

US Youth Soccer Official Under 10 Playing Recommendations

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

- The Ball: Size four (4).
- The Number of Players: A match is played by two teams, each consisting of not more than seven players, one of whom is the goalkeeper (wearing different color).
 - ❖ A match may not start if either team consists of fewer than five players
- Substitutions: At any stoppage and unlimited.
- Playing Time: Each player SHALL play a minimum of 50% total playing time. Teams and games may be co-ed.
- The Players Equipment: Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.
- The Referee: An OFFICIAL (Game Manager or Coordinator or Parent or Coach or Grade 9 referee) may be used. All infringements shall be briefly explained to the offending player.
- The Duration of the Match: Conform to FIFA with the exception of the match being divided into two (2) equal halves of twenty-five (25) minutes each. There shall be a half-time interval of five (5) minutes.
- The Start and Restart of Play: Conform to FIFA with the exception of the opponents of the team taking the kick-off are at least eight (8) yards from the ball until it is in play.
- Offside: None.
- Fouls and Misconduct: Conform to FIFA with the exception that an indirect free kick is awarded to the opposing team at the center spot of 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.
 - ❖ The rule on the goalkeeper's distribution still allows for the ball to be punted the entire length of the field, it just cannot go directly into the opponents' penalty area.
- Free Kicks: Conform to FIFA with the exceptions that all free kicks are direct and opponents are at least eight (8) yards from the ball until it is in play.
- The Penalty Kick: Conform to FIFA with the exception that the penalty mark is made eight (8) yards from the goal line.
- The Corner Kick: Conform to FIFA with the exception that opponents remain at least eight (8) yards from the ball until it is in play.