

# ORYA Rec Soccer Rules – U10



**Sides:** 6 v 6. 5 field players and a goalkeeper. Minimum 5 v 5 to start/finish the game.

**Ball:** Size 4 - home team provides the game ball

## **Game Length/Halftime**

- Two 25-minute halves, 5 minute halftime

## **Officials**

- A referee will be provided.
- All rules infractions shall be briefly explained to the offending player.

## **Substitutions**

- Substitution breaks should be taken at the end of each quarter, or during an out-of-bounds stoppage.
- Each player should play at least one half of the game.

## **Equipment**

- Shin guards (under socks) are required
- Jewelry is not permitted

## **Uniforms**

- Names or other enhancements to shirts are not allowed.
- Coaches may specify the color of shorts or socks.

## **Goalkeepers**

- Coaches should play at least 2 different goalies each game unless there are extenuating circumstances.
- Goalkeepers are **not allowed** to punt the ball and must be encouraged to roll (bowl) or pass (feet) the ball out.

## **Age Specific Rules**

- Throw-ins are now taken.
- After a goal is scored, game is restarted with a Kick-Off.
- On goal kicks or when the goalkeeper is in possession of the ball, the opposing team must retreat to midfield. They can move back into their offensive half once the ball is kicked and touched by another player on the other team.
- No offsides.
- No direct free kicks. All fouls result in an indirect free kick.
- All other rules abide by FIFA Laws of the Game