

CYSA U10 DIVISION RULES

In as much as CYSA serves a broad age spectrum of children, certain standards will be maintained except where specifically modified to enhance the quality of training and play for a specific division. The following shall serve as the determining criteria for such exceptions. All coaches and managers are reminded that they will be dealing with highly impressionable young minds. Their personal conduct should be such as to instill the positive values of good sporting behavior, self-discipline, and self-development within a cooperative team environment. Any coach or manager who displays a disregard for these laws, the aims of CYSA or otherwise fails to maintain an acceptable code of conduct is subject to dismissal.

1. **FIFA LAW 1: THE FIELD OF PLAY**

- A. For the U8 age division, the field of play will not **exceed** 70 yds in length and 40 yds in width.
- B. The field of play will be divided into two equal halves by a halfway line. The center mark will be indicated at the midpoint of the halfway line.
- C. A circle with a radius of eight (8) yards is marked around the midpoint of the halfway line.
- D. There will be a defined goal area and penalty area at each end of the field.
- E. There will be corner arcs with corner flags are allowed.

2. **FIFA LAW 2: THE BALL**

- A. The ball must be a size four (4).

3. **FIFA LAW 3: THE NUMBER OF PLAYERS**

- A. Teams will consist of 7 players and a goalie. If a team is short players, teams will play at even strength.
- B. Player substitutions may be done during any stoppage in play. Player has to be ready at the half line for the substitution.

4. **FIFA LAW 4: THE PLAYER'S EQUIPMENT**

- A. Players must wear shin-guards and soccer cleats. A full matching uniform kit will be made available by CYSA. Socks must be worn over the shin-guard, and cleats **CANNOT** have a single toe knob, i.e. no baseball cleats.
- B. Players with casts or splints, even if padded, or with exposed and unpadded metal on orthopedic braces, will **NOT** be allowed to play.
- C. Articles which may constitute a danger to other players must be removed prior to the start of a game. This includes, but is not limited to, jewelry, earrings, watches, barrettes, chains, belts, and head coverings with any visor or protrusions. Any players failing to follow this guideline shall be sent off the field and may re-enter the game at a stoppage in play in accordance with Law III.

5. **FIFA LAW 5: THE REFEREE**

- A. For this age division, a Western NY qualified referee will manage the game.
- B. Coaches/Referee must protect all players from dangerous play.

***ADDITIONAL REFEREE INFORMATION:** These games are intended to be an opportunity for the very youngest of our players to experience the fun of playing. All rule infringements shall be briefly explained to the offending player.

3. **FIFA LAW 6: THE ASSISTANT REFEREE - NONE**

7. **FIFA LAW 7: DURATION OF THE MATCH**

A. The length of the game will be composed of two 25 min halves. There will be a 5 min break at half time. At half time the Teams will switch sides. All games will start on time. Arrive early and warm-up your team off to the side. When you take the field the game should begin immediately.

8. **FIFA LAW 8: THE START OF and RE-START OF PLAY**

A. The game should be started with a kick-off at the halfway line, in the center of the center circle.

B. The coaches will determine which team kicks-off with a coin flip. The team that wins the coin flip will have the choice of kicking off first or choice of side.

C. All opponents must be outside the center circle prior to the kick off.

D. All other re-starts will be a direct free kick. All opponents must be at least ten (10) yards from the ball on re-starts.

E. **THE DROP BALL** - A dropped ball is a way of re-starting the match after a temporary stoppage that becomes necessary, while the ball is "In Play", for any reason not mentioned elsewhere in the FIFA Laws of the Game.

• *Injuries are the most common reason for stopping temporarily stopping the play.*

A. The procedure for dropping the ball:

- The referee drops the ball at the place where it was located when play was stopped.
- Play re-starts when the ball touches the ground.

B. 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 makes contact with the ground, without a player touching it.

9. **FIFA LAW 9: THE BALL IN and OUT OF PLAY**

A. The ball shall be considered out of bounds when the entire ball has crossed either the end line or the side line. The Referee will determine when the ball is deemed "out of bounds".

