

***BC
Sports***

10U

**Youth Soccer
Rules**



SUMMARY OF RULES-

The Ball: Size four (4).

The Number of Players: A match is played by two teams, each consisting of no more than seven (7) players, one of whom is the goalkeeper. A match may not start if either team consists of fewer than six (6) players.

The Duration of the Match: The match will be divided into four (4) four (12) twelve-minute quarters. There will be a half-time interval of two to three (2-3) minutes.

Substitutions: *We will stop every 12 minutes to substitute* players to ensure all players get equal playing time.

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

The Players' Equipment: Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

The Referee: All rule infringements shall be briefly explained to the offending player.

The Start and Restart of Play: The opponents of the team taking the kick-off are at least eight (8) yards from the ball until it is in play.

The Ball In and Out of Play: Throw-in, Goal-Kick or Corner-kick.

Offside: Yes. See build out line page 6

Fouls and Misconduct: See below with the exception that a direct 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 opponent's penalty area.

Free Kicks: See below with the exception that all opponents are at least ten (10) yards from the ball.

The Penalty Kick: None.

Throw-Ins: See page 11.

The Goal Kick: See page 5.

The Corner Kick: See below with the exception that opponents remain at least five (5) yards from the ball until it is in play.

DETAILED RULES AND EXPLANATIONS:

SAFETY/ATTIRE

A player must not use equipment or wear anything that is dangerous to himself/herself or another player (including any kind of jewelry, leather, rubber bands, etc.). Using tape to cover jewelry **IS NOT ACCEPTABLE**.

Basic equipment- The basic compulsory equipment of a player comprises the following separate items:

- a jersey
- shorts
- soccer socks (socks that go to the knee)
- shin guards
- footwear (cleats-No front cleat or metal)
- Goalie Jersey & Gloves

Shin guards-

- are covered entirely by the socks
- are made of rubber, plastic or a similar suitable material
- provide a reasonable degree of protection

Colors-

- The two teams must wear colors that distinguish them from each other and the referee and the assistant referees
- Each goalkeeper must wear colors that distinguish them from the other players and the referee

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 the second half of the match

Procedure before a kick-off at the start of the match or extra time:

- A coin is tossed and the team that 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 team that wins the toss takes the kick-off to start the second half of the match.
- In the second half of the match, the teams change ends and attack the opposite goals.

Kick-off procedure:

- After a team scores a goal, the kick-off is taken by the opposing team.
- All players must be in their own half of the field of play
- The opponents of the team taking the kick-off are at least five (5) yds from the ball until it is in play
- The ball must be stationary on the center mark
- Two offensive players can be inside their half of the center circle
- The referee gives a signal
- The ball is in play when it is kicked and moves forward
- The kicker must not touch the ball again until it has touched another player

Infringements and sanctions:

- In the event of any infringement of the kick-off procedure: the kick-off is retaken

Kick-off example

- * You can position players anywhere you would like on your side of the field.
- * Only two (2) offensive players are allowed in circle and zero (0) defensive until ball is kicked.

Key	
Offense	O
Defense	D
Ball	*



BUILD OUT LINE

Brushy Creek will adopt the recommendations of the U.S. Soccer Federation and introduce a build out line to 7v7 small-side soccer games. The build out line promotes playing the ball out of the back in a less pressured setting, rather than teaching players to send the ball a long distance down the field and chase after it.

Build out lines only impacts the game in three (3) situations

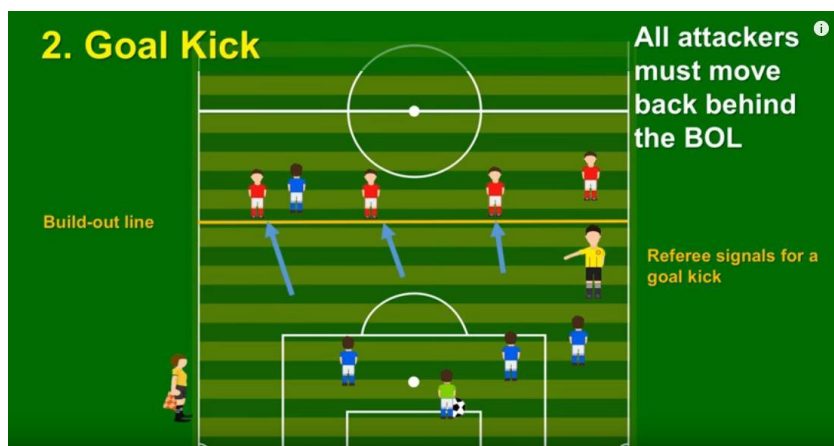
1. When the goalkeeper has possession of the ball.
2. For goal kicks.
3. For determining a player's offside position

The Build Out Line is marked midway between the penalty area line and the halfway line.

When the goalkeeper has possession of the ball, either during play or for a goal kick, the opposing team must move and remain behind the build out line until the ball is put in play.



