



## 10U (7V7) GAME RULES

### 1. GAME SET-UP

GAME DURATION: 2 X 25 MINUTES WITH A 5-MINUTE HALFTIME

BALL SIZE: 4

NUMBER OF PLAYERS: 7V7 INCLUDING A GOALKEEPER

### 2. PLAYER EQUIPMENT

ALL PLAYERS, INCLUDING THE GOALKEEPER, MUST WEAR SHIN GUARDS DURING PRACTICES AND GAMES

HARD CASTS ARE NOT ALLOWED

JEWELRY IS NOT PERMITTED

HATS ARE NOT ALLOWED ON PLAYERS OTHER THAN THE GOALKEEPER UNLESS THEY ARE WORN FOR MEDICAL OR RELIGIOUS REASONS

### 3. SUBSTITUTIONS

SUBSTITUTES SHOULD ENTER AT THE HALF FIELD LINE WHEN RECOGNIZED BY THE REFEREE.

SUBS ALLOWED ON ALL DEAD BALLS.

### 4. BUILD OUT LINE

GOAL KICKS TAKEN FROM THE EDGE OF THE PENALTY AREA. ALL OPPONENTS AT MIDFIELD UNTIL BALL IS IN PLAY

### 5. PLAYING TIME

EACH PLAYER IS REQUIRED TO PLAY A MINIMUM OF HALF OF EACH GAME

NO PLAYER MAY PLAY GOALKEEPER FOR MORE THAN ONE HALF OF THE GAME

### 6. COACHING FROM ENDLINES

AFTER THE START OF PLAY, THE COACH IS NOT ALLOWED ON THE FIELD UNLESS INVITED BY THE REFEREE

PARENTS AND SPECTATORS MUST SIT ACROSS THE FIELD FROM THE PLAYERS AND COACHES

### 7. INJURY

PLAY WILL STOP IMMEDIATELY IN THE EVENT OF A SERIOUS INJURY

### 8. RULES OF THE GAME

REFEREES WILL BE USED AT THIS AGE GROUP, THEY WILL EMPHASIZE SAFE AND FAIR PLAY

NO SLIDE TACKLING ALLOWED

OFFSIDES IS ENFORCED. REGULAR FIFA RULES APPLY

ALL FREE KICKS ARE DIRECT EXCEPT PUNTS OVER MIDFIELD, DELIBERATE HEADING, OFFSIDE AND BUILD OUT LINE INFRACTION

OPPONENTS MUST BE 8 YARDS AWAY FROM BALL DURING A FREE KICK RESTART

DIRECT KICKS INSIDE THE BOX WILL RESULT IN A PENALTY KICK

GOAL KEEPER PUNTS CANNOT CLEAR MIDFIELD IN THE AIR. IF THEY DO, IT RESULTS IN AN INDIRECT FREE KICK FOR OPPOSING TEAM

THROW-INS: REGULAR FIFA RULES APPLY

### 9. HEADING

NO HEADING ALLOWED IN THIS AGE GROUP. PLAYERS ARE NOT ALLOWED TO HEAD THE BALL IN PRACTICE OR DURING GAMES