



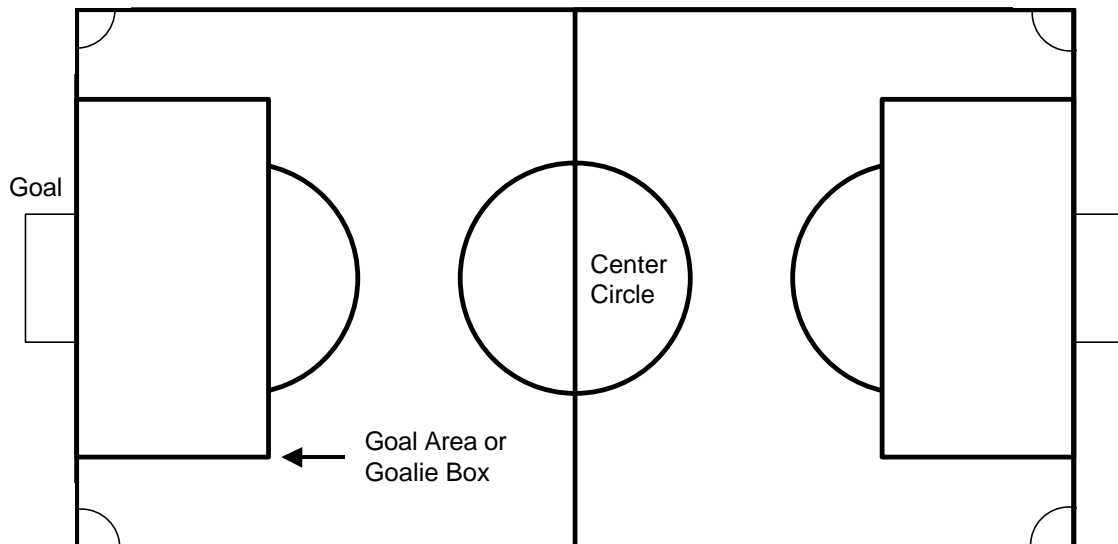
Capital Soccer Association

MODIFIED RULES OF THE GAME FOR U10

6V6 Under 10 - Laws of the Game

Soccer has 17 rules called Laws of the Game. These are Capital Soccer Association's (CSA) recommended modifications to the Fédération Internationale de Football Association (FIFA) Laws of the Game for the U10 Age Division and shall be the rules that govern all CSA U10 matches.

Law 1.) The Field of Play – flat, grassy field; Field dimensions at Tom Brown Park will be determined by Leon County Parks and Recreation.



Law 2.) The Ball - Size 4.

Law 3.) The Number of Players - A match is played by two teams, each consisting of not more than 6 players, 1 of whom is the goalkeeper.

Substitutions: Unlimited substitutions throughout the game to replace injured players or equalize playing time, not to gain an advantage by returning strong players. Any team is permitted to make player substitutions: (1) at the beginning of any quarter; (2) after any team scores a goal; or when the ball is out of play (e.g. throw-in, goal kick or corner kick).

Playing time: Each player SHALL play a minimum of 50% of the total playing time. Teams and matches may be coed.

Law 4.) The Players' Equipment - A player must not use equipment or wear anything, which is dangerous to himself or another player including jewelry. The basic compulsory equipment of a player is: a jersey or shirt, shorts, stockings, footwear, shinguards are covered entirely by the stockings, are made of a suitable material and provide a reasonable degree of protection. Each goalkeeper wears colors that distinguish him/her from other players, the referee and the assistant referees or linesmen/women. Non uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

Law 5.) The Referee- Registered referee through the North Florida Referees Association. No referees are allowed to accept games except through a certified assignor. CSA provides a referee assignor at Tom Brown Park and the Meadows to help resolve referee issues, provide education, ensure games start on time, and to supervise. All rule infringements shall be briefly explained to the offending player.

Law 6.) The Assistant Referees - Not required. May use club linesmen/women if desired.

