

U10 Community Rules and Regulations



GAME FORMAT

PLAYERS	TEAM SIZE	TIME OF GAME	BALL SIZE	FIELD SIZE	GOAL SIZE
7 VS. 7 6 ON FIELD ONE GOALIE PER TEAM	UP TO 17 PLAYERS	2 PERIODS 25 MINUTES EACH	4	FULL INDOOR FIELD	FULL SIZE

FIELD OF PLAY

DIMENSIONS: FULL INDOOR FIELD.

FIELD LAYOUT: CENTER OF FIELD IS IN HALF WAY BETWEEN THE GOAL LINES. UPON KICK OFF, TIP IN, THE OPPOSING PLAYERS MUST BE OUTSIDE OF CENTRE CIRCLE.

THE BALL: SIZE 4

KIDS PLAYING TIME: TEAMS MAY BE COED AND ALL PLAYERS ARE TO BE PLAYED EVENLY WITH A MINIMUM OF 50% OF THE GAME TIME.

GAME TIME: GAME CONSISTS OF TWO 25 MINUTE PERIODS WITH A 5 MINUTE BREAK IN BETWEEN. TEAMS ARE TO SWITCH SIDES FOLLOWING ½ TIME.

EQUIPMENT: PROPER FOOT WEAR IS TO BE WORN AT ALL TIMES. NO SANDALS OR OPEN TOED SHOES. NO CLEATS ARE ALLOWED, SHIN PADS ARE MANDATORY.

REFEREE: IS TO BE PROVIDED MY LSA.

TEAM SIZE: GAMES CONSIST OF TWO TEAMS WITH 7 PEOPLE PER TEAM. WITH A MAXIMUM OF 17 KIDS PER TEAM.

GAME PLAY

KICKOFF: TO BE DECIDED BY TOSS OF COIN OR ROCK PAPER SCISSORS. WINNER CHOOSES SIDE OR START. KICK IS TO BE TAKEN FROM THE MIDDLE OF THE FIELD, WITH THE OPPOSING TEAM BACK 5 METERS.

SUBSTITUTIONS: MAY TAKE PLACE AT ANY TIME OF PLAY AND IS UNLIMITED. PLAYERS ARE TO BE OFF THE FIELD BEFORE ANOTHER GOES ON. TOO MANY PLAYERS WILL RESULT IN A BLUE CARD PENALTY. ALL PLAYERS NOT ON THE FIELD ARE TO REMAIN ON THEIR BENCH.

CONTINUANCE OF PLAY FOLLOWING ½ TIME: KICKOFF FROM CENTRE LINE BY THE TEAM THAT DID NOT TAKE THE INITIAL KICKOFF. TEAMS ARE TO CHANGE SIDES FOLLOWING ½ TIME.

U10 Community Rules and Regulations



BALL OUT OF PLAY: THE BOARDS UP TO AND INCLUDING THE RED LINE ARE CONSIDERED IN PLAY. ONCE BALL TOUCHES THE SAFETY NET OR THE ROOF THE BALL IS CONSIDERED OUT OF PLAY. BALL IN TO BE PLACED AT THE LOCATION WHERE THE BALL TOUCHED THE NET, AND KICKED FROM THERE. IF THE BALL TOUCHES THE ROOF THE BALL IS PLACED AT THE NEAREST 1/3 LINE TO WHERE THE BALL WAS KICKED FROM.

SCORING: MAY TAKE PLACE FROM ANY PLACE ON THE FIELD AND GOES THROUGH THE GOAL. GOALS FROM A FREE KICK ARE DIRECT, THEY DO NOT HAVE TO BE PASSED TO ANOTHER PLAYER TO BE CONSIDERED A GOAL.

OFF SIDES: THERE ARE NO OFF SIDES.

FOULS: ALL FOULS OR PENALTIES MUST BE BRIEFLY EXPLAINED TO THE OFFENDING PLAYER. THERE ARE TO BE NO SLIDE TACKLES, GRABBING OR PUSHING OF ANY PLAYERS. NO HANDS ARE ALLOWED IN PLAY. UNINTENTIONAL HAND BALLS ARE ALLOWED. (SUCH AS BLOCKING THE BALL FROM HITTING THEMSELVES) FOLLOWING A FOUL A FREE KICK IS TO TAKE PLACE FROM WHERE THE FOUL TOOK PLACE.

BRIEF OVERVIEW IS AT THE END OF THIS DOCUMENT. FOR SPECIFIC DETAILS SEE ALBERTA SOCCER ASSOCIATION.

FREE KICKS: ALL FREE KICKS ARE DIRECT AT U10. IF THE FREE KICK GOES INTO THE NET WITHOUT TOUCHING ANYONE, IT IS A LEGAL GOAL. OPPOSING TEAM MUST STAND BACK 5 METERS.

PENALTY KICK: FROM OFFENCES THAT TAKE PLACE WITHIN THE GOALIE'S CREASE IT BECOMES A PENALTY KICK. TO BE PLACED ON THE PENALTY DOT, AND ALL PLAYERS ARE TO BE BEHIND THE KICKER.

GOAL KICK: TO BE PLACED ON THE GOAL CREASE AND KICKED FROM THE GROUND. OPPOSING PLAYERS MUST BE AT LEAST 4 METERS FROM BALL UNTIL IT IS KICKED.

CORNER KICKS: NO CORNER KICKS.

ROTATION OF PLAYERS: ALL PLAYERS ARE TO BE ROTATED IN THEIR POSITIONS SO THAT THE CHILDREN CAN GAIN EXPERIENCE

THE COACHES: ON A SINGLE GENDER TEAM THERE MUST BE A COACH THE SAME GENDER AS THE PLAYERS. (BENCH MOM OR DAD) IF THE TEAM IS A COED TEAM THERE SHOULD BE A PARENT HELPER TO SIT ON THE BENCH IN ORDER TO ASSIST WITH THE OPPOSING GENDER.

