

MJSA 2009 Outdoor Season Rules

U10 City League

Rule# 1: The Field of Play

U-10 Games will be played widthwise on a regulation soccer field.

Goal Area: The goal area is part of the penalty area (see below.) Its purpose is to indicate from where a goal kick may be taken.

Penalty Area: Anyone from either team is allowed in the penalty area (which includes the goal area) during the regular run of play. However, attackers may not foul, obstruct, endanger, or interfere with the goalkeeper in anyway whatsoever. The goalkeeper may use his/her hands inside the penalty area. If he/she uses them outside the penalty area, it is “handball” and punishable by a free kick for his/her opponents from the place where the infraction took place.

Rule# 2: The Ball

U-10 play with a #4 soccer ball.

Rule# 3: The Number of Players

Each team is allowed 7 players on the field, one of whom is the goalkeeper. Unlimited substitutions (any number of players) may be allowed during any stoppage in play (such as after any out-of-bounds, foul, goal, injury, etc.) **NO** substitutions “on the fly”. The coaches must first ask for and receive permission from the referee before any substitutions are made. All substitutions are at the sole discretion of the referee. (Middle of half)

Rule# 4: Players Equipment

All players must wear soccer shinguards. Players must not wear anything that is dangerous to themselves or to other players. Goalkeepers must wear shirt colours which are different from those of all other players. No jewelry with the exception of medic alert bracelets or chains which must be covered by a wrist band.

Rule# 5: Referees

U-10: Moose Jaw Soccer will assign an SSA registered referee for every game.

The referee may suspend, stop or end the game because of the weather or other problems.

Rule# 6: Duration of the Game

The game is 25 minutes each half for U-10. There shall be a 5 minute half-time break. **A thirty-minute training session will precede the game for each team.** Therefore a start time scheduled for 6:00 PM means the game will kick off at 6:30 PM. The referee is the official timekeeper. The clock is **not** stopped for routine out-of-bounds, fouls, goals, substitutions, etc. The clock should, however, be stopped for any serious injury or other potentially long delay (such as a “water break” on a very hot day.)

Rule# 7: Start of Play

The team captain winning the coin toss will choose ends. The other team will take the opening kickoff. At the kickoff both teams must be in their own half of the field until the ball is kicked. The ball must be kicked from the centre mark forwards into the opponent's half of the field. The referee will have to approximate the location of the often non-existent centre mark and halfway line.

After a goal is scored the game restarts with a kickoff by the team scored upon. Ends are changed at halftime and the kickoff is taken by the team that didn't take the opening kickoff. If not done correctly, the kickoff is retaken. A goal may not be scored directly from a kickoff.

At the taking of a kickoff (and, for that matter, also a free kick, goal kick, or a corner kick) the opposing players must be at least 6 metres from the ball until it is kicked. The ball is in play as soon as it is kicked. The kicker (or a thrower on a throw-in) must not play the ball a second time until it has contacted any other player from either team (for this infraction a free kick is given to the opposing team from the place where the second consecutive touch occurred.)

If the game is stopped on account of injury or any other reason not specified in these rules, the game is restarted with a dropball. The referee drops the ball between two opponents at the place where it was when play was stopped. Neither opponent may kick the ball until it touches the ground first. All dropballs must take place outside of the respective penalty areas.

Rule# 8: Ball In and Out of Play

The ball is out of play when the whole ball has crossed the whole endline or sideline, on the ground or in the air. Or when the referee has stopped play for any reason. The ball is in play at all other times including when it rebounds from a goalpost, crossbar or the referee.

Rule# 9: Method of Scoring

A goal is scored when the whole of the ball has passed over the whole end line between the goalposts and under the crossbar.

Rule# 10: Offside

There is no offside, except that at the kickoff, all players must be in their own half of the field until the ball is kicked.

Rule# 11: Fouls and Misconduct

A free kick is awarded to the opposing team if a player:

- Kicks or attempts to kick an opponent
- trips an opponent
- holds an opponent
- pushes an opponent
- plays in a dangerous manner
- handles the ball (deliberately strikes, carries, or propels it with hand or arm), excepting a goalkeeper within his/her own penalty area.

A player should be warned for engaging in unsporting behavior or for committing persistent infractions. A player should be sent off the field for the rest of the game for serious foul play or violent conduct or continuing with persistent infractions after having received a warning. The team does not have to play short.

Special goalkeeper regulations: The goalkeeper may not touch the ball with his/her hands if the ball has been deliberately kicked (with the foot) to him/her by a teammate. Whenever the goalkeeper makes a save and retains possession of the ball in his/her hands, he/she can't run around indefinitely while holding the ball and wasting time. The referee must insist on him/her immediately throwing, punting or kicking the ball if he/she has already held the ball for 6 seconds. No opponent may interfere with the goalkeeper releasing possession of the ball after making a save. Once he/she releases the ball from his/her possession he/she can not play the ball again with his/her hands until some other player has contacted it. Bouncing the ball to him/herself does not count as releasing the ball from his/her possession. A free kick is awarded to the opposing team if any of the infractions mentioned in this paragraph are committed.

Rule# 12: Free Kicks

All free kicks are indirect kicks (meaning: a goal can **not** be scored until the ball first contacts some other player on either team.) A free kick is taken from the place where the infraction occurred except in the following two instances: A free kick awarded to the attacking team for an infraction committed by the defending team within the penalty area is taken on that part of the penalty area line parallel to the end line at a point nearest to where the infraction occurred. A free kick awarded to the defence for an infraction committed by the attacking team in the goal area may be taken from anywhere within the goal area. On all free kicks the opponents of the team taking the kick must be at least 6 metres from the ball until it is kicked. Players from the kicking team may position themselves wherever they wish. The ball is in play as soon as it is kicked. On free kicks taken by the defending team within their own penalty areas, all opponents shall be outside the penalty area until the ball is in play. Teammates of the kicker may position themselves wherever they wish. The ball is in play when it is kicked and leaves the penalty area.

Rule# 13: Penalty Kicks

There are **Penalty kicks if a serious foul is committed inside the penalty area.**

Rule# 14: Throw-ins

When the ball passes over a sideline, it is thrown in from the point where it crossed the line, by the team opposite to the team who last contacted it. The thrower must have part of both feet on the ground either on or outside the sideline, and must use both hands delivering the ball from behind and over the head. If the ball is improperly thrown in, the referee should stop play, explain what was done incorrectly and have the throw-in retaken. If it is improperly thrown in again, the throw-in is given to the opposition. A goal may not be scored directly from a throw in.

Rule# 15: Goal Kicks

When the ball passes over an endline (without a goal being scored) and last contacted one of the attacking team, it is kicked into play from a point on the ground anywhere within the goal area by the goalkeeper or one of his/her teammates. The opponents of the kicking team must be outside the penalty area until the ball is kicked and is in play. The players on the kicking team may position themselves wherever they wish. The ball is not in play until it leaves the penalty area. A goal may not be scored directly from a goal kick.

Rule# 16: Corner Kicks

When the ball passes over the end line (without a goal being scored) and last contacted one of the defending team, the attacking team is awarded a corner kick. The ball is kicked from within one metre of the nearest corner of the field. Opponents of the kicking team must be at least 6 metres away from the ball until it is kicked. The players of the kicking team may position themselves wherever they wish. The ball is in play as soon as it is kicked. A goal may not be scored directly from a corner kick.