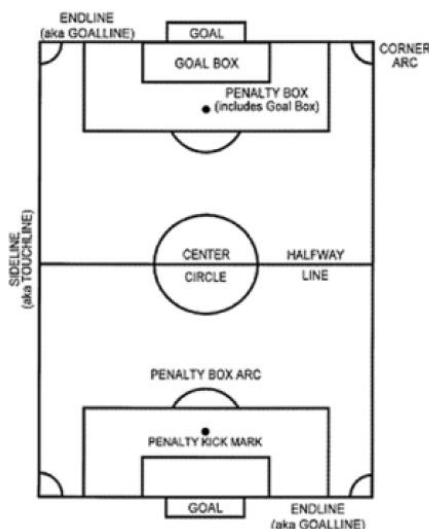


**LCYSA Modified Under 10 Soccer Rules  
For U10 in compliance with WYS rules for small sided games**

**FIELD OF PLAY**

The boundaries on the sides of the field shall be known as the touchlines; the boundaries on the ends of the field shall be known as the end lines; the part of the end line between the goal posts shall be known as the goal line. All boundaries shall be clearly marked with goal posts, short cones, and/or paint.

The field of play must be rectangular. The length of the touchline must be greater than the length of the end line. The touchline shall be a maximum length of 55 yards and the minimum length of 35 yards. The end line shall be a maximum width of 35 yards and a minimum width of 30 yards. Interior markings shall conform to FIFA except that the goal area shall be 6 yards from the End Line; the penalty area shall be 14 yards from the End Line. No penalty mark shall be used. The center circle shall be 10 yards radius.



*Field Marking*

The outside edge of the field may be indicated by chalked or painted lines not more than 4" in width. When painted lines are not feasible or permitted other means may be used.

*Goals*

The height of the goals shall be six feet and the recommended width is 12 feet. The width of the goals shall be a maximum of 18 feet wide and a minimum of 12 feet wide. In case permanent goals are not available, portable goals are acceptable but must be staked down to ensure player safety at all times. In the event there are no permanent or portable goals, traffic cones or corner flags may be used to mark the goals. In this case the referee will set the "imaginary" height of the crossbar.

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**THE GAME**

*Duration*

2 x 25 minute halves = 50 minutes total. There shall be a five minute break between halves.

*Ball Size*

The ball size will be #4.

*Players on the Team*

There will be up to ten (10) players on a team's roster. Clubs may approve larger roster sizes by agreement with LCYSA to enable players to participate.

*Players on the Field*

There will be six (6) players on the field, including the goalkeeper.

*Substitutions*

Substitutions may be made with consent of the referee during any stoppage of play.

The number of substitutions shall be unlimited unless a competition superseding the jurisdiction of LCYSA determines otherwise.

Players not on the field of play, coaches and spectators must remain at least two yards behind the touch line, and may not be between the penalty box and the corner flag, or along the goal line.

*Player Equipment*

All players shall wear shin guards. Socks must be worn up and over the shin guards.

All players shall be in uniform to play. A minimum "official" uniform is the standard league shirt (with a number). Goalkeepers shall wear shirt colors that distinguish them from other players.

All players shall wear footwear. A player may not play in their bare feet. A player shall not wear anything that may be dangerous to other players or to himself/herself.

All or any member(s) of a team may wear extra protective clothing against the cold, including gloves without dangerous, protruding or hard objects, provided that the proper team uniform is worn outermost and any hat should be without peak, bill or dangling or protruding or hard objects of any kind. The goalkeeper may wear a soft-billed hat. Referee discretion is used to determine if an item of protective clothing is considered to go beyond the purpose of providing a means of retaining body heat.

*Officiating*

All games will be officiated by referees approved and assigned by or on behalf of LCYSA. In the event that a referee is not present, both coaches will agree upon one. If one cannot be agreed upon, each coach or an appropriate adult from each team will referee one-half.