10. **FIFA LAW 10: THE METHOD OF SCORING**

A. A goal is scored when the entire ball passes over the goal line, between the goalposts and under the crossbar. The Referee will determine when the ball is deemed a "goal".

11. **FIFA LAW 11: OFFSIDES**

A. THE OFFSIDE POSITION - What does **being in an offside position** mean?

- A player is in an offside position if he / she is nearer to the opponents goal line than the ball **AND** the second last opponent.
- A player is **NOT** in an offside position if he / she is level (or even) with the second last opponent.
- A player is **NOT** in an offside position if he / she is level (or even) with the last two opponents.
- A player can only be in an offside position if he / she is in the opponents half of the field.

What does **nearer to the opponent's goal line** mean?

- Any part of the head, body or feet is nearer to the opponent's goal line than both the ball **AND** the second last opponent.

If a player is in an offside position, does this mean that he / she has given enough reason to be considered offside and enable the referee to call the foul? **NO**, Once it has been established that a player is in an offside position, the second condition must be evaluated in order to decide whether the player is involved in active play by:

- Interfering with the play; **OR**
- Interfering with an opponent; **OR**
- Gaining an advantage by being in that position.

B. INVOLVED IN ACTIVE PLAY - What does **interfering with active play** mean?

Playing or touching the ball when it has been passed or touched by a team-mate.

What does **interfering with an opponent** mean?

Preventing an opponent from playing or being able to play the ball by obstructing the opponent's line of vision or movements.

OR by

Making a gesture or movement which, in the opinion of the referee, deceives or distracts an opponent.

What does **gaining an advantage by being in that position** mean?

Playing a ball that rebounds off a goal post or crossbar after having been in an offside position.

OR

Playing a ball that rebounds off an opponent after having been in an offside position.

A player is **NOT** in an offside position if he / she received the ball directly from:

- A goal kick; **OR**
- A throw in; **OR**
- A corner kick.

C. OFFENSE

If the first and second conditions of the offside rule are met, then and only then can a player be called for offside. The result of a referee calling offside is an indirect free kick for the opposition from the spot of the offside.

12. FIFA LAW 12: FOULS and MISCONDUCT

A. The Referee will determine all infringements and **MUST EXPLAIN ALL** infringements to the offending player.

B. ALL opponents must be a minimum of ten (10) yards away from spot of the free kick.

C. There are two (2) types of free kicks; Indirect and Direct Free Kicks.

INDIRECT FREE KICKS

1. An indirect free kick is awarded to the opposing team if a player:

- Plays in a dangerous manner.
- Impedes the progress of an opponent.
- Prevents the goalkeeper from releasing the ball from his / her hands.
- Commits any other offense, not previously mentioned in FIFA Law 12 (Fouls & Misconduct), for which play is stopped to caution or dismiss (eject) a player, coach or spectator.

DIRECT FREE KICKS

1. A direct free kick is awarded to the opposing team if a player commits any of the following six offenses 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.

2. A direct free kick is also awarded to the opposing team if a player commits any of the following four offenses:

- Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball.
- Holds an opponent.
- Spits at an opponent.
- Handles the ball deliberately.

3. A direct free kick is taken from where the offense occurred unless inside the penalty area.
4. A penalty kick is awarded if any of the previous ten offenses is committed by a player inside their own penalty area.

D. RED OR YELLOW CARDS WILL NOT BE GIVEN IN THE U10 DIVISION.

13. FIFA LAW 13: FREE KICKS

A. Free kicks are either direct or indirect.

B. For both direct and indirect free kicks, the ball must be stationary when the kick is taken and the kicker does not touch the ball a second time until it has touched another player.

