

TCSA Soccer League U-10 Rules

LAW I THE FIELD OF PLAY:

A. Dimensions:

The field of play shall be rectangular, its length being not more than 80 yards nor less than 54 yards and its width not more than 50 yards nor less than 39 yards. The length in all cases shall exceed the width.

B. Markings:

1. Distinctive lines not more than five (5) inches wide.
2. A halfway line shall be marked out across the field.
3. A center circle with eight (8) yard radius.
4. Four corner arcs with a one (1) yard radius.
5. Goal area - nineteen (19) yards in length and six (6) yards to the field of play joined by a line drawn parallel with the goal line.
6. Penalty area – twenty-six (26) yards in length and ten (10) yards into the field of play, joined by a line drawn parallel with the goal line.
7. Penalty Kick Spot 10 yards from the center of the goal.
8. Penalty ark- 10 yards from the penalty spot marked on the outside of the penalty area.

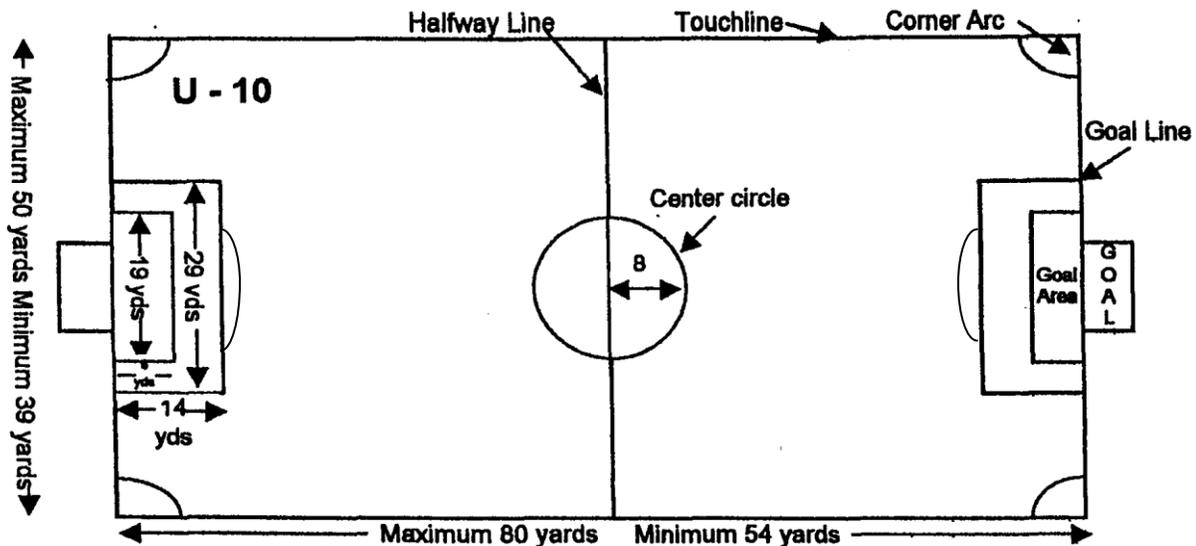
C. Goals:

Maximum: seven (7) feet high and seven (7) yards wide.

Minimum: size of Hockey goals.

TCSA recommendations

Teams should be on one side and spectators should be on the other side of the field. Opposing coaches and players should shake hands after each game. Parents, non-playing players, and spectators should be located not less than five (5) feet outside touchline nor should be closer than ten (10) yards to the goal line. No individual should be allowed to run the length of the field except participants of the game. Spectators should not instruct the players during the game time. No alcoholic beverages should be consumed or allowed near the playing area. Tobacco products should not be used at or around playing areas. Sportsman like conduct expected from players, teams, and fans.



LAW II THE BALL:

- A. Size four (4).

LAW III THE NUMBER OF PLAYERS:

- A. Maximum number of players on the field at any one time: Nine (9). One of whom must be a goalkeeper. T.C.S.A states that all players take turns playing various positions.
- B. Playing time: Each player shall play a minimum of 50% of the total playing time. T.C.S.A wants coaches to do a game line up to ensure all players present get equal play time.
- C. Substitutions:
 - 1) Either team may substitute:
 - a. Following a Goal by either team.
 - b. Prior to a Goal Kick by either team.
 - c. At the completion of a half or quarter.
 - d. Prior to a throw-in but **only when initiated by team in possession of the ball.**
 - 2) A team **must** substitute a player following a Caution (Yellow Card).
 - a. The cautioned player **is** required to be removed from the field.
 - b. The opposing team may also substitute a player.
 - 3) If play is stopped due to injury, the coach **must** substitute the injured player.
 - a. The injured player is required to be removed from the field.
 - b. The opposing team may also substitute a player.
 - 4) A Goalkeeper may change positions with a field player during any recognized substitution opportunity **and only with the permission of the referee.**

Substitutes must enter the field at the halfway line and may do so only with the permission of the referee. Before entering the field, each substitute must call off the player that he/she is replacing. The referee can refuse the substitution if he feels the coach is using up the clock with continual substitutions.

