

EYSA SOCCER RULES

U9/U10

Number of Players

U9/U10 is 7 versus 7 including a goalkeeper. Play consists of six field players and a goalkeeper.

Ball Size

U9/U10 players use a size 4 ball.

Start of Play

At the beginning of the game and following each goal, the kick-off can be played backwards from the center spot to ensure possession.

Players are to remain on their own half of the field until the ball is kicked.

Game Duration

The game shall consist of two 20-minute halves. At the midpoint of each half, there will be a two-minute water break. Each half shall be separated by a five minute half time period.

Substitutions

Substitutions are unlimited for the team in possession of the ball. Both teams may make substitutions before a throw-in, after a goal, or prior to a goal kick or corner kick.

Offside

A player is offside if they are further up the field than the last opposing player (not the goalkeeper) when the ball is played to them. This means they can't be involved in the play while ahead of the last defender. The referee will call offside to the best of their ability.

Key Points:

- **No advantage:** The offside rule only comes into play if the player who is offside receives the ball and has an advantage. If they don't have an advantage, there's no offside.
- **Goalkeeper exception:** The goalkeeper is not considered an opposing player for the offside rule.
- **Own goal:** If a player is offside when they score an own goal, the goal is still valid.

Example: Imagine a forward is running ahead of the last defender. If the ball is kicked to them and they have a clear shot on goal, they would be offside. However, if the ball goes out of play before they touch it, there's no offside.

Heading

NO HEADING WILL BE ALLOWED IN THE RECREATIONAL PROGRAM. If a player heads the ball, it will result in an indirect kick at the spot of the foul for the other team.

Sliding and Slide Tackling

NO SLIDING OR SLIDE TACKLING IS ALLOWED.

Corner Kicks

When a ball crosses a goal line and was last touched by a defender, the game is restarted by a corner kick by an offensive team player.

Throw-ins

The ball shall be restated with a throw-in from the spot where it left the field of play on the sideline.

Build Out Line

The build out line promotes playing the ball out of the back in a less pressured setting.

- When the goalkeeper has the ball in his or her hands during play from the opponent (not their own teammate), the opposing team must move behind the build out line until the ball is put into play. Once the

opposing team is behind the build out line, the goalkeeper can pass, throw, or roll the ball into play (punts and drop kicks are not allowed). After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal.

- The opposing team must also move behind the build out line during a goal kick until the ball is put into play.
- If a goalkeeper punts or drop kicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense.
- If the punt or drop kick 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 occurred.

Goals

Following a goal, the ball is restarted from the center spot on the field.

Scoring

A team may only score when they are on their opponent's half of the field. No scoring from a team's own defensive half. If this happens, restart with a goal kick.

Handball

A handball will result in a free kick from the point on the field where the handball occurred.

Ten Yard Rule

In all dead ball situations, defending players must stand at least ten yards away from the ball. If the defensive player's goal area is closer than ten yards, the ball shall be placed ten yards from the goal area in line with the place of the penalty.

Penalty Kicks

When an attacking player is fouled during an obvious goal scoring opportunity, or a defender illegally stops the ball from entering the goal, the game is restarted with a direct free kick 8 yards from the center of the goal. All players, except the defending goalkeeper, should stand behind the ball while the goalkeeper stands on the goal line.

Goalie Area

Defensive players cannot remain in the goalie area and act as a goalie. Defensive players may defend the goal area from outside the goal area. The only defensive player allowed in the goalie area is the goalkeeper.

Goal Kick

Goal kicks may be taken from any point in the goal box. Attacking players must back up to midfield until the kick is made.

Restarts

All restarts are indirect kicks (the ball must be touched by another team member before shooting into the goal) and opponents must be at least five yards from the ball.

Goalkeeper Rules

- While the ball is in the possession of the goalkeeper, it cannot be played by an opponent. Possession is defined as the goalkeeper having the ball trapped between one hand and a surface (which may include the other hand, the ground, a goalpost, or the keeper's own body).
- Once the goalkeeper has gained possession of the ball, an opponent may not interfere with or block the goalkeeper's distribution of the ball. For example, players have a right to maintain a position achieved during the normal course of play, but they may not try to block the goalkeeper's movement while he or she is holding the ball and trying to distribute it. Nor may opposing players do anything to hinder, interfere with, or block a goalkeeper who is throwing or kicking the ball back into play.
- The goalkeeper is not permitted to keep control of the ball in his hands for more than six seconds. The six seconds are to be counted only after the goalkeeper is fully in control of the ball.
- If the goalkeeper decides to put the ball on the ground and play it with their feet (not immediately kicking out of the goal area), the distribution rule does not apply; however, the goalkeeper can be challenged and is NOT ALLOWED to pick up the ball again unless the ball is touched by an attacking player.

Sportsmanship

The coaches shall honor the spirit of sportsmanship and not allow the score of the game to exceed a 6 goal lead.

Coaches

Coaches must stay in the coaching area along the sideline and their players' bench. Coaches are not permitted to coach near or behind the goal.

The Referee

Each match is controlled by a referee who has full authority to enforce the rules of the game in connection with the match to which he has been appointed. The decisions of the referee regarding facts connected with play, including whether or not a goal is scored and the result of the match, are final.