

STYSA U10 League Rules

A) The Field

- 1) The field size: 40yds wide and 60yds long.
- 2) Goal: 18ft wide and 8ft tall
- 3) No one is allowed behind the goal line or goals except in bleaches. The only exception is those fields where one or both ends are near a street or ditch. In this case a parent can be posted to stop/chase ball (however, this person cannot coach or participate verbally or by gesture in the game).
- 4) Coaching/Team areas:
 - a) Team areas are located on the same side of the field, but opposite the side of the spectators.
 - b) Coaching areas are the same as team areas. A maximum of three (3) coaches are allowed in the coaching area.
 - c) Parents are not allowed in team/coaching areas.

B) Equipment

- 1) Ball: size 4
- 2) Shin guards and proper footwear are required.
- 3) No exposed jewelry, watches, etc. (for safety purposes).
- 4) All players must have jerseys and strings from shorts tucked in, and socks over their shin guards.
- 5) Opposing teams must wear different color jerseys. The home team is the team listed first on the schedule; it is the home team's obligation to change jerseys if there is a conflict. Goalkeepers must wear colors different from both teams and the referee.

C) Duration of the Game

- 1) The game is split into two 25 minute halves.
- 2) Half time will be five (5) minutes
- 3) The referee shall allow for time lost through injury (only when a player is replaced) or accident (ball is lost or burst, a dog on the field, etc.) but not allow the half to run longer than 30 minutes.

D) Referee

- 1) A single center referee is assigned by the club. When available linesmen are provided by STYSA.

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- 2) At this level, referees are usually young with little experience. **Keep this in mind at all times.** Mistakes will be made, that is how they learn.
- 3) STYSA has a “**zero tolerance**” policy with respect to dissent of referee calls or abusive behavior directed to referees from the sidelines. Tell your parents, assistant coaches, and players that STYSA is serious about this policy.

E) Players

- 1) Maximum number of players: per team on the field at one time is six (6).
- 2) Minimum number of players: per team on the field to start or continue the game is five (5).
- 3) Goalkeepers are used in the 6v6 U10 competitive League format.

F) Rules

- 1) Start of Play
 - a) Beginning the game:
 - (i) A coin toss between the captains of the opposing teams will be conducted by the referee. The team winning the toss shall select the field to defend. The team losing the toss shall kickoff first.
 - (a) Following a goal, restart with kickoff by a player of the team losing the goal.
 - (b) After halftime, the teams change ends and the kickoff is taken by a player of the team opposing that which took the kickoff at the start of the game.
 - (c) For a violation of this Law, the kick shall be retaken, except in the case of the kicker playing the ball a second time before it has been touched or played by another player: for this offense an indirect free kick is awarded to the opposing team.
 - (d) A goal cannot be scored directly from a kickoff (directly means no one other than the kicker touches it before it goes into the goal). If the ball is kicked directly into the goal, award a goal kick (however, if anyone from either team touches the ball after the kickoff, but before it goes into the goal, then the goal is good (this includes the opposing goalkeeper.)).

- 2) Substitutions:

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- a) STYSA substitutions are unlimited but only on your possession. Players may be substituted in the following manner during stoppage of play, **but only with the referee's permission**. The referee will use his/her judgment when determining whether to allow a substitution. Stoppage of play includes: ball out-of-bounds (passed the touch-line), goal kick (by either team), and immediately after a goal has been scored by either team.
 - b) To properly substitute, the player must report to the halfway (center) line. If the center referee does not see the player at the next stoppage, then you may call out "substitution".
 - c) Substitutions can only take place with the referee's permission. The new player(s) enter the field only after the substituted player has reached the touchline, or when waived on by the center referee.
 - d) Injured players who must leave the field may be substituted by the team suffering the injury only, after notice to the referee. Note Injury Modification – in youth soccer, the referee can call a stoppage at any time when he thinks a player might be injured. As a courtesy every player takes a knee to allow for the coaches to attend the injured player. Play is then resumed with a "drop ball".
- 3) Fouls are called by the referee, and his/her opinion is the only one that counts.
 - 4) The concept of "advantage" – just because a foul occurred does not mean it will be immediately called. If a player has been fouled, but his or her team maintains control and has an advantage, a foul may not be called at all. To do so would stop the momentum and could actually be detrimental to the fouled team. This determination is entirely in the opinion of the referee. This is why at times there is a delay before the foul is called.
- 5) Free Kicks:
 - a) Direct and Indirect Free Kicks are awarded in U10.
 - b) An Indirect Free Kick is a kick free from interference by the opposing team and from which a goal cannot be scored unless the ball is touched or played by a second player before passing through the goal. An Indirect free kick is awarded for the following technical fouls:
 - (i) Goalkeeper handles the ball after it has been deliberately passed by a teammate or directly from a throw-in from a teammate.
 - (ii) Also a player who:

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- (a) Plays in a dangerous manner.
 - (b) Impedes the progress of an opponent
 - (c) Impedes the goalkeeper from putting a ball back into play
 - (d) Or commits any other offense, not mentioned for which play is stopped to caution or dismiss a player.
- c) All opposing players must retire six (6) yards from the ball (in all directions).
- d) The kicker may not play the ball a second time until another player has touched or played the ball
- e) A Direct Free Kick does not need to be touched by another player before it enters the goal. A Direct Free Kick is awarded due to the following penal fouls against an opponent:
- (i) Kicking
 - (ii) Tripping
 - (iii) Jumping at
 - (iv) Charging
 - (v) Striking
 - (vi) Pushing
 - (vii) Tackling (contact opponent first)
 - (viii) Holding
 - (ix) Spitting
 - (x) Intentionally handling the ball.
 - (xi) The action must be considered to be careless, reckless or using excessive force.
- f) A foul committed in a team's own penalty area will result in a Penalty Kick eight (8) yards from the goal line. All players except the defending goalkeeper and kicker shall be eight (8) yards from the penalty mark.
- 6) Goal Kick:
- a) When the ball has completely crossed the goal line, except through the goal, either on the ground or in the air, and was last played or touched by a player of the attacking team, it shall be kicked into play from any point inside the goal area (including the goal area lines) by the defending team.
 - b) All opposing players must be at least eight (8) yards from the ball.
 - c) The ball must leave the goal area before it is considered in play. If it does not, retake kick.
 - d) The goalkeeper cannot pick up the ball directly from a goal kick.