- D. Teams and games may be co –ed.
- E. Maximum number of players on the roster should not exceed: Sixteen (16).

LAW IV PLAYERS' EQUIPMENT:

Conform to FIFA with the following additions:

- A. Footwear: Tennis shoes or soft cleated soccer shoes. Baseball shoes are acceptable if they do not have toe spike.
- B. Shin-guards: Mandatory and socks must cover entire shin guard.
- C. Jewelry: No jewelry is to be worn during play. This includes but is not limited to earrings, bracelets, necklaces, watches, etc. Earrings shall not be permitted to be worn under any circumstances, even if covered by tape. Bracelets of any material are prohibited. This includes rubber, string, or any other type of material. Hair accessories may be worn only as necessary provided they are deemed to be safe by the referee.

- D. Not allowed to wear anything that can be used to injure another player. If a player has a cast, it needs to be a soft cast or suitably padded to play. The cast should be evaluated by both coaches and approved by the referee.
- E. Goalkeepers on both teams must wear shirts differing from either team's colors.

LAW V REFEREE:

Two (2) referee system is typical. The referee has full authority to enforce the laws of the game.

- A. Registered/Associated/Coach/Assistant/Parent
- B. Referee's decisions on points of fact connected with the game shall be final.
- C. All rule infractions shall be briefly explained to the offending player.

LAW VI THE ASSISTANT REFEREE:

Typically not used

LAW VII DURATION OF THE GAME:

- A. The game shall be divided into four (4) equal twelve (12) minute quarters.
- B. There shall be a two (2) minute break between quarter one (1) and quarter two (2), and another two minute break between quarters three (3) and four (4).
- C. There shall be a half-time break of five (5) minutes between quarters two (2) and three (3).

LAW VIII THE START AND RESTART OF PLAY:

- A. The referee will conduct a coin toss prior to the start of the match to determine who will "kick-off" to begin the match. The opposite team will "kick off" the second half of play.
- B. Kick-offs are taken:
 - At the start of the match.
 - After a goal has been scored.
 - At the start of new period of play (beginning of second half).
 - At the start of an Overtime period.
- C. A goal can be scored directly from a kick-off.
- D. Opponents must be outside the center circle while kick-off is in progress.
- E. Ball does not have to move forward on a kick-off.
- F. If the kicker touches the ball before it touches another player, an Indirect Free Kick is awarded to the opposing team from the spot of the foul.

LAW IX BALL IN AND OUT OF PLAY:

The ball is out of play when:

- A. It has completely crossed the goal line or touch line, whether on the ground or in the air.
- B. The game has been stopped by the referee.

The ball continues to be in play even though it comes in contact with the field outlines, the goal structure in the field of play, the flags or the referee.

LAW X METHOD OF SCORING:

A goal is scored when the whole of the ball passes over the goal line, between the goal posts and under the cross-bar, provided that no infringement of the laws of the game have occurred.

LAW XI OFFSIDE:

The offside rule will be enforced. Result of offside will be an indirect free kick at spot of infraction. Offside occurs when all of the following are met:

- A. A player is nearer to his/her opponents' goal line than both the ball and the second last defender/opponent (Offside Position). In the definition of offside position, "nearer to his/her opponents' goal line" means that any part of his head, body or feet is nearer to his opponents' goal line than both the ball and the second last defender/opponent. The arms are not included in this definition.
- B. A player is on the opponents half of the field. A player cannot be offside in their own half of the field.
- C. Involvement in active play. The definitions of elements of involvement in active play are as follows:
 - Interfering with play means playing or touching the ball passed or touched by a teammate.
 - Interfering with an opponent means preventing an opponent from playing or being able to play the ball by clearly obstructing the opponent's line of vision or movements or making a gesture or movement which, in the opinion of the referee, deceives or distracts an opponent.
 - Gaining an advantage by being in that position means playing a ball that rebounds to him off a post or the crossbar having been in an offside position or playing a ball that rebounds to him off an opponent having been in an offside position.

Note: **THERE IS NO OFFSIDES ON A THROW IN**

LAW XII FOULS AND MISCONDUCT:

All kicks resulting from fouls and misconduct can be direct or indirect. A free kick is taken from where the offence occurred.

