



EDMONTON MINOR SOCCER ASSOCIATION

U10 CITY WIDE PROGRAM

U-10 (7 v 7) SOCCER RULES

REVISED MAY 2013

LAW I – THE FIELD:

A. DIMENSIONS:

- THE FIELD OF PLAY SHALL BE RECTANGULAR.
- THE PLAYING AREA SHOULD BE 180FT X 120FT (OR IF THERE ARE MINI FIELDS, USE WHAT YOU HAVE, THE DIMENSIONS WILL BE CLOSE. ALSO, MANY GAMES WILL BE PLAYED WITHIN OR ACROSS STANDARD FIELDS)

B. MARKINGS:

1. DISTINCTIVE LINES ARE NECESSARY, SIDELINES AND END-LINES.
2. A HALFWAY LINE CAN BE MARKED OUT ACROSS THE FIELD OR OTHERWISE INDICATED.
3. MARKS THAT SHOULD APPEAR ON THE FIELD OF PLAY:
 - a. A CENTER CIRCLE WITH A 18 FOOT RADIUS.
 - b. FOUR CORNER ARCS WITH A THREE-FOOT RADIUS.
 - c. A GOAL HALF CIRCLE OR RECTANGLE FOR THE GOAL CREASE.
 - d. A HALF WAY MARKER.

C. GOALS:

1. GOAL SIZE SHOULD BE 10-12 FEET WIDE.
2. GOAL MOUTH SHOULD BE 18 FEET FROM THE CENTER OF THE GOAL, AND MADE INTO A HALF CIRCLE SURROUNDING THE NET. (OR ACTUAL FIELD DIMENSIONS WHEREVER POSSIBLE). ALSO A RECTANGLE MAY BE USED. 18 FEET OUT AND 10 FEET FROM EACH GOAL POST.
3. THE NET CAN BE MADE OF CONES, FLAGS OR PORTABLE NETS. AS LONG AS THEY ARE THE SAME FOR BOTH SIDES.
4. THE CENTER LINE SHOULD HAVE A CIRCLE 18 FT IN DIAMETER.

LAW II- THE BALL:

THE BALL SHOULD BE SIZE 4

LAW III- NUMBER OF PLAYERS:

- A.** NUMBER OF PLAYERS ON THE FIELD AT ANY TIME WILL BE 14. EACH TEAM WITH 6 PLAYERS AND 1 GOAL KEEPER.
- B.** SUBSTITUTIONS: DURING ANY STOPPAGE OF PLAY AND AS MANY PLAYERS AS THE COACHES WANT.
- C.** PLAYING TIME: EACH PLAYER SHALL PLAY A MINIMUM OF 50% OF THE TOTAL PLAYING TIME (WHENEVER POSSIBLE).
- D.** TEAMS AND GAMES MAY BE CO-ED (GIRLS CAN PLAY ON A BOYS TEAM)
- E.** GOALKEEPERS MUST WEAR COLOURS WHICH ARE DISTINGUISHABLE FROM THOSE OF OTHER PLAYERS. THE GOAL KEEPER MAY WEAR GLOVES AND TRACKSUIT TYPE PANTS IF DESIRED.
- F.** A PLAYER MUST NOT WEAR ANYTHING THAT IS DANGEROUS INCLUDING ANY KIND OF JEWELLERY.

LAW IV – PLAYERS EQUIPMENT:

- A.** FOOTWEAR: TENNIS SHOES OR SOFT-CLEATED SOCCER SHOES (USE COMMON SENSE).
- B.** SHIN-GUARDS- MANDATORY
- C.** JERSEY- SUPPLIED BY ORGANIZATION. TRY TO HAVE EVERYONE IN THE SAME UNIFORM INCLUDING SOCKS, AND SHORTS WHENEVER POSSIBLE
- D.** IN THE CASE WHERE BOTH TEAMS HAVE THE SAME JERSEYS, THE HOME TEAM WILL NEED TO CHANGE OR WEAR PINNIES.
- E.** RELIGIOUS APPAREL IS ALLOWED AS LONG AS IT DOES NOT POSE A DANGER TO THE PLAYER OR OTHERS AROUND THEM. (PLEASE USE COMMON SENSE AND CONTACT THE OFFICE IF YOU HAVE CONCERNS)

LAW V- REFEREE:

IF YOU ARE UNABLE TO GET A CARDED OFFICIAL TO OFFICIATE THE GAME, THEN BOTH COACHES NEED TO AGREE ON WHO IS TO REFEREE THE GAME. EACH COACH TAKING HALF THE GAME USUALLY WORKS.

LAW VI – LINESMEN: NO LINESMEN AT THIS LEVEL

LAW VII- DURATION OF GAME:

- A.** THE GAME WILL CONSIST OF TWO 30 MINUTE HALVES.
- B.** THERE SHALL BE A FIVE-MINUTE BREAK IN BETWEEN HALVES.

