U10 Recreation Revised 2/2026

Law 1 - Field Size and Goal Size - This is the basic layout of a soccer field, there is a range for this age group with the minimum field size of 35 yds. wide x 45 yds. long and a maximum field size of 55 yds. wide x 65 yds. long. We recommend using a goal that is 6.5 ft. high x 18.5 ft. wide.

Law 2 - Ball - The ball used at this age group is a size 4.

Law 3 – 7v7: A match is played by two teams, each consisting of no more than 7 players on the field.
Minimum of 5 players to start the game.
Maximum of 12 players per roster is permitted.
Substitutions may be made at half time or by either team on a goal kick or a kick-off.
The team possessing the ball at a throw in may do a substitution.
*Any team may sub at an injury. Substitutions may only be made with the referee's permission. In the case of injury and both teams may make a substitution. If a coach comes onto the field the injured player must come off the field and may be replaced by another player from the bench.
Each player shall play 50% of the total playing time unless player refuses to play. The referee doesn't keep up with this time and neither does the opposing team. Only three coaches allowed on the coaches' sideline. They must have a US Youth Soccer coach's card for the current season and approved laminated roster.

Law 4 - The Players Equipment - A player must:

- Not use equipment or wear anything, which is dangerous to himself or another player including jewelry.
- No tape over jewelry. This is not allowed, even if you just had your ears pierced.
- The basic equipment of a player is a jersey or shirt, shorts, socks, shoes, and shin guards with the socks being long enough to entirely cover the shin guard.
- Tennis shows or cleats are to be worn. If a baseball or softball cleats, then they have the toe cleat removed. No metal cleats are allowed.
- Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams and be worn on the outside of the non-uniform. No hoods or hats may be worn during the game due to the possibility of impairment of vision.

Law 5 – Referee – The referee must be certified.

Law 6 – Linesmen/women- No linesperson is used at this age group.

Law 7 - The Duration of the Match - The match will have 25-minute halves. There shall be a half-time interval of 5 minutes. MUST SWITCH SIDES
There is only a 5 minute grace period for tardiness. If your team is more than 5 minutes late, your team will forfeit that game.

Mercy Rule : When the score reaches a 10 goal lead (ex: 10-0, 13-3, etc) at half time, the game will be called but play will continue with no score kept. Score stops at half time. **The loosing coach must request to use the Mercy Rule**. There will no longer be adding or removing players based on score.

U10 Recreation Revised 2/2026

Law 8 - The Start and Restart of Play- A kick-off is a way of starting or restarting play. At the start of the match the visiting team will kick off to begin the match. The home team coach picks the side of the field they wish to defend first. All players are in their own half of the field. The opponents of the team taking the kick-off are at least 8 yards from the ball until it is in play. Once the ball is stationary on the center mark and the referee gives a signal it may then be kicked off.

- Teams switch sides of the field after half-time.
- Each team alternates taking the kick-off at the beginning of each quarter.
- A goal cannot directly be scored from the kick-off.
- After a team scores a goal, the other team takes the kick-off.
- At each restart the ball is touched only once by the kicker until it hits another player. A double touch will result in a possession change to the other team. No redoes at this division.

Law 9) Ball in and out of Play-The ball is out of play once it has wholly crossed the goal line or touch line, whether on the ground or in the air and the referee has stopped play. The ball is in play at all other times. Including when it rebounds from a goal post, cross bar and stays in the field of play, or it rebounds from the referee when they are on the field of play.

Law 10) Method of Scoring-A goal is scored when the whole of the ball passes over the goal line, between the goal posts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal.

Law 11) Offside-None is called at this age group.