1. INDIRECT FREE KICKS

- a. A goal can be scored only if the ball touches another player before it enters the goal.
- b. If an indirect free kick is kicked directly into the opponent's goal, a goal kick is awarded to the opposing team.
- c. If an indirect free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team.
- d. If an indirect free kick is awarded for the defending team inside their own penalty area:
 - All of the opponents must be a minimum of ten (10) yards away from the ball.
 - All of the opponents must remain outside the penalty area until the ball is kicked into play.
 - The ball is deemed "In Play" when it is kicked beyond the penalty area.
- e. An indirect free kick awarded inside the goal area for the defending team can be taken from any point inside the goal area.
- f. If an indirect free kick is awarded for the attacking team inside the opponents penalty area:
 - All of the opponents must be a minimum of ten (10) away from the ball.
 - The ball is deemed "In Play" when it is kicked and moves.
- g. An indirect free kick awarded inside the opponents goal area is to be taken on the goal area line which runs parallel to the goal line, at the point nearest to where the foul occurred.
- h. All other indirect free kicks awarded outside the penalty area:
 - All opponents must be a minimum of ten (10) yards away from the ball.
 - The ball is deemed "In Play" when it is kicked and moves.
 - The free kick shall be taken from the place where the foul occurred.

2. DIRECT FREE KICKS

- a. The referee does not provide a hand signal for a direct free kick.
- b. All opponents must remain a minimum of ten (10) yards away from the ball until the ball is kicked and moves, unless a direct free kick is awarded inside the opponent's penalty area. Then a penalty kick is awarded.
- c. A goal can be scored if a direct free kick is kicked directly into the opponent's goal.
- d. A goal can be scored if a direct free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team.

14. FIFA LAW 14: PENALTY KICKS

A. A penalty kick is awarded against a team that commits one of the ten offenses for which a direct free kick is awarded, inside its own penalty area and while the ball is in play.

B. A goal may be scored directly from a penalty kick.

1. THE POSITION of the BALL and the PLAYERS

- a. The ball:
 - Is placed on the penalty mark.
- b. The player taking the penalty kick:
 - Is properly identified.
- c. The defending goalkeeper:
 - Must remain on the goal line, facing the kicker, between the goalposts until the ball has been kicked but can move along the goal line.
- d. The players other than the kicker are located:
 - Inside the field of play.
 - Outside the penalty area.
 - Behind the penalty mark.
 - At least ten (10) yards from the penalty mark.

2. PROCEDURE FOR A PENALTY KICK

- a. The player taking the penalty kicks the FORWARD.
- b. The player taking the penalty kick CANNOT play the ball a second time until it has touched another player, the keeper
- c. The ball is "In Play" when it is kicked and moves forward.
- d. A goal is awarded when the ball passes between the goalposts and under the crossbar.

15. FIFA LAW 15: THE THROW IN

- A. At the moment of delivering the ball into the field of play, 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.
 - Uses both hands.
 - Delivers the ball from behind and over their head.
- B. The thrower may not touch the ball again until it has touched another player.
- C. All opponents must stand no less than 2 yards from the point at which the throw-in is taken.
- D. The ball is in play immediately after it enters the field of play.

16. FIFA LAW 16: THE GOAL KICK

- A. A goal kick is awarded when either team kicks the ball over any part of the opponent's goal line, but not into the goal.
- B. The goal kick is taken by the defending team.
- C. The goal kick should be allowed to be taken from anywhere along the goal line over which the ball traveled.
- D. This is so the ball can be put back into play quickly.
- E. The ball should be placed two or three yards into the field of play to make it easier for the players taking the goal kick to get the ball well into the field of play once it is kicked.
- F. The defending players must stand at least ten (10) yards away from the ball until it is in play.

17. FIFA LAW 17: THE CORNER KICK

- A. A corner kick is awarded to the attacking team after the defending team has kicked the ball out of bounds over any part of their own goal line, but not into the goal.
- B. The corner kick shall be taken in either corner of the defending teams goal line.
- C. The ball should be placed inside of the corner arc.
- D. The defending players must stand at least ten (10) yards away from the ball until it is in play.

18. There are **NO** sliding tackles at the U10 age Division. Coaches are to stop play and instruct any player who tackles in this manner that the player must be on their feet to participate in play.