LAW VIII – THE START OF PLAY/SIDE OF FIELD:

- A.** PLAYERS AND PARENTS WILL BE ON THE SAME SIDE OF THE FIELD. THE OTHER TEAMS PARENTS AND PLAYERS WILL BE ON THE OPPOSITE SIDE OF THE FIELD. THE HOME TEAM WILL PICK WHICH SIDE THEY DESIRE.
- B.** THE START OF PLAY WILL BEGIN AFTER THE TWO CAPTAINS AND THE REFEREE MEET AT THE CENTER OF THE FIELD. THE WINNER OF THE COIN TOSS WILL DECIDE WHICH SIDE THEY WILL ATTACK, AND THE LOSER WILL GET THE BALL FIRST. IN THE SECOND HALF THE TEAMS WILL SWITCH SIDES AND THE OTHER TEAM WILL BEGIN WITH THE BALL.
- C.** THE DEFENDING TEAM SHALL BE 18 FEET AWAY; OUTSIDE THE CENTER CIRCLE ON THEIR HALF.
- D.** THE BALL MUST BE PLAYED FORWARD, AND CAN ONLY BE TOUCHED ONCE BY THE PLAYER PUTTING IT INTO PLAY. ONCE ANOTHER PLAYER TOUCHES THE BALL THEN IT IS FAIR GAME.

LAW IX – BALL IN AND OUT OF PLAY:

- ANY BALL PLAYED OUT OF BOUNDS, SHALL BE AWARDED TO THE OPPOSITE TEAM THAT TOUCHED THE BALL LAST.

LAW X – METHOD OF SCORING:

- A.** GOALS WILL BE AWARDED WHEN THE WHOLE OF THE BALL HAS CROSSED THE GOAL LINE BETWEEN THE GOAL POSTS (PYLONS, FLAGS, NO HIGHER THAN 6 FEET IF NO FULL NETS ARE USED).
- B.** GOALS CAN BE SCORED WITHIN THE PENALTY AREA
- C.** GOALS MAY NOT BE SCORED OFF OF RESTARTS

LAW XI – OFF-SIDE: THERE WILL BE NO OFF-SIDES.

LAW XII – FOULS AND MISCONDUCT:

- KICKS OR ATTEMPTS TO KICK AN OPPONENT
- TRIPS OR ATTEMPTS TO TRIP AN OPPONENT
- CHARGES AN OPPONENT
- STRIKES OR ATTEMPTS TO STRIKE AN OPPONENT
- HOLDS AN OPPONENT
- PUSHES AN OPPONENT
- HANDLES THE BALL DELIBERATELY
- TACKLES AN OPPONENT BY MAKING CONTACT WITH THE OPPONENT

A. ALL FOULS WILL RESULT IN AN INDIRECT FREE KICK WITH THE OPPONENTS 18 FEET AWAY. WITH THE EXCEPTION WHEN THE INFRACTION IS COMMITTED INSIDE THE PENALTY AREA. FREE KICKS OR FOULS WITHIN THE PENALTY AREA SHALL BE AN INDIRECT FREE KICK TAKEN FROM A SPOT ON THE OUTSIDE OF THE PENALTY AREA DIRECTLY FROM THE MIDDLE OF THE NET.

B. THE REFEREE OR PARENT SHALL EXPLAIN ALL INFRACTIONS. AND THE REFEREE OR PARENT MAY REQUEST THAT THE PLAYER BE REMOVED FROM THE GAME FOR AT LEAST 5 MINUTES. A SUBSTITUTE WILL REPLACE THIS PLAYER.

LAW XIII – FREE KICK:

A. SHALL BE CLASSIFIED UNDER - INDIRECT

B. INDIRECT MEANS THAT THE BALL MUST TOUCH A SECOND PERSON PRIOR TO IT ENTERING THE NET AND COUNTING AS A GOAL. IN OTHER WORDS IF A FREE KICK IS AWARDED AND THE PLAYER KICKS THE BALL DIRECTLY INTO THE NET AND IT DOES NOT TOUCH A SECOND PERSON ON EITHER TEAM THEN THE GOAL DOES NOT COUNT AND WILL RESULT IN A GOAL KICK.

LAW XIV – PENALTY KICKS:

- THERE ARE NO PENALTY KICKS IN THIS AGE GROUP UNLESS REQUIRED TO DECIDE A GAME RESULT FOR A CITY FINALS COMPETITION.

