

U10 Outdoor League Rules and Regulations

The prime concept of this program shall be participation and learning. At the end of the game, the winning coach (or in case of a tie, the home coach), receives the white copy, the referee retains the gold copy, the home teams receives the yellow copy and the away team, the pick copy.

All referees scheduled in the U10 programs must be ASA registered referees and be up-to-date on courses and/or refresher clinics.

FIFA Laws of the Game are in effect with the exception of the following:

Law 1 – Field of Play (Mandatory Requirements)

Dimensions

Length: between 55 to 65 yards long

Width: between 35 to 45 yards wide

The field shall be rectangular in shape.

Field Markings

Lines may be marked, or with markers or pylons can be used every 5 to 7 yards.

Penalty Area

A penalty area will not apply and therefore should not be marked.

Goal Area

A goal area shall be 8 yards deep by 20 yards wide (10 yards each side of center of the end line).

Goals

Goals shall be 12 ft wide and between 5.5 ft and 6.6ft high. The goal posts may be rigid or may be a pole placed in a pylon. The goal must have a crossbar.

Law 2 – The Ball

The ball shall be a size 4.

Law 3 – The Number of Players

A match is played by 2 teams, each consisting of not more than seven (7) players, one whom is the goalkeeper. A match should not start if either team consists of fewer than five (5) players.

Play shall be delayed approximately every five (5) minutes to allow the teams to perform a substitution. All players shall be given the opportunity of playing goalkeeper and in different field positions wherever practical to provide as broad of a learning experience as possible. Other than at such 5-minute rotations, substitutes may only be made as a result of an injury.

Law 4 – The Player’s Equipment

The wearing of rigid casts or splints, even though covered with foam or other protective padding will NOT be allowed. Braces may be worn by players, where in the opinion of the referee, such braces are not POTENTIALLY INJURIOUS to other players on the field.

Law 7 – The Duration of the Match

The match last two equal periods of 25 minutes each, unless otherwise mutually agreed between the referee and the 2 participating teams.

Law 11 – Offside

There is no offside.

Law 12 – Fouls and Misconducts

Penal (direct free kick offenses) and technical (indirect free kick offenses) fouls remain the same but do not caution/dismiss any players for a foul. The Referee may have a talk with the player or talk the coach if they feel the foul is serious enough. If the player does not listen or continue, the referee may substitute the player off and ask the coach to have a talk with the player.

Referees may still dismiss a coach or a spectator if required. Any Spectator or Team Official dismissed will be subject to discipline sanctions according to Section XI: Discipline of the CMSA Rules of Play.

Law 13 – Free Kicks

All kicks are indirect kicks. This included kicks for penal fouls, a corner

kick, or kick-off. Law 14 – The Penalty Kick

There are no penalty kicks given. An indirect free kicks awarded against the defending team for infringements inside its own penalty area shall be taken from that part of the penalty area line that runs parallel to the goal line at the near to where the infringement occurred. The defending team may defend against this kick.

Law 15 – The Throw-In

Since this is a developmental league, OMSA encourages coaches to teach their players to throw in the ball. As long as they use both hands and deliver the ball from behind and over their head, consider the throw legal. Coaches may opt to use a kick-in instead of a throw-in if need be.

Law 16 – The Goal Kick

Goal kicks can be taken *from anywhere inside the goal area.*