

GRJSA

U-10 Laws of the Game

Player Exposure & Learning Experience

LAW 1 - THE FIELD:

A. Dimensions: The field of play shall be rectangular; length not more than 55 yards nor less than 35 yards; and width not more than 35 yards nor less than 30 yards. The length shall exceed the width.

GRJSA RECOMMENDATION: Length: Fifty-five (55) yards Width: Thirty-five (35) yards

B. Markings: To be done by the home club.

1. Field markings are to be distinctive lines not more than four (4) inches wide or saucer cones.
2. A halfway line shall be marked out across the field.
3. A center circle with a ten (10) yard radius.
4. Four corner arcs with a one (1) yard radius.
5. Goal area – six (6) yards from each goal post and six (6) yards into the field of play joined by a line drawn parallel with the goal line.
6. Penalty area – fourteen (14) yards from each goal post and fourteen (14) yards into the field of play joined by a line drawn parallel with the goal line.

C. Goals:

1. Two (2) furnished by the home club.
2. The goal size is six (6) feet high and twelve (12) to eighteen (18) feet wide.

GRJSA RECOMMENDATION: Height: six (6) feet Width: eighteen (18) feet

LAW 2 - THE BALL:

A. Size four (4) furnished by the home team.

LAW 3 - NUMBER OF PLAYERS:

- A. Maximum number of players on the field at any one time: six (6), one (1) may be a goalkeeper.
- B. Maximum number of players on the roster should not exceed: ten (10).
- C. Substitutions may be made, with the permission of the referee, during any stoppage of play.
- D. Playing time: Each player SHALL play a minimum of 50% of the total playing time.

LAW 4 - PLAYER EQUIPMENT:

A. Conform to FIFA rules with the following exceptions:

1. Footwear: Tennis shoes or soccer shoes with soft cleats.
2. Approved manufactured age and size-specific shin-guards are mandatory. Must be covered completely by socks.
3. No jewelry of any kind or decorative items in the hair such as beads, clips, etc.
4. Casts or other medical appliances are allowed if agreed upon the referee, coaches and parents involved. A doctor's written permission is the preferred procedure to allow the youth to participate. The referee has the final decision in this matter and may choose not to let a player participate with a cast or other medical appliance if, in the referee's opinion, the device presents a safety risk to any player.
5. Shorts and shirts should be of like color for each team. Home team will switch colors if needed.

LAW 5 - REFEREE:

- A. Responsibility of home club:
 - 1. Registered Referee.
 - 2. Assistant Referees.
 - 3. Parent/Coach or Assistant Coach as mutually agreed to by both coaches.
 - 4. Referee's decisions on points of fact connected with the game shall be final.
 - 5. All rule infractions shall be briefly explained to the offending player.

LAW 6 ASSISTANT REFEREES:

- A. The decision to use Assistant Referees is left to the discretion of the referee.

LAW 7 DURATION OF GAME:

- A. The game shall be divided into two (2) twenty-five (25) minute halves.
- B. There shall be a half-time break of five (5) minutes between halves.

LAW 8 THE START OF PLAY:

- A. Conform to FIFA rules with the following exception:
 - 1. Opponents must be ten (10) yards from the center mark while kick-off is in progress.

LAW 9 BALL IN AND OUT OF PLAY:

- A. Conform to FIFA rules.

LAW 10 METHOD OF SCORING:

- A. Conform to FIFA rules.

LAW 11 OFFSIDE:

- A. Conform to FIFA rules.

LAW 12 FOULS AND MISCONDUCT:

- A. Conform to FIFA rules with the following exceptions:
 - 1. For restarts, the opponents will be ten (10) yards away.
 - 2. No slide tackles.
 - 3. No charging the goalkeeper in the penalty area.
- B. The Referee must explain all infractions to the offending player.
- C. Coaches are responsible for the conduct of parents, spectators and players.
- D. No caution or send offs shall be issued to players except by an independent neutral Referee.

LAW 13 FREE KICKS:

- A. Conform to FIFA rules.

LAW 14 PENALTY KICKS:

- A. Conform to FIFA rules.

LAW 15 THROW-IN:

- A. Conform to FIFA rules.

LAW 16 GOAL KICK:

- A. Conform to FIFA rules with the following exceptions:
 1. Goal Kick may be taken from any point inside the goal area.
 2. Opponents must be ten (10) yards away from the ball.

LAW 17 CORNER KICK:

- A. Conform to FIFA rules.

LAW 18 COACHING:

- A. Coaching will be made from the touchline through positive reinforcement.
- B. Coaches, Assistant coaches, Players, and spectators must be two (2) yards behind the touchline and between the penalty areas. No one may stand behind the goal line, including parents and spectators.
- C. There will be scores kept for this league.
- D. No alcoholic beverages will be consumed or allowed near the playing area.
- E. Use of tobacco products is prohibited on all school properties.
- F. The home team shall choose the side that their team and spectators will be on and the opposing team, and their spectators, will be on the other side. If the field conditions prohibit the use of both sides of the field (decided by the referee) then each team and their spectators shall be on their half of the side line.