LAW XV – THROW-IN:

A. THROW-INS WILL OCCUR WHEN THE BALL IS FULLY PUT OUTSIDE OF THE PLAYING AREA (SIDE-LINES).

B. THE BALL WILL BE PUT INTO PLAY, BY THE PLAYER, WITH BOTH HANDS ON THE BALL. THE BALL WILL BE PUT BEHIND THE HEAD THEN PROPELLED INTO THE FIELD OF PLAY. FOR SOME PLAYERS THIS WILL BE THEIR FIRST TIME THROWING THE BALL IN THIS MANNER, COACHES ARE ASKED TO BE LENIENT, AND HELP OUT THE PLAYERS SO THAT THEY MAY DEVELOP PROPER TECHNIQUES.

- C. THE SAME PLAYER CANNOT TOUCH THE BALL TWICE IN A ROW IF HE/SHE IS PUTTING IT INTO PLAY. IF THIS OCCURS THEN AN INDIRECT KICK WILL BE AWARDED TO THE NON-OFFENDING TEAM WHERE THE INFRACTION OCCURRED.
- D. NO GOAL CAN BE SCORED ON A THROW-IN.

LAW XVI - GOAL KICKS:

- GOAL KICKS: OCCUR WHEN THE ATTACKING TEAM PUTS THE BALL FULLY ACROSS THE DEFENDING TEAM'S (END) LINE. THIS WILL RESULT IN THE GOALKEEPER OR ANY OTHER PLAYER KICKING THE BALL FROM **ANYWHERE** IN THE GOAL AREA.
- WHEN TAKING A GOAL KICK, ALL **OPPONENTS** SHALL BE OUTSIDE THE PENALTY AREA UNTIL IT HAS BEEN KICKED INTO PLAY. THE BALL SHALL BE IN PLAY WHEN IT IS KICKED, AND MOVES AND HAS LEFT THE PENALTY AREA.
- THE PLAYER TAKING THE GOAL KICK MUST NOT PLAY OR TOUCH THE BALL A SECOND TIME BEFORE IT HAS BEEN PLAYED OR TOUCHED BY ANOTHER PLAYER.
- IF THE BALL IS TOUCHED A SECOND TIME BY THE KICKER, OR ANOTHER PLAYER TOUCHES THE BALL BEFORE IT HAS LEFT THE GOAL AREA, THEN THE TEAM WILL RE-TAKE THE GOAL KICK.

LAW XVII- CORNER KICK:

- A CORNER KICK WILL BE AWARDED WHEN THE DEFENDING TEAM PUTS THE BALL FULLY ACROSS THEIR END LINE. THIS WILL RESULT IN A KICK BEING TAKEN AT THE CORNER CLOSEST TO WHERE THE BALL EXITED THE PLAYING AREA.
- THE PLAYER TAKING THE CORNER KICK MUST NOT PLAY OR TOUCH THE BALL A SECOND TIME BEFORE IT HAS BEEN TOUCHED BY ANOTHER PLAYER. IF THIS OCCURS THEN AN INDIRECT KICK TO THE NON-OFFENDING TEAM WILL BE AWARDED AT THE LOCATION OF THE INFRACTION.
- **NO GOALS CAN BE SCORED DIRECTLY FROM A CORNER KICK. IT MUST TOUCH ANOTHER PLAYER BEFORE IT ENTERS THE NET.**

LAW XVIII - THE GOALKEEPER:

- THE GOALKEEPER IS ABLE TO USE HIS/HER HAND WITHIN THE GOAL AREA . A GOALIE CANNOT PICK UP A BALL THAT IS DELIBERATELY PASSED TO THEM BY A TEAMMATE. A GOALKEEPER **CAN** PICK UP THE BALL IF IT IS PASSED TO THEM BY A TEAMMATE BY HEADING, SHIN, THIGH, OR CHEST.

- THE GOALKEEPER WILL HAVE 5 SECONDS TO RELEASE THE BALL, AND WILL NOT BE ABLE TO PICK THE BALL UP AGAIN UNLESS IT IS TOUCHED BY AN Oponent.
- IF THE GOALKEEPER INFRINGES ON THE ABOVE RULES THEN AN INDIRECT KICK WILL BE TAKEN FROM A SPOT ON THE OUTSIDE OF THE PENALTY AREA DIRECTLY FROM THE MIDDLE OF THE NET. DEFENDING PLAYERS MUST BE 18 FEET AWAY OR UNTIL THE GOAL LINE (THIS IS IF THE INFRACTION OCCURS 5 FEET FROM THE NET. THAT WAY THEY CAN ALL STAND ON THE GOAL LINE).

RECOMMENDATIONS:

- BOTH TEAMS AND PARENTS SHOULD SHAKE HANDS AFTER THE GAME.
- NO ALCOHOLIC BEVERAGES, DRUGS OR TOBACCO SHOULD BE CONSUMED ANYWHERE NEAR THE PLAYING FIELD.
- ALL CHILDREN SHOULD HAVE TRANSPORTATION HOME ACCOMPANIED BY A PARENT.

EMSA TECHNICAL