

Churchland Soccer League-Recreation Age Group Rules

U10 RULES

- **Shin guards are REQUIRED for all players during all practices, games, and scrimmages. The guards are to be wholly covered by socks and the referee/facilitator may ask for an equipment adjustment during a game if they feel there is a safety concern.**
- **Slide Tackling is NOT permitted for any Recreation teams; including, but not limited to, practices, games, or scrimmages.**
 - **During Games**
 - The offending player may be removed from the game for a substitution.
 - The player and coach are cautioned/warned by the referee.
 - The offending player is allowed to re-enter the game at the next allowable substitution.
 - **Coaches are not permitted to teach, promote, or allow slide-tackling.**
- **The League will provide the uniform or direction as to the allowable uniform. Federation Internationale de Football Association (FIFA) is the world-wide governing body for soccer. <http://www.fifa.com/>**

Team Size

These age groups will play 6v6 on the field with a roster size of no more than twice the numbers of players on the field. This allows for equal play among the players.

Practices

Practice for the U10 age group may consist of not more than 2 sessions a week for a maximum of 90 minutes each.

Goalkeepers

Goalkeepers are used in the U10 age group. It is encouraged to rotate the goalkeepers throughout all the players to even out the playing time.

Ball size-Ball size used for games and practice shall be a size 4.

Length of Game

There will be two twenty-two minute halves with a five-minute period at half time.

Goal/Corner/Free Kicks

Goal and Corner kicks are taken by the players at the appropriate spots and are **DIRECT**. (FIFA Rules). All fouls in the penalty area will be taken as an **INDIRECT** kick outside the box. There will be NO penalty kicks.

Throw-Ins

Throw-ins are used for all out-of-bound balls going over the sidelines and are **INDIRECT** (FIFA Rules).

Instruction during the Game

U10 and older team coaches must ask and receive permission from the referee before entering the field for any reason. Coaches are asked to remain on their team's half of the sideline during play.

Substitutions

Substitutions are made at the stoppage times in the game. Permission must be asked to and received from the referee. Players must substitute from the half line of the field. Each player will play at least half the game except in the case of injuries, sickness, ejection, and/or disciplinary action. (FIFA Rules)

Offsides-Flagrant/Obvious Offsides will be called during the game. This is at the discretion of the referee.

Score-The score at the end of a match is whatever the kids think it is. NO standings are kept.