Law 12- Fouls and Misconduct- A direct free kick is awarded to the opposing team if a player commits any of the following six offenses in a manner considered by the referee to be careless, reckless or using excessive force: • Kicks or attempts to kick an opponent • Trips or attempts to trip an opponent • Jumps at an opponent • Charges an opponent • Strikes or attempts to strike an opponent • Pushes an opponent • Slide kicks an opponent A Direct Free Kick (DFK) is also awarded to the opposing team if a player commits any of the following four offences: • Holds an opponent • Spits at an opponent • Handles the ball deliberately (except for the goalkeeper within his/her own penalty area). • Tackles an opponent to gain possession of the ball, contacting the opponent before touching the ball.
An Indirect Free Kick (IDK) is awarded to the opposing team if a goalkeeper, inside his/her own penalty area, commits any of the following four offences: • Takes more than six seconds while controlling the ball with his/her hands before releasing it from his/her possession. • Touches the ball again with his/her hands after it has been released from his/her possession and has not been touched by another player • Touches the ball with his/her hands after it has been deliberately kicked to him/her by a team-mate. Touches the ball with his/her hands after he/she has received it directly from a throw-in taken by a team-mate An IDK is also awarded to the opposing team if a player, in the opinion of the referee: • Plays in a dangerous manner • Impedes the progress of an opponent • Prevents the goalkeeper from releasing the ball from his/her hands The indirect free kick is taken from where the offence occurred.
If a goalkeeper punts the ball from their goal box to the opposing teams goal box in the air that free kick is to be awarded to the opposing team at midfield, this is done to encourage play on the small-sided fields.

Law 13) Free Kicks- All free kicks both direct and indirect opponents are at least 8 yards from the ball until it is in play. The ball must be stationary when the kick is taken, and the kicker does not touch the ball a second time until it has touched another player. If a direct free kick is kicked directly into the opponents' goal, a goal is awarded. If an indirect kick is kicked directly into the opponents' goal a goal kick is awarded. If a direct kick is kicked directly into the team's own goal a corner kick is awarded to the opposing team.

U10 Recreation Revised 2/2026

Law 14) Penalty Kick- A penalty kick is awarded against a team that commits one of these offences: • Kicks or attempts to kick an opponent • Trips or attempts to trip an opponent • Jumps at an opponent • Charges an opponent • Strikes or attempts to strike an opponent • Pushes an opponent • Holds an opponent • Spits at an opponent • Handles the ball deliberately (except for the goalkeeper within his/her own penalty area). • Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball A goal may be scored directly from a penalty kick. Additional time is allowed for a penalty kick to be taken at the end of each half. When a penalty kick is taken during the normal course of play, or time has been extended at half-time or full time to allow a penalty kick to be taken or retaken, a goal is awarded if, before passing between the goalposts and under the crossbar the ball touches either or both of the goalposts and /or the crossbar, and/or the goalkeeper. The ball is placed on the penalty mark (the penalty mark is 8 yards from the center of the goal line.) The player taking the penalty kick is properly identified. The defending goalkeeper remains on his/her goal line, facing the kicker, between the goalposts until the ball has been kicked. The players other than the kicker are located inside the field of play, outside the penalty area, behind the penalty mark and at least 8 yards from the penalty mark. The referee does not signal for penalty kick to be taken until the players have taken up position in accordance with the Law. The referee decides when a penalty kick has been complete. The player taking the penalty kicks the ball forward. He does not play the ball a second time until it has touched another player. The ball is in play when it is kicked and moves forward.

Law 15- The Throw-In is a method of restarting play.

- A goal cannot be scored directly from a throw-in.
- A throw-in is awarded:
  - When the whole of the ball passes over the touch line, either on the ground or in the air
  - From the point where it crossed the touch line
  - To the opponents of the player who last touched the ball at the moment of delivering the ball

The thrower

1. Faces the field of play.
2. Has part of each foot either on the touch line or on the ground outside the touchline.
3. Uses both hands.
4. Delivers the ball from behind and over his head.
5. If this is not done correctly then possession changes to the other team for the throw in, no redoes at this division.

Law 16) The Goal Kick-The goal kick should be taken on the goal line anywhere across the width of the field of play at the nearest point from where the ball was retrieved.

Law 17 - Corner Kick is a method of restarting play.

- A goal may be scored directly from a corner kick, but only against the opposing team.
- A corner kick is awarded when the whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air.

Procedure of taking a corner kick:

1. The ball is placed in the corner.
2. Opponents stay at least 4 yards from the ball until it is in play.
3. The ball is kicked by a player of the attacking team.
4. The ball is in play when it is kicked and moves.