- The goalkeeper is not required to wait until the opposing team is behind the line to put the ball in play. The goalkeeper can pass (not dribbling), throw, or roll the ball into play. **Punting or drop kicks are not allowed.**
 - If a goalkeeper punts or drop kicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense.
- On goal kick situations, the goalkeeper puts the ball in play from the goal kick, and the opposing team can then cross the build out line **ONCE** the ball has cleared the PENALTY BOX, NOT once the ball gets kicked.

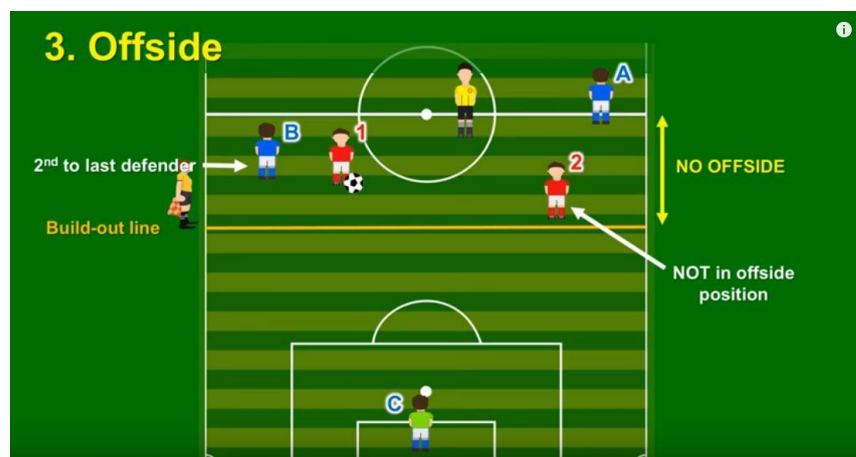


The Build Out Line will also be used to denote where offside offenses can be called.

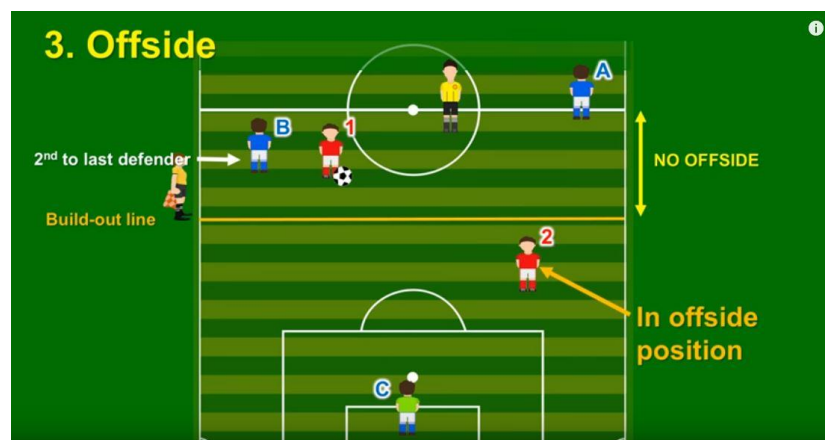
- Players cannot be penalized for an offside between the halfway line and the build out line.
- Players can be penalized for an offside offense between the build out line and the goal line.



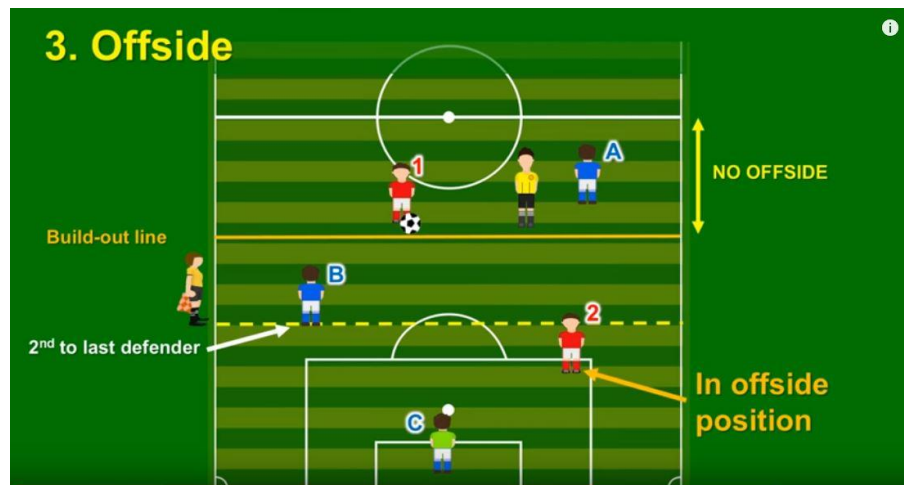
Example 1: Not in offside position



Example 2: In offside position



Example 3: In offside position.



