

**THOMPSON RIVERS PARKS & RECREATION  
SOCCER PROGRAM  
MODIFIED NFHS LAWS OF THE GAME  
YOUTH RECREATIONAL LEAGUE  
U10**



**LAW I – THE FIELD**

- A. **DIMENSIONS.** The field shall be rectangular, its length being not more than 65 yards nor less than 55 yards and its width not more than 45 yards nor less than 30 yards. The length in all cases shall exceed the width.
- B. **MARKINGS:**
  - 1. Distinctive lines not more than five (5) inches wide.
  - 2. A halfway line shall be marked out across the field.
  - 3. A center circle with a five (5) yard radius.
  - 4. Four corner arcs with a one (1) yard radius.
  - 5. Goal Area – Ten (10) feet from each goal post and twelve (12) feet into the field of play joined by a line drawn parallel with the goal-line.
  - 6. Penalty Area – Twenty-four (24) feet from each goal post and twenty-four (24) feet into the field of play joined by a line drawn parallel with the goal line.
  - 7. Build Out Line – Eleven (11) yards from the halfway line and each penalty area line, (equal distance from the halfway line and penalty area line).
- C. **GOALS:** Maximum: seven (7) feet high and twenty-one (21) feet wide.

**LAW II – THE BALL:** Size four (4).

**LAW III – NUMBER OF PLAYERS**

- A. Maximum number of players on the field at any one time: seven (7) - one of whom shall be the goalkeeper.
- B. Maximum number of players on the roster shall not exceed twelve (12).
- C. Substitutions – an unlimited number of players may be substituted:
  - 1. on any throw-in
  - 2. on any goal kick
  - 3. on any corner kick
  - 4. after score
  - 5. at half-time
  - 6. for any injury
- D. **Each player shall have equal playing time. All positions shall be rotated.**

**LAW IV – PLAYERS EQUIPMENT**

- A. Shirt: Green/White reversible jersey
- B. Shorts or pants
- C. Shin guards: MANDATORY
- D. Shoes: Shall be safe – tennis shoes or soccer cleats. No steel toed cleats will be allowed.
- E. No jewelry, watches, rings, belts, earrings or anything dangerous to players shall be permitted.

## LAW V – THE REFEREE

- A. All rule infractions shall be briefly explained to the offending player.
- B. The game is for the players and the primary function of the Official is to ensure:
  - 1. **SAFETY** of the players-stop play for any dangerous situation and for any injury.
  - 2. **EQUALITY** of play. Don't allow any player to gain an advantage from any of the infractions listed in Law XII.
  - 3. **ENJOYMENT** of all players and spectators. Focus on the Positive aspects of individual skills and team play and above all, **ENCOURAGE GOOD SPORTSMANSHIP!**

## LAW VI – ASSISTANT REFEREES

Two assistant referees shall be appointed (*if available, normally games will utilize 2 referees*), whose duty (subject to the decision of the referee) shall be to indicate:

- 4. when the ball is out of play;
- 5. which side is entitled to a corner kick, goal kick, or throw-in
- 6. when a player may be penalized for being in an offside position
- 7. when misconduct or other incident has occurred out of the view of the referee
- 8. when a substitution is desired.

## LAW VII – DURATION OF THE GAME

- A. The game shall be divided into two (2) twenty-five (25) minute quarters.
- B. There shall be a five (5) minute half-time interval

## LAW VIII – THE START OF PLAY

- A. The team that wins the coin toss shall choose which goal it will attack in the first half of the match. The other team takes the kick off to start the match.
- B. Kickoff at the start of each period. The team that kicks off in the first quarter shall kickoff in the same direction in the third quarter. The teams will change ends at half and the team that defended the kickoff in the first and third quarters shall kickoff in the second and fourth quarters.
- C. Kick off after each goal by the team giving up the goal.
- D. All players must be in their half of the field when the ball is kicked and the defending players must be at least five (5) yards from the ball (outside the center circle)
- E. The ball is in play when it is kicked and **moves forward**. Only minimal movement is required, but it must be **forward**.
- F. The player taking the kick off may not touch the ball again until it has been touched by another player – violation results in a re-kick for the original kicking team.
- G. A goal **cannot** be scored directly from a kick off.

## LAW IX – BALL IN AND OUT OF PLAY

- A. The ball **is out** of play when:
  - 1. it has completely crossed the goal-line or touch-line, whether on the ground or in the air.
  - 2. the Official has stopped play.
- B. The ball **is in** play at all other times from the start of the match to the finish including:
  - 1. If it rebounds from a goal-post, cross-bar or corner-flag into the field of play.
  - 2. If it rebounds off the Official when they are in the field of play.

