



OFFICIAL PLAYING RULES

U9/10 Recreational Program – Fall 2016



OFFICIAL PLAYING RULES: U9-U10 TEAMS 7 V 7

These rules have been modified using the U.S. Youth Soccer Association recommended modifications to the FIFA Laws of the Game.

Law 1

The Field of Play:

Dimensions: The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.

Length: Minimum 55 yards—maximum 65 yards.

Width: Minimum 35 yards—maximum 45 yards. The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line with an 8 yards radius center circle from that midpoint.

The Goal Area: 12 yards by 24 yards

The Penalty Area: 4 yards by 8 yards

Flag Posts: 4 total, one per corner

The Corner Arc: 1 yard

Build-Out Line: Equidistant between penalty area and halfway line. The Build-out Line promotes playing the ball out of the back in a less pressured setting. When the goalkeeper has the ball or from a goal kick, the opposing team must retreat behind the Build-Out Line. Once the goalkeeper puts the ball into play by passing, throwing or rolling the opposing team may cross the Build-Out Line and resume normal play. Goalkeepers are not allowed to punt.

Goals: Goals must be placed on the center of each goal line. They consist of two upright posts equidistant from the corners and joined at the top by a horizontal crossbar. The recommended distance between the posts is 18 feet and the distance from the lower edge of the crossbar to the ground is 6 feet. Goals may be smaller in dimension. CRYSC will utilize goals approximately 6 ft x 18 ft.

Law 2

The Ball: Size 4

Law 3

The Number of Players: 7 v 7. A match is played by two teams, each consisting of not more than seven players on the field. One of the seven is a goalkeeper. The game may not start or continue with fewer than 5 players. Both teams must agree to play with less than 7 players, provided one team cannot field a full team. All players should be actively participating in the play of the ball. The last defending player should be pushing up field in support of their team, near the midfield line.

Substitutions: At any stoppage and unlimited.

Playing time: Each player shall play a minimum of 50% of the game.



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Law 4

The Players' Equipment: A Colorado Rapids Youth Soccer uniform, shin guards and soccer cleats. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

Law 5

Referee: Minimum certification as a U.S. Soccer Grade 8 referee, Grade 9 recommended. Each game will have two volunteer assistant facilitators on the sidelines, who is not the coach. Each team will provide one assistant facilitator to indicate side out during run of play. The assistant facilitators have no other responsibilities regarding the laws of the game.

Primary responsibilities include:

- Player safety
- Education about the laws of the game
- Game management and time keeping

Assistant Facilitators should:

- No coaching should be provided to the players
- Be impartial
- Assist all the players on the field, not just players associated with their team

Law 6

The Assistant Referees: Parent Volunteer as noted above.

Law 7

The Duration of the Match: The game is divided into two equal 25 minute halves. There will be a 10 minute break between halves.

Law 8

Start and Restart the Game: The Referee will choose which team will kick off to start the 1st half. The opposing team will kick off and start the 2nd half. Teams will also switch halves and will attack and defend the opposite end of the field after halftime. Overall, kick offs are taken at the half way line in the middle of the field. The non-kick off team needs to be at outside the center circle, 8 yards from the ball until the ball is in play. If an injury occurs on the field and the game Referee must stop the play, the game is restarted at the discretion of the Referee within the laws of the game.

Law 9

The Ball In and Out of Play: See "Kick-in, Goal Kick and Corner Kick." Overall, the ball must go fully past the goal line. Further, if the ball touches the line, then the ball is still in play.

Law 10

The Method of Scoring: The ball must go fully past the goal line, between the two goalposts and under the crossbar for a goal to be scored. If the ball does not cross and is still touching the goal line, then the ball is still in play.

Law 11

Offsides: No



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Law 12

Fouls and Misconduct: Fouls and misconduct include: tripping, kicking, pushing, charging, holding, spitting, punching or if a player deliberately handles the ball. If so, all fouls shall result in an indirect free kick. The game facilitator must explain ALL infringements to the offending player. No cards shown for misconduct.

Law 13

Free Kicks: All free kicks are indirect which means the ball must touch another player before going into the goal for the goal to count. The opponent must be at least 8 yards from the ball until it is in play.

Law 14

The Penalty Kick: Yes, in the case of a deliberate hand-ball, which is deemed and obviously intentional.

Law 15

The Throw-In: Throw-ins are indirect, which means the ball must touch another player before going into the goal for the goal to count. The opponent may not obstruct the action of taking a throw-in.

Law 16

The Goal Kick: The goal kick should be taken from the goal area line, anywhere across the width of the goal area at the nearest point from where the ball was retrieved. Opposing players must be behind the Build-Out Line prior to the goal kick being taken.

Law 17

The Corner Kick: A corner kick is given when the opposing team is the last to touch the ball, when the ball fully travels over their goal line, in their defensive end of the field. The corner kick is taken from the corner of the touch line and the goal line. Opponents must remain at least four 8 yards from the ball until it is in play.

Law 18

Slide Tackling is not allowed in any form at the U9-U10 Age Group.