REFEREES: ARE ASSIGNED BY LSA TO REFEREE THE GAMES.

U10 Community Rules and Regulations



FOULS AND MISCONDUCT

PLEASE NOTE FOR U10 INDOOR AND UP AS OF 2014-2015 SEASON ALL FREE KICKS CAN BE DIRECT. THAT MEANS UPON A FREE KICK THEY MAY GO DIRECTLY INTO THE GOAL FOR A POINT. PENALTIES ARE TO BE ASSESSED BY THE REFEREES, FOR A DETAILED REVIEW OF THE RULES FOR INDOOR SOCCER PLEASE GO TO ALBERTA SOCCER ASSOCIATION FOR MORE DETAILS.

FREE KICKS

FREE KICKS ARE AWARDED TO THE OPPOSING TEAM FOR THE SOME OF THE FOLLOWING MANNERS

AT THE REF'S DISCRETION:

KICKS, TRIPPING OR ATTEMPT AT EITHER ON AN OPPOSING PLAYER.

CHARGING OPPONENT, HOLDING, BOARDING OR SPITTING.

USING HANDS. GOALIE HOLDING BALL FOR MORE THAN 5 SECONDS.

FREE KICKS ARE TO BE TAKEN FROM THE PLACE OF OFFENCE.

IF THE EVENT OCCURS WITHIN THE OFFENDING TEAM'S PENALTY AREA IT IS NOW A PENALTY KICK.

TECHNICAL OFFENCES – BLUE CARDS

BLUE CARD = 2-MINUTE MINOR MISCONDUCT OF A TECHNICAL OFFENCE.

SUBJECT TO THE REFEREES CALLING OF FOUL.

GOALIE HOLDING BALL FOR MORE THAN 5 SECONDS REPEATEDLY.

GOALIE PICKING UP A BALL THAT HAS BEEN PASSED TO THEM BY THEIR OWN TEAM.

DELAY OF PLAY.

NOT GIVING ENOUGH DISTANCE WHEN PLAY IS STARTED FROM KICKS, PENALTY, FREE OR TIP OFF.

SPITTING ON FIELD OF PLAY.

RESTART IS TO TAKE PLACE AT THE LOCATION THAT THE PENALTY TOOK PLACE.

PLAYERS PLAY IN A DANGEROUS MANNER OF PLAY, IMPEDES THE PLAY OF ANOTHER OPPONENT,

BLOCKING THE GOAL TENDER WHEN THE GOALIE HAS POSSESSION OF BALL.

MINOR MISCONDUCT OFFENCES

CAUTIONABLE OFFENCES

PLEASE NOTE MINOR OFFENCES WILL BE CAUTIONED BY REFEREE BUT IF OFFENCE KEEPS OCCURRING THEY MAY CARD THE PLAYER.

PLAYERS PLAY IN A DANGEROUS MANNER OF PLAY, IMPEDES THE PLAY OF ANOTHER OPPONENT,

BLOCKING THE GOAL TENDER WHEN THE GOALIE HAS POSSESSION OF BALL.

YELLOW CARD = 2 MINUTE MISCONDUCT. A DOUBLE YELLOW OFFENCE IS A FOUR MINUTE MISCONDUCT AND PLAYER IS SUSPENDED FROM THE GAME.

YELLOW CARDS MAY OCCUR UPON THE FOLLOWING INSTANCES SUBJECT TO THE REFEREE'S DISCRETION.

UN-SPORTSMAN LIKE BEHAVIOUR DISRESPECT BY WORDS OR ACTIONS TO REFEREE.

LEAVING THE FIELD OF PLAY WITHOUT REFEREE'S PERMISSION.

3 OR MORE MINOR MISCONDUCT OFFENCES.

PENALTY MAY BE SERVED BY ANOTHER PLAYER IN THE EVENT OF A DOUBLE YELLOW CARD, DUE TO THE DISMISSAL OF THE PLAYER FROM THE FIELD.

MAJOR MISCONDUCT OFFENCES

RED CARD = AKA **SENDING-OFF OFFENCES** – 5 MINUTE MAJOR PENALTY.

PLAYER MUST LEAVE THE FIELD AND COULD BE SUBJECT TO FURTHER DISCIPLINARY ACTION BY LSA.

VIOLENT MISCONDUCT

BOARDING – EITHER YELLOW OR RED – AT REFEREES DISCRETION.

SPITTING AT ANY PLAYER OR ANY OTHER PERSON.

DENYING A SCORING OPPORTUNITY BY USING HANDS IN THEIR OWN PENALTY AREA.

SWEARING OR USING AGGRESSING GESTURES OR WORDS.

U10 Community Rules and Regulations



TWO YELLOW CARDS IN A MATCH. (4 MINUTE PENALTY) – NOT A MAJOR JUST A DOUBLE MINOR.

SERVING THE PENALTY

PLAYERS MUST SERVE THE PENALTY UNLESS:

IT IS SECOND YELLOW CARD IN WHICH HE IS SENT OFF THE FIELD AND ANOTHER PLAYER HAS TO SERVE IN THEIR STEAD.

IF IT IS A RED CARD, THE PLAYER IS TO LEAVE THE FIELD OF PLAY, THE PENALTY IS SERVED BY ANOTHER PLAYER ON THE TEAM.

OFFENDING PLAYER IS A GOAL KEEPER.

Offending player is wounded in the offence and needing medical attention.