



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 25 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 they 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.