SLIDE TACKLING IS NOT ALLOWED AT THIS LEVEL (Except Goal Keeper when done properly)

Fouls

Direct Free kicks result from the following:

- 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
- 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 (except for the goalkeeper within his own penalty area).

Indirect Free Kicks result from the following:

- takes more than six seconds while controlling the ball with his hands before releasing it from his possession
- touches the ball again with his hands after it has been released from his possession and has not touched any other player
- touches the ball with his hands after it has been deliberately kicked to him by a teammate
- touches the ball with his hands after he has received it directly from a throw-in taken by a teammate.
- plays in a dangerous manner.
- impedes the progress of an opponent
- prevents the goalkeeper from releasing the ball from his hands
- commits any other offense, not previously mentioned in Law 12, for which play is stopped to caution or dismiss a player

Note: Deliberate heading of the ball at the U10 level will result in an Indirect Free kick

Cautionable Offences

A player is cautioned and shown the yellow card if he commits any of the following seven offences:

1. is guilty of unsporting behavior
2. shows dissent by word or action
3. persistently infringes the Laws of the Game
4. delays the restart of play
5. fails to respect the required distance when play is restarted with a corner kick or free kick
6. enters or re-enters the field of play without The Referee's permission
7. deliberately leaves the field of play without The Referee's permission.

Sending-Off Offences

A player is sent off and shown the red card if he commits any of the following seven offences:

1. is guilty of serious foul play
2. is guilty of violent conduct
3. spits at an opponent or any other person
4. denies the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)
5. denies an obvious goal scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick.
6. uses offensive or insulting or abusive language and/or gestures
7. receives a second caution in the same match.

LAW XIII FREE KICKS

All Free Kicks will be either Indirect or Direct.

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.

The Indirect Free Kick

Signal

The referee indicates an indirect free kick by raising his arm above his head. He maintains his arm in that position until the kick has been taken and the ball has touched another player or goes out of play.

Ball Enters the Goal

A goal can be scored only if the ball subsequently touches another player before it enters the goal.

- if an indirect free kick is kicked directly into the opponents' goal, a goal kick is awarded.
- if an indirect free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team.

The Direct Free Kick

If a direct free kick is kicked directly into the opponents' goal, a goal is awarded.

If a direct free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team.

Position of the Free Kick

Free Kick Inside the Penalty Area

Direct or indirect free kick to the defending team:

- all opponents are at least ten (10) yards from the ball.
- all opponents remain outside the penalty area until the ball is in play.
- the ball is in play when it is kicked directly beyond the penalty area.
- a free kick awarded in the goal area is taken from any point inside that area.

Indirect free kick to the attacking team:

- all opponents are at least ten (10) yards from the ball until it is in play, unless they are on their own goal line between the goalposts.
- the ball is in play when it is kicked and moves.
- an indirect free kick awarded inside the goal area is taken from that part of the goal area line which runs parallel to the goal line, at the point nearest to where the infringement occurred.

Free Kick Outside the Penalty Area

- all opponents are at least ten (10) yards from the ball until it is in play.
- the ball is in play when it is kicked and moves.
- the free kick is taken from the place where the infringement occurred.

LAW XIV PENALTY KICKS

- A. A penalty kick is awarded against a team that commits one of the ten offences 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.

Position of the Ball and the Players

The ball:

- is placed on the penalty mark.

The player taking the penalty kick:

- is properly identified.

The defending goalkeeper:

- remains on their goal line facing the kicker, between the goalposts until the ball has been kicked.

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.

PROCEDURE

- the player taking the penalty kicks the ball forward.
- they do not play the ball a second time until it has touched another player.
- the ball is in play when it is kicked and moves forward.

Infringements/Sanctions

- if the referee gives the signal for a penalty kick to be taken and, before the ball is in play, one of the following situations occurs:

The player taking the penalty kick infringes the Laws of the Game:

- the referee allows the kick to proceed.
- if the ball enters the goal, the kick is retaken.
- if the ball does not enter the goal, the referee stops play and restarts the match with an indirect free kick to the defending team.

The goalkeeper infringes the Laws of the Game:

- the referee allows the kick to proceed.
- if the ball enters the goal, a goal is awarded.
- if the ball does not enter the goal, the kick is retaken.

A team-mate of the player taking the kick enters the penalty area or moves in front of or within ten (10) yards of the penalty mark:

- the referee allows the kick to proceed.
- if the ball enters the goal, the kick is retaken.
- if the ball does not enter the goal, the referee stops play and restarts the match with an indirect free kick to the defending team.
- if the ball rebounds from the goalkeeper, the crossbar or the goalpost and is touched by this player, the referee stops play and restarts the match with an indirect free kick to the defending team.

