



JYSA Official Under 10 Laws of the Game Modifications *(Updated 08/01/16)*

NOTE: Keeper Restrictions and Restrictions on Heading the Ball

- **Players are prohibited from deliberately heading the ball during competition and train**
 - An indirect free-kick will be awarded to the opposing team at the spot of the foul if a player deliberately head the ball during a game
 - If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurs
- **Goalkeepers are prohibited from punting the ball**
 - If the goalkeeper punts the ball an indirect free kick will be awarded and should be taken on the penalty area line parallel to the goal line at the point to where the infringement occurs

Law 1 – Field of Play

- The Field of Play: dimensions are smaller to accommodate the small sided game and are appropriate for the movement capabilities of eight and nine year old children.
- Field Markings: the goal area is smaller than the adult size goal area and is proportional to the U10 field of play. The penalty area is marked, but is smaller than the adult field size penalty area and within the penalty area is the penalty mark which is 8 yards from the Goal Line.
- The center circle is two yards smaller in radius than the adult size field marking. All other markings are per FIFA

Law 2 – The Ball

- The Ball: must be a size four.

Law 3 – The Number of Players

- The Number of Players: A match is played by two teams, each consisting of not more than six players one of whom is the goalkeeper.
- Substitutions: Conform to FIFA.
- Playing time: Rec players **SHALL** play a minimum of 50% of the total playing time. Teams and games may be coed.

Law 4 - The Players Equipment:

- Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

Law 5 – The Referee:

- U.S.S.F. Grade 7-9 referee.



Law 6 – The Assistant Referees: None.

Law 7 – The Duration of the Match:

- Conform to FIFA with the exception of the match being divided into two (2) equal halves of twenty-five (25) minutes each. There shall be a half-time interval of five (5) minutes.

Law 8 – Start of Play: Conform to FIFA

Law 9 – The Ball In and Out of Play: Conform to FIFA.

Law 10 – The Method of Scoring: Conform to FIFA.

Law 11 – Offside: None in this age group.

Law 12 – Fouls and Misconduct:

- Conform to FIFA with the exception that all fouls shall result in a **direct** free kick.
- The referee should explain infringements to the offending player.
- No cards shown for misconduct.

Law 12 – Free Kicks: Conform to FIFA

- The exceptions that all free kicks are direct and opponents are at least four (4) yards from the ball until it is in play.

Law 14 – The Penalty Kick:

- Conform to FIFA with the exception of the Penalty Mark will be 8 Yards from the Goal Line.

Law 15 – The Throw-In: Conform to FIFA.

Law 16 – The Goal Kick: Conform to FIFA.

Law 17 – The Corner Kick:

- Conform to FIFA with the exception that opponents remain at least (8) yards from the ball until it is in play.