



Wilmot District Soccer Club

U10 Rules

Rule 1:

Teams will play on a full small sided field.

Ball size: 4

Rule 2:

Games will consist of two 30 minute halves with a 5 minute break.

Rule 3:

Standard team size will be 7 players per side, one of these 7 will be the goalkeeper.

Rule 4:

When playing with fewer players per side, teams **must** match number of players.

- If a team is short players, coaches are encouraged to share players to ensure a game can be played.

Rule 5:

Players must wear shin guards (covered by socks), and soccer cleats. No jewelry of any kind (earrings, necklaces, bracelets, etc) allowed.

Rule 6:

Players will have fair playing time in all positions. Unlimited substitutions will be allowed during any stoppage of the game.

Rule 7: OFFSIDE

- No offside rules to apply; however, players should not be coached or encouraged to deliberately play offside (cherry pick).

Rule 8: FREE KICKS/GOAL KICKS

- ALL free kicks are indirect
- Goalkeepers can throw the ball, drop kick or kick it from the ground.

Rule 9: THROW INS

- There are 'throw ins' but no foul throw calls made.

Rule 10: CORNER KICKS

- If the ball is played out by the defending team a corner kick will be awarded to the attacking team.

Rule 11: REFEREES

- There are referees in this age group. Calls and decisions made by referees must be respected. Unless continuing to play is deemed unsafe, the only appropriate time to discuss calls with a referee is either at halftime or after the game, with both coaches present.

Rule 12:

All players and coaches should exchange handshakes at end of game.