

HYSA 10U Rules

The Field:

Markings:

- A center circle with an eight (8) yard radius.
- Goal Area shall be six (6) yards in depth and six (6) yards out from each goal post in width.
- Penalty area shall be ten (10) yards in depth and ten (10) yards out from each goal post in width. A penalty kick mark shall be made eight (8) yards out from the goal line centered between the goal post.

Goals:

- Recommended: six (6) feet high and eighteen (18) feet wide. Allowed: seven (7) feet high and twenty-one (21) feet wide.
- Goals must be securely anchored to the ground.

Duration of Play and Ball Size:

- Match will consist of two 25 min halves and a 10 min halftime. Ball will be a size 4.

Number of Players:

- Maximum number of players on the field is seven (7). One of whom shall be the goalkeeper.
- A team must have five (5) players to start or continue a match
- All rostered players must enter the game in each half to ensure quality playing time.

OFFSIDE:

- There will be no offside.

Heading:

- There is NO intentional heading at this age group. (NCYSA 2016 Mandate). Infractions will result in an indirect freekick for the opposing team.

Build Out Line:

- A solid or dotted horizontal line drawn from touchline to touchline equidistant between the penalty area line (10 yd line) and the halfway line.
- Build-out lines will encourage possession and play the ball out of the back.
- When a goalkeeper has the ball in hand or takes a goal kick, the opposing team remains behind the build-out line until the ball is put into play.

Punting:

- No punting is allowed.

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Substitution Guidelines:

Substitutions may be made, with the approval of the referee, at the following times:

- Prior to a throw-in, by the team in possession. If the team in possession elects to substitute, then the opposing team may also substitute.
- Prior to a goal kick, by either team.
- After an injury, by either team.
- At half-time.
- Before the taking of a kick-off.
- After a yellow card has been awarded, a substitution may be made for the player receiving the yellow card. (Does not apply to Cup Competitions).

In any case, a substitute may not enter the middle of the field of play until he/she has been given a signal to do so by the referee and the player being replaced has come off the field.