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- e) The kicker cannot play the ball a second time until it has been touched or played by another player. The punishment for this, except in cases where (c) applies, will be an Indirect Free Kick awarded to the other team at the point the ball was played a second time.
- 7) Corner Kick:
- a) When the ball has completely crossed the goal line, except through the goal, either on the ground or in the air, and was last played or touched by a player of the defending team, it shall be kicked into play from the corner arc on the side of the goal on which it went across the goal line by the attacking team.
 - b) All opposing players must be at least six (6) yards from the ball.
 - c) The ball must travel its own circumference before it is considered in play. If it does not retake the kick.
 - d) The kicker cannot play the ball a second time until it has been touched or played by another player. The punishment for this will be an Indirect Free Kick awarded to the other team at the point the ball was played the second time.
 - e) A goal can be scored directly from a corner kick.
- 8) Ball out of play:
- a) The ball is out of Play:
 - (i) When it has entirely crossed the goal line or touch line, either on the ground or in the air
 - (ii) When the game has been stopped by the referee
 - b) All balls out of play over the touch line will be restarted with a throw-in, awarded to the opponents of the player who last touched the ball.
- 9) Off-sides:
- a) A player is in an off-side position if:
 - (i) He or she is in the opponents half of the field, and
 - (ii) Nearer to the opponent's goal-line than the ball (i.e. ahead of the ball),
 - (iii) There are not two (2) defending players (counting the goalkeeper) level with, or closer to the goal line than, the attacking player.
 - b) However, merely being in an off-side position does not make a player "off-side". The player must be involved in the active play to be penalized.**
 - c) Off-side is judged when the ball is last played by the player's teammate, not when it is received. A player may look off-side when the ball arrives,

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but may not have been off-side when it was played (kicked) by his/her teammate.

10) Goalkeeper:

- a) It is STYSA's policy to discourage any physical contact with the goalkeeper at U10. "Fingertip" control of the ball is considered in the possession of the goalkeeper. Players should be coached to avoid all contact with the goalkeeper to avoid injury.
- b) Goalkeepers are the only players on the field that are able to use his/her hands to control the ball. The goalkeeper, however, may only use his hands to control the ball while in the large box painted on the field (call the penalty area). Once the ball is in the possession of the goalkeeper, he has six seconds to put the ball back into play. At anytime and anywhere on the field, the goalkeeper may use his feet to play the ball. The goalkeeper must wear a uniform that clearly differentiates him from other players on the field.

G) Game Conduct

- 1) Players and coaches are expected to abide by the principles of good sportsmanship and fair play at all times. However, players and coaches are specifically prohibited from:
 - a) Being behind either goal line during the game
 - b) Being closer than 18 yard from the corner of the field
 - c) Entering the field without the permission of the referee
 - d) Consuming alcohol or tobacco at games
 - e) Making derogatory gestures or statements to referees or opposing players and/or spectators, including particularly dissenting from referee's rulings during the game.
- 2) A player who is cautioned (shown a yellow card) for foul play should be removed from the game via substitution. The player should be counseled and should not return that half. If the player receives a second yellow card, he or she will be sent off (shown a red card). This is because two yellow cards are equivalent to a red card. Note it is not necessary to receive the caution. Deliberate fouls, etc... May result in an immediate red card.
- 3) Sending off- the consequences of being shown a red card by the referee shall be that the player is immediately suspended from further play during the game in progress, and is suspended from the next sanctioned game in which his team competes. The player or coach must immediately and

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without dissent leave the playing field and sidelines to a position out of hearing and sight of the referee for the duration of the game. No further contact with the game referees are permitted by the player or coach shown a red card on the day of the infraction.

H) End of Play

- 1) The referee will blow his whistle several times to indicate that play is suspended for half-time breaks and the end of the game.
- 2) At the end of the game the players from each team should line up and shake hands.

I) Parents Responsibilities

- 1) Parents should respect the commitment made by their coach and try to make all practices and games. Please be on time.
- 2) Parents and other spectators should be respectful of the players and coaches/referees. They should cheer and encourage all players and should leave the coaching to the coach.
- 3) Teams and parents should not enter the field if another game is in progress.
- 4) No one should cross a field in use during a game.
- 5) Parents should help their children pick up all trash and dispose of it properly as well as reminding them to pick up their belongings after games and practices.
- 6) If a problem arises during the game parents should inform their coach. Parents should never directly confront a referee, opposing player/coach. It is the responsibility of the coach and not the parent to address these matters. Parents who violate this rule will be asked to leave the area of play by either the referee or U10 Competitive League Director.

- J) The US Soccer Laws of the game as amended by LSA will be used for any rules not specified. The STYSA U10 Competitive League rules comply with the LSA procedure that allows associations to amend rules to fit the playing formats of the respective association.

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