*Rosters*

Prior to the start of the game, the coach will provide to the referee an official roster of the team, which the coach will sign verifying that it is correct.

**LCYSA Modified Under 10 Soccer Rules  
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*Coaching*

Soccer presents an excellent opportunity to learn, develop and establish group behavior, friendly relationships, fair competition, doing things in an organized manner, enjoyment and many other items. Above and beyond anything else, it must be fun!

1. The Coach or designated adult (18 years or older, unless approved by the Association) should attend every practice and every game. All coaches, team managers, and assistants must fill out the required Washington State Patrol forms and comply with all Risk Management requirements. There must be an approved adult at all functions. An approved adult is defined as a registered, risk management cleared volunteer.
2. The coach is responsible for their own behavior, as well as that of their players and spectators.
3. Coaches are encouraged to provide each player with at least 50% of the available playing time, unless they are not able to play due to illness or injury.
4. All coaches should attend their club's pre-season meeting, and are encouraged to take appropriate level coaching clinics.
5. Coaching from the sideline is permitted but not recommended. Coaching must be done in a civil manner and the tone of voice will be informational and encouraging, not demanding or critical.
6. At home games, you are responsible for field preparations (check with your club). Contact the visiting coach at least three days before the scheduled game to reaffirm the time, directions to the field, and to share team colors (home team changes jerseys if visiting team is same color). If the visiting coach is not contacted, he/she could contact the home coach. Game schedules are posted on the LCYSA website, [www.LCYSA.net](http://www.LCYSA.net).

**RULES OF PLAY**

*No standings or scores are kept for U10 teams.*

A coin is tossed; the team that wins the toss then decides which goal it will attack in the first half or period of the match. The other team takes kick-off to start the match. The teams will alternate the kick-off prior to the start of the second half. Teams will only switch ends at half time of a game.

*Start of Play*

The ball will be placed at the center of the field by the referee and the game will start with one player taking a kick into the opponent's half of the field, after given a signal by the referee. At the time of kickoff, every player will be in their own side of the field. Every player of the opposing team, to that of the kicker, shall be outside the center circle.

The ball is in play when it is kicked and moves forward. The kicker shall not play the ball a second time until it has been touched or played by another player. For any infraction of this law (double-touch) the referee will award an indirect free kick to the other team.

**LCYSA Modified Under 10 Soccer Rules  
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*Restart of Play*

After a goal has been scored, the game shall be restarted in like manner by a player of the team that gave up the goal.

To start the second half, the game will be restarted with a kickoff by a player of the opposite team to that of the player who started the game.

Restarting play after temporary delay: In the case of a temporary suspension due to injury or any unusual situation, if one team is clearly in possession of the ball, the game shall be restarted by an indirect free kick by the team in possession of the ball at the point where the ball was when play was suspended. Should there not be clear possession at the time play is suspended due to an injury or any unusual situation, there will be a drop ball at the spot where the ball was declared dead. The ball shall be deemed "in play" when the ball has touched the ground.

*Ball In and Out of Play*

The ball is out of play when it has wholly crossed the goal line or whole touchline, whether it is on the ground or in the air. The ball is out of play when the referee has stopped the game.

*Method of Scoring*

A goal is scored when the whole of the ball has crossed the whole of the goal line on the ground or in the air. As in all judgment calls, the referee's decision will be final.

In the case the goal marker (cone or flag) is knocked over or moved as a result of a direct hit by the ball and it crosses the goal line, the goal will not be allowed. In this case, the ball shall be put into play by either a goal kick or a corner kick, depending on who touched the ball last. The ball striking the inside of the goal marker and deflecting into the goal shall constitute a goal. As in all judgment calls, the referee's decision is final.

*Offside Rule*

U10 will play with the offside rule.

**FOULS AND MISCONDUCT**

Free Kicks are classified under two headings: "Direct", from which a goal can be scored without the ball touching another player and "Indirect", from which a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal. No penalty kicks shall be awarded for U10.

