

ROCKDALE YOUTH SOCCER ASSOCIATION Rules of the Game – Recreational U10 (updated Fall 2017)



Play - Teams play 7v7 – 6 field players and a goalkeeper. For U10s, it is recommended that goalkeepers play no more than ½ of the game in goal.

Ball - U10 games will be played with a size 4 ball.

Duration of Game – Games are two (2) twenty five (25) minute halves and a 5 - 10-minute break for half time, decided by the referee.

Referees – RYSA employs the one referee system at U10 recreational: one center referee. All decisions by the referee are final. During the game, the center referee may allow play to continue after a foul if the fouled team keeps possession and continues the play. See Advantage in the website listed below.

NOTE: the referee's responsibilities begin when the referee arrives at the field and until the referee leaves the field.

Substitutes - Unlimited subs at dead ball situations to ensure equal playing time for all players.

Teams may substitute at:

- Any goal kick
- Possession throw in
- When a goal is scored
- For an injured player

Substitutes must be ready at the midline, and cannot enter the field of play without the referee's permission.

Recreational players are required to play at least ½ of each half.

Dress - Shin guards are mandatory. Shin Guards are to be worn under the socks. Tennis shoes or soft-cleated soccer shoes must be worn. No earrings or other jewelry should be worn. Shirts must be tucked into shorts. Home team wears blue, away team wears gray.

Start of Game - Kick-off from the center of the midline. Ball may be passed forward or backward to teammate. Kicker may not touch the ball again until it is touched by another player.

Ball In/Out of Play The whole ball must be over the line. When the ball crosses the sideline, the other team has a throw in. When the ball crosses the end line, last touched by the defender, it is a corner kick; last touched by an attacker, it is a goal kick.

Build out Line:

- When the goalkeeper has the ball in his or her hand hands during play from the opponent, the opposing team must move behind the build-out line until the ball is put into play
- Once the opposing team is behind the build-out line, the goalkeeper can pass, throw or roll the ball to a teammate. Punts and drop kicks are not allowed
- After the ball is put into play by the goalkeeper, the opposing team can cross the build-out line and play resumes as normal.
- The opposing team must also move behind the build-out line prior to a goal kick and may only cross the build-out line once the ball has left the penalty area.

- If a goalkeeper punts or drop kicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the punt or drop kick occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.
- The build-out line will also be used to denote where offside offenses can be called.
- Players cannot be penalized for an offside offense between the halfway line and the build-out line.
- Players can be penalized for an offside offense between the build-out line and the goal line.

Off-side – Players in an offside position when the ball is played to them will be offside. An indirect free kick will be awarded to the opposite team.

Fouls and Misconduct – see USSF Laws of the Game. <http://www.ussoccer.com/Referees/Laws-of-the-Game.aspx>

Penalty Kicks - Fouls by the defensive team in the penalty area may result in a penalty kick for the attacking team from the penalty spot. See Law 14 of USSF Laws of the Game.

Results of the Game – RYSA does not keep standings for U10 recreational leagues.