A team-mate of the goalkeeper enters the penalty area or moves in front of or within ten (10) yards of the penalty mark:

- the referee allows the kick to proceed.
- if the ball enters the goal, a goal is awarded.
- if the ball does not enter the goal, the kick is retaken.

A player of both the defending team and the attacking team infringe the Laws of the Game:

- the kick is retaken

If, after the penalty kick has been taken:

The kicker touches the ball a second time (except with his hands) before it has touched another player:

- an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred.

The kicker deliberately handles the ball before it has touched another player:

- a direct free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred.

The ball is touched by an outside agent as it moves forward:

- the kick is retaken.

The ball rebounds into the field of play from the goalkeeper, the crossbar or the goalposts, and is then touched by an outside agent:

- the referee stops play;
- play is restarted with a dropped ball at the place where it touched the outside agent.

It is an infringement to enter the penalty area before the kick has been taken.

The goalkeeper also infringes the Laws if he moves from his goal line before the ball has been kicked.

LAW XV THE THROW IN

A throw-in is a method of restarting play. A goal cannot be scored directly from a throw-in.

A throw-in is awarded when the whole of the ball passes over the touchline, either on the ground or in the air; from the point where it crossed the touch line; to the opponents of the player who last touched the ball. The ball is in play immediately after it enters the field of play.

Note: **THERE IS NO OFFSIDES ON A THROW IN**

Procedure

At the moment of delivering the ball, the thrower:

- faces the field of play;
- has part of each foot either on the touchline or on the ground outside the touchline
- uses both hands
- delivers the ball from behind and over his head.
- The thrower may not touch the ball again until it has touched another player.
- All opponents must stand no less than two (2) yards from the point at which the throw-in is taken.

A second throw-in must be allowed if the player commits a foul on initial attempt. The Referee shall explain the proper method before allowing the player to re-thro. If the second throw-in fails the ball is awarded to the other team.

LAW XVI GOAL KICK

A goal kick is a method of restarting play. A goal may be scored directly from a goal kick, but only against the opposing team. A goal kick is awarded when:

- the whole of the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air, and a goal is not scored in accordance with Law 10.

Procedure

- The ball is kicked from any point within the goal area by a player of the defending team.
- Opponents must be eight (8) yards away from the ball.
- The kicker does not play the ball a second time until it has touched another player.
- The ball is in play when it is kicked directly beyond the penalty area.

If the ball is not kicked directly into play beyond the penalty area: the kick is retaken.

If, after the ball is in play the kicker touches the ball a second time (except with his hands) before it has touched another player: an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred.

If, after the ball is in play, the kicker deliberately handles the ball before it has touched another player: a direct free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred. A penalty kick is awarded if the infringement occurred inside the kicker's penalty area.

If, after the ball is in play, the goalkeeper deliberately handles the ball before it has touched another player: an indirect free kick is awarded to the opposing team if the infringement occurred inside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred. If the offense occurred outside the penalty area a direct free kick is awarded at the place where the infringement occurred.

For any other infringement of Soccer Law 16: the kick is retaken.

LAW XVII CORNER KICK

A corner kick is a method of restarting play. A goal may be scored directly from a corner kick, but only against the opposing team. A corner kick is awarded when:

- the whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air, and a goal is not scored in accordance with Law 10.

Procedure

- The ball is placed inside the corner arc at the nearest corner flag post.
- The corner flag post is not moved.
- Opponents remain at least ten (10) yards from the ball until it is in play.
- The ball is kicked by a player of the attacking team.

- The ball is in play when it is kicked and moves.
- The kicker does not play the ball a second time until it has touched another player.

If, after the ball is in play, the kicker touches the ball a second time (except with his hands) before it has touched another player: an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred.

If, after the ball is in play, the kicker deliberately handles the ball before it has touched another player: a direct free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred.

For any other infringement: the kick is retaken.

LAW XVIII INCLEMENT WEATHER

If lightning is seen or thunder is heard there is to be a 30 suspension of play. All in attendance should seek shelter for the 30 minute suspension of play. And there should be a 30 minute delay after the last instance of lightning or thunder.

TCSA RECOMMENDATIONS

All pets (Dogs, Cats, etc.) should be kept 25 yards away from any soccer field that is occupied by soccer players. This is for the safety of the soccer players as well as the safety of the pets.

No soccer player should play more than one age level above their own. This is a safety issue.