



# QuickFeet Recreational Soccer League

## U10 Youth Soccer

### Regulations (Spring 2011)

#### **I – FIELD OF PLAY**

##### **A. Dimensions:**

Rectangular playing field:

Length = 180 feet (range 135 to 180 feet)

Width = 135 feet (range 105 to 135 feet)

##### **B. Markings:**

1. Distinctive lines not more than five (5) inches wide.
2. Field of play divided into two halves by a halfway line.
3. The center mark is indicated at the midpoint of the halfway line.
4. A circle with a radius of twenty-four (24) feet is marked around the center mark.
5. Four corner arcs with a two (2) foot radius.
6. Goal area: Eighteen (18) feet from each goal post and eighteen (18) feet into the field of play joined by a line drawn parallel with the goal line.
7. Penalty area: Thirty (30) feet from each goal post and thirty (30) feet into the field of play joined by a line drawn parallel with the goal line. Within each penalty area a penalty mark is made twenty-four (24) feet from the goal line and midway between the goalposts. An arc of a circle with a radius of twenty-four (24) feet from each penalty mark is drawn outside the penalty area.

##### **C. Goals:**

7 x 21 feet

#### **II - THE BALL**

Size four (4)

#### **III - NUMBER OF PLAYERS**

- A. A match is played by two teams, each consisting of not more than six (6) players, one of whom is the goalkeeper.
- B. Substitutions: At any stoppage and unlimited.
- C. Playing Time: Each player should play a minimum of 50% of the total playing time.
- D. Teams and games are coed.

#### **IV - PLAYERS EQUIPMENT**

The basic equipment of a player consists of the following:

- A. Shorts (available from QuickFeet)
- B. Jersey (available from QuickFeet)
- C. Soccer Socks – must completely cover the shin guards (player provided)
- D. Shin guards – MANDATORY for protective reasons (player provided)
- E. Footwear – tennis shoes (indoors) and soft-cleated soccer shoes (outside) (player provided).

**NOTE: For safety reasons, players wearing either baseball or football shoes will need to remove (cut off) the toe cleat prior to participating.**

#### **V – REFEREE**

- A. Provided by QuickFeet Soccer.
- B. Parents or coaches should not referee.
- C. All rule infractions will be briefly explained to the offending player in a helpful, friendly, and instructive manner.

#### **VI – ASSISTANT REFEREES**

One – provided by QuickFeet Soccer.

#### **VII - DURATION OF THE GAME**

- A. The game divided into two (2) equal halves of twenty-five (25) minutes.
- B. There shall be a half-time break of five (5) minutes.

#### **VIII – START/RESTART OF PLAY**

- A. At the start of the game, choice of field ends and kick-off is determined by the flip of a coin.
- B. Opponent must be twenty-four (24) feet from the center mark while the kick-off is in progress.
- C. Ball must be passed (touched) to another player (no dribbling on kick-off).
- D. Ball may not travel backward on the first touch.

#### **IX - BALL IN AND OUT OF PLAY**

The ball is out of play during the following circumstances:

- A. When it has gone completely over the boundary line (on ground or air-born).
- B. When the game has been halted by an official.  
The ball is in play at all other times, including:
- C. When it rebounds off a goalpost, crossbar or corner flag post and remains in the field of play.
- D. When it rebounds off the referee when they are on the field of play.

#### **X - METHOD OF SCORING**

- A. A goal is scored when the entire ball passes over the goal line.
- B. The ball must cross the goal line between the goal posts and under the crossbar.

#### **XI - OFF-SIDE**

None.

#### **XII - FOULS AND MISCONDUCT**

A. The referee must explain **ALL** infractions to the offending player before restarting play. No cards shown for misconduct

#### **B. DIRECT FREE KICK**

- A direct free kick is awarded to the opposing team if a player commits any of the following seven offences 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
  - tackles an opponent
- A direct free kick is also awarded to the opposing team if a player commits any of the following three offences:
  - holds an opponent
  - spits at an opponent
  - handles the ball deliberately (except for the goalkeeper within his own penalty area)
- A direct free kick is taken from the place where the offence occurred (see Law 13 – Position of Free Kick).

#### C. PENALTY KICK

- A penalty kick is awarded if any of the above ten offences is committed by a player inside his own penalty area, irrespective of the position of the ball, provided it is in play.

#### D. INDIRECT FREE KICK

- An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following four offences:
  1. controls the ball with his hands for more than six seconds before releasing it from his possession
  2. touches the ball again with his hands after he has released it from his possession and before it has touched another player
  3. touches the ball with his hands after it has been deliberately kicked to him by a team-mate
  4. touches the ball with his hands after he has received it directly from a throw-in taken by a team-mate.
- An indirect free kick is also awarded to the opposing team if, in the opinion of the referee, a player:
  1. plays in a dangerous manner
  2. impedes the progress of an opponent
  3. prevents the goalkeeper from releasing the ball from his hands
  4. commits any other offence, not previously mentioned in Law 12, for which play is stopped to caution or send off a player
- The indirect free kick is taken from the place where the offence occurred (see Law 13 – Position of Free Kick).

- An indirect free kick is awarded to the opposing team at the center spot on the halfway line if a goalkeeper punts or drop-kicks the ball in the air from his/her penalty area into the opponents penalty area.

### **XIII - FREE KICKS**

#### Types of Free Kicks:

- Free kicks are either direct or indirect.

