

US Youth Soccer Official Under 10 Playing Rules

8v8 (or variations 5v5, 6v6 or 7v7)

US Youth Soccer strongly recommends the 6v6 format for U10's

Small Sided Games 2003

This past August, US Youth Soccer's State Associations approved changes to the Policy on Players and Playing Rules that will affect the game for players under age twelve. Current US Youth Soccer policies require that teams under 10 and younger play games with not more than eight players per side. Effective September 1st, 2003 this rule will detail age group specific playing numbers.

Rule 303. LENGTH OF GAMES, NUMBER OF PLAYERS, OVERTIME PERIODS, AND BALL SPECIFICATIONS

Section 1. (a) Except as provided by USYSA or a State Association, the length of games, overtime periods, ball size, ball circumference, ball weight, and number of players for each age group is as follows:

Age Group	Game Length	Overtime Periods	Size	Circumference	Weight	Number of Players
<i>(Under 13- Under 19 are unaffected by rule change)</i>						
Under 12	Two 30' halves	Two 10' halves golden goal	#4	25-26 in	11-13 ozs	No more than 11, 8 strongly recommended
Under 11	Two 30' halves	Two 10' halves golden goal	#4	25-26 in	11-13 ozs	No more than 11, 8 strongly recommended
Under 10	Two 25' halves	NONE	#4	25-26 in	11-13 ozs	No more than 7, 6 strongly recommended
Under 8	4 12' quarters	NONE	#3	23-24 in	11-12 ozs	No more than 5, 4 strongly recommended
Under 6	4 8' quarters	NONE	#3	23-24 in	11-12 ozs	No more than 4, 3 strongly recommended

US Youth Soccer recommended modifications to the FIFA Laws of the Game.

FIFA Laws of The Game can be found at www.fifa.com

NOTE: US Youth Soccer currently requires that teams U10 and younger play with not more than eight players on each side. State associations and leagues may adopt any format that does not exceed 8v8. Additional modifications may be made if smaller formats (5v5, 6v6 or 7v7) are used. These modifications could include smaller goals and smaller field dimensions. *Beginning September 1, 2003 the US Youth Soccer Official Game Format for U10's will be 6v6.*

Law I-The Field: Dimensions: The field of play shall be rectangular, its length being not more than 80 yards nor less than 70 yards and its width not more than 50 yards nor less than 40 yards. The length in all cases shall exceed the width.

U S Youth Soccer Recommendation:

8v8 Length: 70 yards Width: 50 yards

7v7 Length: 60 yards Width: 40 yards

6v6 Length: 50 yards Width: 40 yards

5v5 Length: 50 yards Width: 40 yards

Markings: (for field diagram see previous menu) Distinctive lines not more than (5) inches wide. A halfway line shall be marked out across the field. A center circle with a eight (8) yard radius. Four corner arcs each with a two (2) foot radius. Goal area: six (6) yards from each goal post and six (6) yards into the field of play joined by a line drawn parallel with the goal line. Penalty area: fourteen (14) yards from each goal post and fourteen (14) yards into the field of play joined by a line drawn parallel with the goal line. Penalty Spot: eight (8) yards out from center of goal line. Goals: Six (6) feet high and eighteen feet wide up to Seven (7) feet high and twenty-one (21) feet wide.

Law II-The Ball: Size four (4)

Law III-Number of Players: Maximum number of players on the field at any one time is: 8v8: eight (8) including the goalkeeper. 7v7: seven (7) including the goalkeeper. 6v6: six (6) including the goalkeeper. 5v5: five (5) including the goalkeeper.

Maximum number of players on the roster should not exceed:

8v8: fourteen (14).

7v7: twelve (12)

6v6: ten (10)

5v5: eight (8)

Substitutions: At any time with the permission of the referee, generally: Prior to throw-in, in your favor. Prior to a goal, kick, by either team. After a goal, by either team. After an injury, by either team, when the referee stops the play. At half-time. Playing time: Each player SHALL play a minimum of 50% of the total playing time Teams and games may be coed.

Law IV-Players Equipment: Players may not wear any item of equipment that may be dangerous to themselves or others. Tennis shoes or soft-cleated soccer shoes are recommended. Shinguards are required.

Law V-The Referee: Registered referee/new referee program. Parent/Coach or assistant. All rule infractions shall be briefly explained to the offending player.

Law VI-Assistant Referee- Use club linesmen.

Law VII-Duration of the Game: The game shall be divided into two (2) equal halves of twenty-five (25) minutes each. There shall be a half-time break of five (5) minutes.

Law VIII-The Start of Play: Conform to FIFA, with the following exception: Opponent must be eight (8) yards from the center mark while kick-off is in progress.

Law IX-Ball in and Out of Play: Ball must completely cross line to be “out of play”. Ball is “in play” if any part of the ball is on or above the line.

Law X-Method of Scoring: Conform to FIFA- ball must completely cross goal line, between posts and beneath crossbar to count.

Law XI-Off-Side: Conform to FIFA

Law XII-Fouls and Misconduct: Conform to FIFA

Law XIII-Free Kicks: Conform to FIFA with the following exception: Opponents must be eight (8) yards away before kick is allowed.

Law XIV-Penalty Kicks: Conform to FIFA with the following exception: Opponents must be eight (8) yards away before kick is allowed.

Law XV-Throw-In: Conform to FIFA

Law XVI-Goal Kick: Conform to FIFA

Law XVII-Corner Kick: Conform to FIFA with the following exception: Opponents must be eight (8) yards away from the ball.

US Youth Soccer Recommendations

Opposing parents/coaches and players should shake hands after each game. Participation awards for ALL- No trophies or awards just for best team. Parent/coaches, non-playing players and spectators should be there to enjoy and encourage the activity of the youngsters No alcoholic beverages will be consumed or allowed near the playing area.