## LAW X – METHOD OF SCORING

The whole of the ball must completely cross the goal-line below the cross-bar and between the goal-posts, provided it has not been thrown, carried or intentionally propelled by hand or arm by a player of the attacking side. This does not apply to a goalkeeper who is within his/her own penalty area. A team may not score directly on itself from a direct free kick or goal kick. The team that scores the greater number of goals is the winner.

#### **LAW XI – OFF-SIDE**

- a. A player is in an off-side position if he/she is nearer to his/her opponents' goal line than the ball, unless:
  - i. he/she is in his/her own half of the field of play or between the half line and opposing teams build out line (*see build out line rules*)
  - ii. he/she is not nearer to his opponents' goal-line than at least two of his/her opponents.
- b. It is not an offense in itself to be in an off-side position. A player shall only be penalized for getting in an off-side position if, at the moment the ball touches, or is played by one of his/her team, the/she is, in the opinion of the referee, involved in active play by:
  - i. interfering with play, or
  - ii. interfering with an opponent, or
  - iii. gaining an advantage by being in that position.
- c. A player **shall not** be declared off-side by the referee;
  - i. merely because of his/her being in an off-side position,
  - ii. if he/she receives the ball direct from a goal-kick, a corner-kick or a throw-in, or
  - iii. between the half line and opposing teams build out line (*see build out line rules*)
- d. If a player is declared off-side, the referee shall award an indirect free kick to the opposing team from the place where the infringement occurred.

#### **LAW XII-FOULS AND MISCONDUCT**

A foul may only occur on the field, during play and against an opponent. A player who commits any of the following six offenses in a manner considered by the Official to be careless, reckless or involving disproportionate force:

1. kicks or attempts to kick an opponent; or
2. trips an opponent; or
3. jumps at an opponent; or
4. charges an opponent; or
5. strikes or attempts to strike an opponent; or
6. pushes an opponent; or

who commits any of the following offenses:

1. when tackling an opponent makes contact with the opponent before contact is made with the ball; or
2. holds an opponent; or
3. spits at an opponent; or
4. handles the ball deliberately, i.e., carries, strikes or propels the ball with his/her hand or arm.

Shall be penalized by the award of **direct free-kick** to the opposing team from the place where the offense is committed. If the offense is committed by the attacking team within the goal area, the free kick shall be taken on the goal area line nearest to the point at which the offense is committed. If the

offense is committed by the defending team within the penalty area, place ball at top of Penalty Area for Direct Free Kick which will be awarded to the attacking team. (No penalty kicks will be taken).

A player committing any of the five following offenses:

- a. Playing committing any of the five following offenses:
- b. Charging fairly, i.e. with the shoulder, when the ball is not within playing distance of the players concerned.
- c. When NOT playing the ball impeding the progress of an opponent, i.e. running between the opponent and the ball, or interposing the body so as to form an obstacle to an opponent.
- d. Charging the goalkeeper except when he/she:
  - i. is holding the ball
  - ii. is obstructing an opponent
  - iii. has passed outside his/her goal-area
- e. When playing as a goalkeeper and within his/her own penalty-area:
  - i. Takes more than six seconds while controlling the ball with his/her hands before releasing it from his/her possession.
  - ii. Touches the ball again with his/her hands after it has been released from his/her possession and has not touched any other player.
  - iii. Touches the ball with his/her hands after it has been deliberately kicked or thrown to him/her a team mate.
  - iv. Indulges in tactics, which in the opinion of the referee, are designed to waste time.

Shall be penalized by the award of an **indirect free-kick** to the opposing team from the place where the offense is committed. If the offense is committed within the goal areas, the free kick shall be taken on the goal area line nearest to the point at which the offense is committed.

Misconduct may occur at anytime, anyplace against anyone. A player shall be cautioned and may be asked by the referee to sit out of play for a time:

1. is guilty of unsporting behavior
2. shows dissent by word or action
3. uses offensive, insulting or abusive language
4. persistently infringes the Laws of the Game
5. delays the restart of play
6. fails to respect the required distance when play is restarted with a corner kick or free kick
7. enters or re-enters the field of play without the referee's permission
8. deliberately leaves the field of play without the referee's permission
9. spits at an opponent or any other person
10. is guilty of violent conduct
11. denies an opponent a goal or an obvious goal scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper in his own penalty area)

For offenses the opponents will be awarded an indirect free kick from the place where the offense occurred.

## **LAW XII-FREE KICKS**

- A. Free kicks shall be classified as INDIRECT or DIRECT.

