

# MVP Rules of The Game

The U10 age group is a non-pressure, instructional form of soccer whose purpose is to provide a fun atmosphere and a positive playing experience for all children participating. All participants win when coaches, parents, referees and players enjoy the game. The FIFA laws of the game apply, except as noted below:

1. Games are two 25 minute halves with a 5 to 10 minute halftime - no stoppage time will be added
2. Shin guards are mandatory
3. Only soccer cleats, soccer shoes or sneakers are allowed - no baseball or football cleats
4. The ball that will be used will be a number 4
5. No jewelry, rings, watches, earrings, bandanas, metal hair clips, etc. are allowed - only elastic hair bands or elastic headbands can be used
6. No casts or splints are allowed - this includes bubble wrapping casts
7. Slide tackling is not allowed

## Field Format

8. 7v7 format (6 field players and 1 goalkeeper)
9. Field Dimensions: length 55-65 yards by Width 35-45 yards (165-195 ft) x (105-135 ft)
10. Maximum goal size = height 6.5 ft by width 18.5 ft. Ideally 6 ft by 12 ft.
11. A "buildout" line is defined on each end of the field, extending from sideline to sideline at a point between the midfield line and the penalty area

## Goalie/Keeper

11. The goalie can use their hands anywhere inside the penalty area (larger of the two boxes)
12. Goalies may not punt the ball. They must roll or throw the ball.
13. Thrown balls must touch a player or the ground prior to going over the midfield line
14. Goal kicks can be take from anywhere in the goal area (smaller of the two boxes)
15. Goal kicks may not cross the midfield line in the air or without a player touching it first. If it does not touch the ground or a player before crossing the midfield line, a free kick is awarded at the point where it crossed the midfield line
16. A goalie who takes a kick improperly will be given additional attempts until the kick is correctly accomplished

17. If a player other than the goalie takes the goal kick, the goalie shall stand on the goal line

## **Additional Goal Kick rules**

18. The offensive team (taking the kick) may make a short pass to a teammate within the penalty area who can then attempt to clear the ball.

19. No defensive player (opposing the goal kick) may touch the ball until it comes outside the penalty area.

20. All players from the opposing team (considered the defensive team) must retreat to the beyond the buildout line. They cannot cross until the ball has left the penalty area. Any infraction will result in a free kick for the offensive team at the point where the defensive player crossed the buildout line prior to the ball leaving the penalty area

## **Offside**

21. A player is in an offside position if he is nearer to his opponents' goal line than both the ball and the second last opponent. A free kick is awarded if a player is in an offside position at the moment the ball touches or is played by a teammate - regardless if they are involved in the play or not.

## **Penalties**

22. No penalty kicks will be taken

23. All fouls committed inside of the penalty box that would normally result in a penalty kick will be moved outside the penalty box to the point closest to where the foul was committed and an indirect kick will be awarded. Defending players can make a wall 10 yards from the ball and still be 4-6 yards away from their goal line.

24. No intentional heading is allowed. The other team will be awarded a free kick at the point of a header. For headers occurring in the penalty area, the ball will be moved to the edge of the penalty area closest to the spot of the infraction.

25. Unintentional touching of the ball with the head will not be considered a penalty.

## **Throw-ins**

26. A player must use both hands to throw the ball from behind and over their head, and with both feet on the ground. Throw-ins are taken from the spot where the ball went out of play. A player who takes a throw-in improperly will be given a second try. If unsuccessful after the second try, the ball is awarded to the other team.

## **Substitution**

27. Substitution shall be unlimited upon consent of the referee under the following situations:

- a. Prior to any goal kick
- b. After a goal by either team
- c. after an injury resulting in stoppage of play, only the injured player may be substituted
- d. At halftime
- e. Prior to a throw-in, the team in possession may substitute. If the team in possession substitutes, then and only then may the opposing team also substitute.

## Parity

28. If a team goes up by 4 goals the losing team may add a player. If this does not help, they can add a second player, or if they choose, elect to have a player removed from the team that is ahead. Other suggestions are enforcing multiple passes before shooting, using weaker foot, etc. Both coaches should work together to find a resolution that makes the game balanced and fun for both teams.

## Referee

29. Each home team shall provide a referee or referees for the games on their fields

30. Referees should be a minimum of 2 grade levels ahead (7th or older)

31. If a referee is not available, coaches will mutually agree to a parent with sufficient knowledge or will have an assistant coach referee the game

32. Referees will meet simultaneously with coaches from both teams before the game to review the offsides, throw-in, and goal kick rules.

33. Referees will meet again during the later part of the halftime break (again simultaneously with both coaches) where coaches can ask questions, but should not use the time to critique calls.

34. During the game, coaches will refrain from arguing with a referee's call OR non-call. Any violations and the referee can remove the coach. Referees can also file a complaint about coach/player/parent behavior. Reports will be reviewed by both town presidents and appropriate penalties (including banning from future games) will be determined.