*Direct Kicks*

Direct Kicks shall be awarded for the following nine intentionally committed offenses:

1. Kicking an opponent.
2. Tripping an opponent.
3. Jumping at an opponent.
4. Charging at an opponent in a violent or dangerous manner.
5. Charging an opponent from behind.
6. Striking an opponent.
7. Holding an opponent.
8. Pushing an opponent.
9. Handling the ball, with the exception of the goalkeeper in the designated area.

**LCYSA Modified Under 10 Soccer Rules  
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*Indirect Kicks*

Indirect Kicks shall be awarded for the following seven offenses:

1. Dangerous play (high kicking).
2. Charging fairly (shoulder to shoulder) when the ball is not within the playing distance of the players involved.
3. Impeding progress of an opponent.
4. Obstructing the goalkeeper (there will be no intentional physical contact with the goalkeeper in the "penalty area").
5. Preventing the goalkeeper from releasing the ball from his hands.
6. Lying on the ball and not allowing others to play it.
7. Unsporting behavior.

*Slide Tackling*

Slide tackling is not permitted at U10 level. If a slide tackle occurs it shall be considered dangerous play. The referee will stop play and instruct the player of his infraction then award the opposing team an indirect free kick at the spot of the foul. For all free kicks, the opponent shall be at least ten yards from the ball.

*Charging the Goalkeeper*

No player shall make physical contact with the goalkeeper, harass the goalkeeper or attempt to play the ball once the goalkeeper has control of the ball in any manner and to any degree whatsoever. Included in "having control of the ball" is the situation where the goalkeeper holds the ball on the ground with one or both hands.

*Throw-ins*

When the whole of the ball passes over the whole touch line, either in the air or on the ground, it shall be put back into play by a throw-in. The throw shall be taken from the point where it crossed the line, by a player of the opposing team. The thrower must face the field of play and must keep both feet on the ground while releasing the ball. He/she shall use both hands on both sides of the ball to deliver the ball from behind and over his/her head.

For U10, in the event of any infraction of these laws, the throw-in shall be awarded to the other team. A goal cannot be scored directly from the throw-in.

*Goal Kicks*

When the whole of the ball passes over the whole of the goal line, excluding the portion between the goal posts and under the crossbar (either in the air or on the ground), having last been played by one of the players on the attacking team, it shall be kicked directly into play by a goal kick. A goal kick may be taken from any point inside the goal area. Any defending player, including the goalkeeper, may take the goal kick. The kicker shall not play the ball a second time until it has been touched or played by another player. The ball is in play when it crosses outside the penalty area.

*Corner Kicks*

When the whole of the ball passes over the whole of the goal line excluding that portion between the posts and under the crossbar, (either on the ground or in the air), having last been played by one of the defending team, a player of the attacking team shall have a corner kick. The ball shall be placed within a one yard arc from the corner flag or cone and shall be kicked into play from that position by an attacking player.

A goal may be scored directly from a corner kick. Players from the opposing team to the kicker shall not approach within six yards of the corner arc until the ball is in play. If the player who takes the kick plays the ball a second time before it has been touched by another player, the referee shall

**LCYSA Modified Under 10 Soccer Rules  
For U10 in compliance with WYS rules for small sided games**

explain to the kicker the proper procedure of a corner kick. Then the referee shall award an indirect free kick to the opposite team from the spot where the infringement occurred.

*Send Offs*

Washington Youth Soccer Disciplinary Rule 605: Any coach or player receiving a send off or two cautions in a single game is automatically suspended for the next scheduled game.

Unless otherwise modified, the standard laws of the game will apply. In all cases the referee's decision is final. GOOD JUDGMENT, SPORTSMANSHIP AND FAIR PLAY SHOULD GOVERN THE DECISIONS AND ACTIONS OF ALL COACHES, REFEREES AND SPECTATORS.