Law 7.) The Duration of the Match - The match shall be divided into 4 equal, 12-minute quarters. There shall be 2-minute break between quarters one and two and another 2-minute break between quarters three and four. There shall be a half-time interval of not less than 5 minutes.

Law 8.) The Start and Restart of Play - A coin is tossed and the team, which wins the toss, decides which goal it will attack in the first half of the match. The other team takes the kick-off to start the match. The teams switch halves at halftime. Each team alternates taking the kick-off at the beginning of each quarter. A goal may be scored directly from the kick-off. After a team scores a goal, the other team takes the kick-off. A kick-off is a way of starting or restarting play:

- At the start of the match
- After a goal has been scored
- At the start of each quarter of play

Procedure:

- All players are in their own half of the field
- The opponents of the team taking the kick-off are at least 4 yards from the ball until it is in play
- The ball is stationary on the center mark
- The referee gives a signal
- The ball is in play when it is kicked and moves forward
- The kicker does not touch the ball a second time until it has touched another player

Law 9.) The Ball In and Out of Play - The ball is out of play when:

- It has wholly crossed the goal line or touch line whether on the ground or in the air
- Play has been stopped by the official.

The ball is in play at all other times, including when:

- It rebounds from a goalpost or crossbar and remains in the field of play
- It rebounds from the official when they are on the field of play

Law 10.) The Method of Scoring - A goal is scored when the whole of the ball passes over the goal line, between the goalposts 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 – Will be called only if flagrant. A player cannot position themselves in front of the opposing goal to wait and “cherry-pick”; the player must be engaged in the play.

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

A direct free kick 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 goal-keeper within their penalty area).
- Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball

An indirect free kick 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 indirect free kick 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.

- No ball may be directly punted or drop-kicked in the air by the goalkeeper. The goalie can roll, throw, dribble or pass the ball. The infraction is punished by giving the ball to the opponents for an indirect free kick taken at the center spot on the halfway line.

Law 13.) Free Kicks - Free kicks can either be direct or indirect and 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 the free kick is kicked directly into the opponents' goal a goal is awarded. If a free kick is kicked directly into the team's own goal a corner kick is awarded to the opposing team.

Law 14.) The Penalty Kick – There shall be no penalty kicks.

Law 15.) The Throw-In - A throw-in is a method of restarting play from the sidelines. 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 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:

- Faces the field of play
- Has part of each foot either on the touch line or on the ground outside the touch line
- Uses both hands
- Delivers the ball from behind and over his head

The thrower may not touch the ball again until it has touched another player. The ball is in play immediately it enters the field of play. An improperly performed throw-in can be retaken once. Referee shall explain the nature of the infraction first.

Law 16.) The Goal Kick - A goal kick is a method of restarting play. A goal may be scored directly from a goal kick, but only against the opposing team. A goal kick is

awarded when:

- The whole of the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air, and a goal is not scored.

Procedure:

- The ball is kicked from the goal box by a player of the defending team
- Opponents must remain at least 4 yards from the ball until it is in play
- The kicker does not play the ball a second time until it has touched a second player
- The ball is in play when it is kicked directly beyond the goal area

Law 17.) The Corner Kick - A 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:

- The ball is placed inside the corner arc nearest to the corner
- Opponents remain at least 4 yards from the ball until it is in play
- The ball is kicked by a player of the attacking team
- The ball is in play when it is kicked and moves
- The kicker does not play the ball a second time until it has touched another player

ADDITIONAL CSA RULES

- Roster Size: Minimum roster size is eight players and the maximum roster size is ten players.
- No slide tackles are allowed in the U10 age group.
- Back-pass to the goal-keeper is allowed.
- No score or standings should be kept.
- Opposing coaches, players and parents should shake hands after each match.
- Parent/coaches, non-participating players and spectators should be there to enjoy and encourage the activity of the youngsters.
- Parents and spectators shall be placed on the opposite side of the field from where the team bench is located.
- No alcoholic beverages or tobacco products will be consumed or allowed near the playing area.