- B. A goal may not be scored directly from an indirect free kick; it must be touched by another player. A goal may be scored directly from a direct free kick.
- C. Any free kick awarded to the defending team, within its own goal area may be taken from any point within the goal area.
- D. Any indirect free kick awarded to the attacking team within its opponent's goal area shall be taken on the goal area line which runs parallel to the goal line nearest to where the offense was committed.
- E. The ball must be stationary when the free kick is taken.
- F. If a player of the opposing side encroaches into the penalty area, or within five (5) yards of the ball, as the case may be, before a free kick is taken the referee shall delay the taking of the kick, until the Law is complied with.
- G. The kicker shall not play the ball a second time until it has been touched by another player-the violation results in a re-kick for the original kicking team.
- H. All opposing players must be at least five (5) yards from the ball.
- I. The ball is in play when it is kicked and moves-only minimal movement is required.

#### **LAW XIV- THROW-IN**

- A. Shall be taken when the ball has completely crossed the touch-line-either on the ground or in the air.
- B. Taken by a player of the team opposing the team that last touched the ball before it went out of play.
- C. The thrower shall not play the ball again until it has been touched by another player, any other player-the violation results in an indirect free kick for the opponents.
- D. A goal cannot be scored directly from a throw-in.
- E. A proper throw-in requires that:
  - 1. the thrower face the field, and
  - 2. throw the ball with BOTH hands, from
  - 3. directly over and behind his/her head, with
  - 4. both feet on the ground, and
  - 5. on or behind the touch-line.

**A second throw-in must be allowed if the player commits a foul on the initial attempt. The Official shall explain the proper method before allowing the player to re-throw. If, after the second attempt, the player commits a foul a throw-in will be awarded to the other team.**

#### **LAW XV-GOAL KICK**

- A. Shall be taken when:
  - 1. the ball has completely crossed the goal-line – either on the ground or in the air; and
  - 2. not below the cross-bar and between the goal-posts; and
  - 3. was last touched by a player of the attacking team.
- B. The goal kick is taken by a player on the defending team from anywhere within the goal area.
- C. Defending players may be anywhere on the field.
- D. Attacking players must be outside the penalty area.
- E. The ball must be kicked beyond the penalty area before it can be touched or played by any other player. If the ball does not clear the penalty area or if it is touched by any other player before it clears the penalty area the goal kick shall be retaken.

- F. **If the team is unable to get the ball into play after a reasonable effort, the game shall be restarted with a drop ball near the touch line, closest to the top of penalty area line.**
- G. The player who kicks the ball may not touch or play the ball again until it has been touched by another player outside of the penalty area-violation results in an indirect free kick for the opponents.
- H. A goal may be scored directly from a goal kick. Such a goal may be scored only against the opposing team.

#### **LAW XVI-CORNER KICK**

- A. Shall be taken when:
  - 1. the ball has completely crossed the goal-line-either on the ground or in the air; and
  - 2. not below the cross-bar and between the goal-posts; and
  - 3. was last touched by a player of the defending team
- B. The corner kick is taken by a player on the attacking team from the corner arc nearest the point where the ball went out.
- C. Attacking players may be anywhere on the field
- D. Defending players must be five (5) yards away from the ball.
- E. The kicker cannot touch the ball again until it has been touched or played by another player -violation results in an indirect free kick for the opponents.
- F. A goal may be scored directly from a corner kick.

#### **LAW XVII-BUILD OUT LINE**

- A. The build out line is to be a line dotted across the field equidistant between the top of the penalty area line and the halfway line.
- B. The build out line promotes playing the ball out of the back in a less pressured setting. When the goalkeeper has the ball, either during play from an opponent (made a save), or from at the taking of a goal kick, the opposing team must move behind the build out line until the ball is put into play. The ball is considered "in play" when the Goalkeeper's intended recipient has received the ball, not the moment that the Goalkeeper releases the ball.
- C. Goalkeepers in possession of the ball may pass with feet, throw or roll the ball into play when the opponents have retreated behind the build out line. Once the ball has been put back into play the opposing team can cross the build out line and play resumes as normal.
- D. Teammates of the Goalkeeper may receive the ball from the Goalkeeper between the goal line and build out line, and when played by the teammate, the opponents may cross the build out line.
- E. Goalkeepers may NOT punt the ball. Drop kicking the ball is the same as punting. If the Goalkeeper punts or drop-kicks the ball the referee will stop play with the whistle and award an indirect free kick to the opposing team at the location where the punt occurred. If the Goalkeeper punts from within the goal area, the indirect free kick is taken on the goal area line parallel to the goal line nearest where the infringement occurred.
- F. The build out line will also be used to denote where offside offenses can be called. Players **cannot** be penalized for an offside offense between the halfway line and the build out line on the opponents half of the field.

#### **LAW XVIII – HEADING**

- A. Deliberate heading of the ball will not be allowed
- B. If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the heading occurs within the penalty area, the

referee shall move the ball outside the penalty area and award an indirect free kick to the opposing team.