

7v7 Soccer Rules for the U10 Division
RULES OF THE GAME
As of February 1, 2018
(WCSSF Guidelines follows the Indiana Soccer Guidelines)

Field Dimensions: The playing field is 45-60 yards in length, and 35-45 yards wide. The goals are 6.5'h x 18'w. (6' x 12' goals are allowed.)

Ball Size: The ball must be a size four. The smaller ball is lighter and more easily kicked, received, dribbled and passed.

There is Offsides in 7v7 as of the Fall of 2016.

Number of Players: Each team can have seven players on the field. However, a team may start with a minimum of six players, but each team would need to play equal strength.

Duration of the Game: Each game will consist of two 25 minutes halves, with a 5-minute halftime.

Rules of the Goal Keeper: In the 9U/10U age groups the goalkeepers (1) cannot punt the ball – ever; (2) must only throw or roll the ball to their teammates; (3) must roll or throw the ball once they stop it; (4) catch it or pick it up with their hands. A deflection does not count as a possession with the Goalie's hands; (5) cannot touch the ball with their foot after they throw/roll it until another player on the field touches it first. This means no drop kick, roll and kick, release and kick, drop and kick and etc. In case of the goalkeeper punting the ball, the referee stops play, reminds the goalkeeper of the "No Punt Rule" and restarts the game with the ball in the hands of the goalkeeper.

Throw-ins: A throw-in is awarded when a ball is kicked out from the sideline.

Goal Kicks: Goal kicks may be taken from anywhere inside the penalty area. Opponents are required to drop behind the build out line until the ball is put back into play. Goal Kicks must land on the goalie's own half before rolling over the halfway line.

Free Kicks: The distance the defending players must be away from the ball until it is kicked is the same as the radius of the center circle.

Penalty Kick: The penalty mark is eight yards from the center of the goal line and those players other than the kicker and defending goalkeeper are at least eight yards from the penalty mark. The distance of eight yards conforms to the radius of the center circle. The distance of eight yards from the center of the goalmouth for the penalty mark fits within the reduced dimensions of the penalty area and is a reasonable distance for the kick.

Corner Kick: The distance the defending players must be away from the ball until it is kicked is the same as the radius of the center circle.

Hand Ball Clarification: Deliberate handling of the ball that denies the opposing team a goal or an obvious goal scoring opportunity will result in the following: a free kick according to the FIFA rules.

Referee: A center referee will be assigned to each U10 game. Assistant Referees may be used during the game, but are not mandatory. Coaches and assistant coaches should remain on the side-line and not enter the field of play during a game unless called on by the referee.

Build-Out Line: There is a new line (as of July 2016) that is 14 yards parallel from the goal line and it painted all the way across the field. It is called the Build-Out Line. The purposes of this Line is to give the offense a chance to build play out of the back (defensive half of the field). Since the Goalie cannot punt, this will give the offense a chance to possess the ball cleanly before being challenged by the defense.

The defense must move back beyond this line once the goalie gets possession. This goes for both goal kicks and when the goalie stops the ball during play (and has to roll/throw it).

The defense cannot cross the Build Out line until the goalie puts the ball into play by releasing it. If the defense does not move behind the Build Out Line and interferes with play, then the foul is an indirect kick where the defense touched the ball in the area between the Goal line and the Build Out line.

The 6 second goalie release will not apply until every defender crosses behind the Build Out Line.

The Goalie does not have to wait until all of the defenders have moved behind the Build Out Line to put the ball in play. It is the goalie's option. If a defender interferes or touches the ball before it crosses the Build Out Line, it is still an indirect free kick awarded to the Goalie's team.

Headers: Headers are not allowed in this age group in accordance with Indiana Soccer and the US Soccer's safety campaign. When a player deliberately heads the ball in a game, an indirect free kick (IFK) should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.