

US Youth Soccer Official Under 10 Playing Rules

8v8 (or variations 5v5, 6v6 or 7v7)

US Youth Soccer recommended modifications to the FIFA Laws of the Game.

FIFA Laws of The Game can be found at www.fifa.com

NOTE: US Youth Soccer requires that teams U10 and younger play with not more than eight players on each side. State associations and leagues may adopt any format that does not exceed 8v8. Additional modifications may be made if smaller formats (5v5, 6v6 or 7v7) are used. These modifications could include smaller goals and smaller field dimensions.

Law I-The Field: Dimensions: The field of play shall be rectangular, its length being not more than 80 yards nor less than 70 yards and its width not more than 50 yards nor less than 40 yards. The length in all cases shall exceed the width.

U S Youth Soccer Recommendation: 8v8 Length: 70 yards Width: 50 yards 7v7 Length: 60 yards Width: 40 yards 6v6 Length: 50 yards Width: 40 yards 5v5 Length: 50 yards Width: 40 yards

Markings: (for field diagram see previous menu) Distinctive lines not more than (5) inches wide. A halfway line shall be marked out across the field. A center circle with a eight (8) yard radius. Four corner arcs each with a two (2) foot radius. Goal area: 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. Penalty area: 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. Penalty Spot: eight (8) yards out from center of goal line. Goals: Six (6) feet high and eighteen feet wide up to Seven (7) feet high and twenty-one (21) feet wide.

Law II-The Ball: Size four (4)

Law III-Number of Players: Maximum number of players on the field at any one time is: 8v8: eight (8) including the goalkeeper. 7v7: seven (7) including the goalkeeper. 6v6: six (6) including the goalkeeper. 5v5: five (5) including the goalkeeper.

Maximum number of players on the roster should not exceed 8v8: fourteen (14). 7v7: twelve (12) 6v6: ten (10) 5v5: eight (8)

Substitutions: Prior to throw-in, in your favor. Prior to a goal, kick, by either team. After a goal, by either team. After an injury, by either team, when the referee stops the play. At half-time. Playing time: Each player SHALL play a minimum of 50% of the total playing time Teams and games may be coed.

Law IV-Players Equipment: Conform to FIFA with the following exceptions: Footwear: Tennis shoes or soft-cleated soccer shoes Shinguards: MANDATORY

Law V-The Referee: Registered referee/new referee program. Parent/Coach or assistant
All rule infractions shall be briefly explained to the offending player.

Law VI-Assistant Referee- Use club linesmen.

Law VII-Duration of the Game: The game shall be divided into two (2) equal halves of
twenty-five (25) minutes each. There shall be a half-time break of five (5) minutes.

Law VIII-The Start of Play: Conform to FIFA, with the following exception: Opponent
must be eight (8) yards from the center mark while kick-off is in progress.

Law IX-Ball in and Out of Play: Conform to FIFA- ball must completely cross line to be
out of play.

Law X-Method of Scoring: Conform to FIFA- ball must completely cross goal line,
between posts and beneath crossbar to count.

Law XI-Off-Side: Conform to FIFA

Law XII-Fouls and Misconduct: Conform to FIFA

Law XIII-Free Kicks: Conform to FIFA with the following exception: Opponents must
be eight (8) yards away before kick is allowed.

Law XIV-Penalty Kicks: Conform to FIFA with the following exception: Opponents
must be eight (8) yards away before kick is allowed.

Law XV-Throw-In: Conform to FIFA

Law XVI-Goal Kick: Conform to FIFA

Law XVII-Corner Kick: Conform to FIFA with the following exception: Opponents must
be eight (8) yards away from the ball.

US Youth Soccer Recommendations

Opposing parents/coaches and players should shake hands after each game. Participation
awards for ALL- No trophies or awards just for best team. Parent/coaches, non-playing
players and spectators should be there to enjoy and encourage the activity of the
youngsters No alcoholic beverages will be consumed or allowed near the playing area.