

South Shore Soccer League

Rules Modifications for U10

(Updated 9/21/09)

The Field: The field of play shall be rectangular. It is recommended that the length of the field be between 60 and 80 yards long. It is recommended that the width of the field be between 40 and 55 yards wide.

Markings: Distinctive lines not more than five (5) inches wide. A halfway line shall be marked across the field. An optional center circle with an eight (8) yard radius. Four optional corner arcs with a one (1) yard radius. A goal area that extends six (6) yards from each goal post and six (6) yards into the field of play joined by a line drawn parallel with the goal line. A penalty area that extends fourteen (14) yards from each goal post and fourteen (14) yards into the field of play joined by a line drawn parallel with the goal line.

Goals: Down sized goals shall be used. The recommended height shall be six (6) feet high by twelve (12) feet wide.

The Ball: A size four (4) soccer ball shall be used.

Number of Players: There shall be six (6) players one of which will be a goalkeeper on the field. A minimum of four (4) players is needed to start or to continue play. There shall be a maximum of 14 players on the roster.

Substitutions: Substitutions for league competition will be unlimited, and may be made with the consent of the referee by either team **if the substitute is at the halfway line immediately prior to the following times. The player leaving the field will exit at the halfway line and the substitute will enter at the halfway line.**

- a) Prior to a throw ins if the team in possession of the ball substitutes
- b) Prior to a goal kick,
- c) Prior to re-starts after goals,
- d) Prior to the re-start for the beginning of the second half,
- e) Prior to re-starts after an injury stoppage (**A substitute for an injured player need not be standing at the halfway line immediately prior to the injury.**)

Duration of the Game: The game shall be two (2) equal halves of thirty (30) minutes each. There shall be a five (5) minute halftime break.

Start of Play: Opponents must be eight (8) yards away from the ball on all Free Kicks, Kick-offs or Corner Kicks. On Goal Kicks or Free Kicks taken by the defense within the penalty area, the opponents must be eight (8) yards away or outside the penalty area.

A ball put into play by a Goal Kick or a Kick or Throw by the Goalkeeper must be touched by a player or the ground before it crosses the midfield line. A violation of this rule shall result in an Indirect Free Kick for the opponent at the point the ball crossed the midfield line.

Offsides: There shall be no offsides.

Penalty Kick: Penalty kicks shall be taken from the top of the penalty area.