



Soccer Rules

10U

- Unless otherwise stated all rules are according to NFHS Soccer 2025-26
- Players:
 - There will be a maximum of 14 players on a team. Play will be 7v7, including goalkeeper. (If coaches want to play more on the field that can be discussed with each other and the ref before the game)
 - No Goalie Punts – Goalie may throw, roll, or drop the ball and kick into play.
 - An indirect kick will be awarded to the opposing team at the spot of the offense if a goalkeeper deliberately punts the ball during a match.
 - An indirect free kick awarded to the attacking team inside the opposing team's goal area must be taken on the goal area line at the point nearest to where the goalkeeper punted the ball.
- Substitutions:
 - Substitutions may be made with consent of the referee at the following times:
 - Prior to a throw in your favor
 - Prior to a goal kick by either team
 - After goal, by either team
 - After an injury, by either team, when referee stops play
 - At half-time
 - All players will play at least half the game.
- Size of Ball, Size of Field, Length of Play:
 - 10 and Under Coed play with a #4 size ball, on a 60 yard x 40 yard field, for two 25 minute halves with a 5-10 minute halftime.
 - Overtime – Tournament Play Only - 5 minute overtime with golden goal (first team to score wins). If tied after 5 minutes, proceed to penalty kicks
- BUILD-OUT LINE
 - The build-out line shall be placed across the field equidistant between the top of the penalty area and the halfway line.
 - The opposing team must move behind the build-out line for a goal kick or when the goalkeeper has possession. At any time, the goalkeeper may pass, throw or roll the ball to a teammate who is behind the build-out line.
 - The goalkeeper or the player taking the goal kick does not have to wait for the opposing players to move behind the build-out line. The play from the goalkeeper or from the goal kick must be played to a teammate behind the build-out line. After the ball is put into play, the opposing team can then cross the build-out line and play may resume as normal. The first touch is from the goal kick or the pass from the goalkeeper.
 - The build-out line shall be used as the line to determine offside. Players cannot be penalized for an offside offense between the halfway line and the build-out line.



- Uniforms:
 - Each team must have jerseys of the same color, numbered on the back.
 - The goalkeeper must wear a different colored shirt than either team.
 - All players are required to wear shin guards with socks fully covering them.
 - Players must wear shorts (unless weather does not permit).
- Player Safety
 - No headers
 - No high kicks or slide tackles
- The home team is responsible each game for the halftime devotion. The home team is listed first on <http://www.quickscores.com/verticalsports>. Any games held at partner locations or games held at FBC against a non FBC team, please invite the other team to join you for the devotion (even if you are the away team) as they cannot formally host devotions.
- Conduct
 - Coaches must be very cautious to avoid the appearance of “running up the score”. Be realistic in your consideration of what constitutes a “safe” lead. There are many creative things that can be done to avoid embarrassing your opponents, while still maintaining the integrity of the playing experience. Consult a Vertical Sports staff member if you need help in this area.
 - All coaches are expected to behave in a Christ-like manner, serving as positive examples to players, parents, and fans. Every technical received for improper conduct will be reviewed by Vertical Sports Staff, for disciplinary measures, with maximum penalty being dismissal as coach.
 - Any player, coach, or parent who receives an red card will be removed from that game. If the player, coach, or parent receives another red card during the season they will be removed from the game and suspended for the rest of the season.
 - Any behavior deemed by the Vertical Sports Staff as unsportsmanlike, degrading, or detrimental to game can also result in removal or suspension regardless of card given or not.
 - Coaches should be concerned about their actions as well as those of their players and fans. They should encourage sportsmanship and make every attempt to calm and control inappropriate behavior by fans and parents. As ambassadors for Christ, our desire to win should be second in priority to our desire to present an effective Christian testimony.
 - Parents are expected to encourage a positive atmosphere and bring any concerns privately to their coach. Public displays of disagreement or anger toward a player/coach/referee will not be tolerated. All rules are subject to change at the discretion of Vertical Sports.



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