#### Direct Free Kick:

- **Ball Enters the Goal**
  - if a direct free kick is kicked directly into the opponents' goal, a goal is awarded
  - if a direct free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team

#### Indirect Free Kick:

- **Ball Enters the Goal - A goal can be scored only if the ball subsequently touches another player before it enters the goal:**
  - if an indirect free kick is kicked directly into the opponents' goal, a goal kick is awarded
  - if an indirect free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team

#### Procedure:

- For both direct and indirect free kicks, the ball must be stationary when the kick is taken and the kicker must not touch the ball again until it has touched another player.

#### Position of Free Kick:

- **Free Kick Inside the Penalty Area**
  - *Direct or indirect free kick to the defending team:*
    - all opponents must be at least twenty-four (24) feet from the ball
    - all opponents must remain outside the penalty area until the ball is in play
    - the ball is in play when it is kicked directly out of the penalty area
    - a free kick awarded in the goal area may be taken from any point inside that area
  - *Indirect free kick to the attacking team:*
    - all opponents must be at least twenty-four (24) feet from the ball until it is in play, unless they are on their own goal line between the goalposts the ball is in play when it is kicked and moves an indirect free kick awarded inside the goal area must be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred
- **Free Kick Outside the Penalty Area**
  - all opponents must be at least twenty-four (24) feet from the ball until it is in play
  - the ball is in play when it is kicked and moves

- the free kick is taken from the place where the infringement occurred or from the position of the ball when the infringement occurred (according to the infringement)
- If, when a free kick is taken, an opponent is closer to the ball than the required distance:
  - the kick is retaken
- If, when a free kick is taken by the defending team from inside its own penalty area, the ball is not kicked directly out of the penalty area:
  - the kick is retaken
- Free kick taken by a player other than the goalkeeper
- If, after the ball is in play, the kicker touches the ball again (except with his hands) before it has touched another player:
  - an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred (see Law 13 – Position of Free Kick)
  - If, after the ball is in play, the kicker deliberately handles the ball before it has touched another player:
    - a direct free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred (see Law 13 – Position of Free Kick)
    - a penalty kick is awarded if the infringement occurred inside the kicker's penalty area
- Free kick taken by the goalkeeper
  - If, after the ball is in play, the goalkeeper touches the ball again (except with his hands),
  - before it has touched another player:
    - an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred (see Law 13 – Position of Free Kick)
- If, after the ball is in play, the goalkeeper deliberately handles the ball before it has touched another player:
  - a direct free kick is awarded to the opposing team if the infringement occurred outside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred (see Law 13 – Position of Free Kick)
  - an indirect free kick is awarded to the opposing team if the infringement occurred inside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred (see Law 13 – Position of Free Kick)

#### **XIV - PENALTY KICK**

A penalty kick is awarded against a team that commits one of the ten offences for which a direct free kick is awarded, inside its own penalty area and while the ball is in play. A goal may be scored directly from a penalty kick.

## **Position of the Ball and the Players**

- The ball:
  - must be placed on the penalty mark
- The player taking the penalty kick:
  - must be properly identified
- The defending goalkeeper:
  - must remain on his goal line, facing the kicker, between the goalposts until the ball has been kicked
- The players other than the kicker must be located:
  - inside the field of play
  - outside the penalty area
  - behind the penalty mark
  - at least twenty-four (24) feet from the penalty mark

## **Procedure**

- After the players have taken positions in accordance with this Law, the referee signals for the penalty kick to be taken.
- The player taking the penalty kick must kick the ball forward.
- He/she must not play the ball again until it has touched another player.
- The ball is in play when it is kicked and moves forward.

When a penalty kick is taken during the normal course of play, or time has been extended at halftime 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 referee decides when a penalty kick has been completed.

## **XV - THROW-IN**

- A. A throw-in is awarded to the opponents of the player who last touched the ball when the whole of the ball crosses the touch line, either on the ground or in the air. A goal cannot be scored directly from a throw-in.
- B. Procedure:
  - a. At the moment of delivering the ball, the thrower:
    - faces the field of play
    - has part of each foot either on the touch line or on the ground outside the touch line
    - holds the ball with both hands
    - delivers the ball from behind and over his head
    - delivers the ball from the point where it left the field of play
- C. All opponents must stand no less than six (6) feet from the point at which the throw-in is taken.
- D. The ball is in play when it enters the field of play.

- E. After delivering the ball, the thrower must not touch the ball again until it has touched another player.
- F. The goalkeeper on the team throwing in the ball is not allowed to touch the ball in any manner until it has been touched by another player.

#### **XVI - GOAL KICK**

- A. A goal kick is taken by a member of the defending team when the ball crosses the goal line outside of the goal when last touched by a member of the attacking team.
- B. Opponents remain outside the penalty area until the ball is in play.
- C. The ball is kicked from any point within the goal area by a player of the defending team.
- D. The ball is in play when it is kicked directly out of the penalty area. If the ball is not kicked out of the penalty area, the kick is retaken.

#### **XVII - CORNER KICK**

- A. The attacking team is awarded a kick-in when the ball passes completely over the goal line outside the goal area after last being played by a member of the defending team.
- B. Opponents must be twenty-four (24) feet away from the ball.

#### **Additional Youth Soccer Recommendations**

- Opposing coaches and players should shake hands after each game.
- Parent/coaches, non-playing players and spectators should be there to enjoy and encourage the activity of the youngsters.
- Slide tackling is not allowed in this age group.