HEADING THE BALL

Brushy Creek Youth Soccer program is consistent with the U.S. Soccer mandates on heading the ball, **HEADING IS BANNED FOR ALL DIVISION PLAYERS 11U AND BELOW IN BOTH PRACTICES AND GAMES.**

Deliberate heading of the ball is not allowed for all players in this division in both practices and games. In a match, an indirect free kick will be awarded to the opposing team if a player deliberately touches the ball with his/her head. The free kick is to be taken from the place where the player touched the ball with his/her head. Before the restart, check the player for signs of concussion. If the player did not intentionally head the ball, the referee may allow play to continue unless he/she is concerned about the safety of the player. In that case, the referee should stop play, check the player, and restart with a dropped ball.

DROPPED BALL

A dropped ball is a method of restarting play when, while the ball is still in play, the referee is required to stop play temporarily for any reason not mentioned elsewhere in the Laws of the Game.

Procedure- The referee drops the ball at the place where it was located when play was stopped, unless play was stopped inside the goal area, in which case the referee drops the ball on the goal area line parallel to the goal line at the point nearest to where the ball was located when play was stopped. Play restarts when the ball touches the ground.

Infringements and sanctions- The ball is dropped again:

- If it is touched by a player before it makes contact with the ground
- If the ball leaves the field of play after it contacts the ground, without a player touching it

BALL OUT OF PLAY

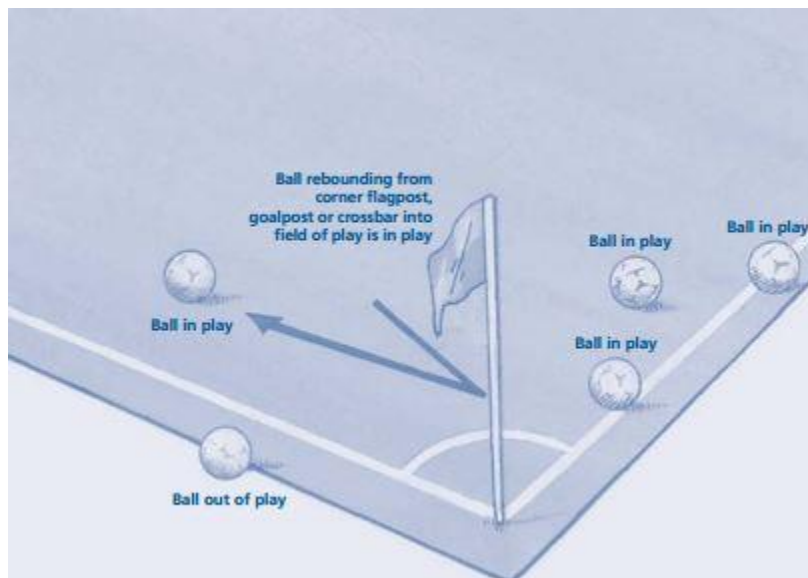
The ball is out of play when:

- it has wholly crossed the goal line or touch line whether on the ground or in the air
- play has been stopped by the referee

BALL IN PLAY

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

- It rebounds off a goalpost, crossbar or corner flag post and remains in the field of play
- It rebounds off the referee when they are on the field of play



SUBSTITUTION PROCEDURE

Player substitutions can only be made during a stoppage time or player injury.

Changing the goalkeeper - Any of the other players may change places with the goalkeeper, provided that:

- the referee is informed before the change is made
- the change is made during a stoppage in the match

GOAL SCORED

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.



DIRECT FREE KICK

A direct free kick is awarded to the opposing team if a player commits any of the following 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
- Slide tackles an opponent
- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately (except for the goalkeeper within his own penalty area)
- Plays in a dangerous manner
- Impedes the progress of an opponent
- Prevents the goalkeeper from releasing the ball from his hands
- Commits any other offence, not previously mentioned, for which play is stopped to caution or send off a player



Position of the ball and the players-

- The ball- must be placed where the offence occurred and can go directly in the goal
- The player taking the penalty kick: must be properly identified
- All opponents must be at least seven (7) yds from the ball
- The ball must be stationary when the kick is taken
- The ball is in play when it is kicked
- Kicker must not touch the ball again until it has touched another player

The referee also can send a player off the field for the rest of the game if they feel that the player is a danger to others or does not listen to the cautions that the referee gives them.

THROW-IN

A throw-in is a method of restarting play. 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.

Procedure 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

All opponents must stand no less than two (2) yds from the point at which the throw-in is taken. The ball is in play when it enters the field of play. After delivering the ball, the thrower must not touch the ball again until it has touched another player.



CORNER KICK

A corner kick is a method of restarting play. A corner kick is awarded when the whole of the ball passes over the goal line, either on the ground or in the air, having last touched a player of the defending team, and a goal is not scored. A goal may be scored directly from a corner kick, but only against the opposing team.

Procedure-

- The ball must be placed inside the corner arc nearest to the point where the ball crossed the goal line
- The corner flag post must not be moved
- Opponents must remain at least five (5) yds from the corner arc until the ball is in play
- The ball must be kicked by a player of the attacking team
- The ball is in play when it is kicked and moves
- The kicker must not play the ball again until it has touched another player

Corner-Kick example

** You can position players anywhere you would like.*

Key	
Team A	A
Team B	B
Ball	*

