

## Recreation Soccer

### U10 REC SOCCER RULES

The following is a summary of rules for this age group.

- Teams in the U10 age group will be divided into separate leagues for boys and girls.
- Roster Size: 6-12 players.
- Players on field: 7 vs. 7 including goalkeepers.
- Ball Size: 4.
- Field Size: Approx 60 yards x 40 yards.
- Goal Size: 6 feet x 18 feet.
- Coaches are NOT required to have player cards and game cards
- Game Duration: 2 halves, 30 minutes each. 5 minute half-time.
  - a) Free Subs (at GA Soccer regulated stoppage of play; e.g., goal kicks, throw-in's offensive teams may substitute, etc).
  - b) Players should be at midfield and off the playing surface until the center referee indicates they may enter the field of play.
- All players must play 50% of each half and preferably  $\frac{2}{3}$  of a game.
- Offside rule will be in effect.
- Intentional heading will not be allowed. Violation of this results in an indirect free kick per GA Soccer rules.
- Penalty kicks will be taken at a spot 8 yards from the goal line.
- Throw-ins will be utilized to restart play when ball goes over touchlines.
- Goal Kicks: placed in goal area.
- At least one referee will be scheduled to officiate each game.
- Recommended that Goalkeepers must play an equal amount of time on the field as in the goal.