



# Laws of the Game

## For the 10 and Under Age Group



### Law 1 – The Field of Play

Dimensions: The field of play must be rectangular.

Field Length Range: 55 – 65 yards

Field Width Range: 35 – 45 yards

Field Markings: Distinctive lines not more than (5) inches wide. The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of eight (8) yards is marked around it.

The Goal Area: 4 yards x 8 yards

The Penalty Area: 12 yards x 24 yards. A penalty arc with a radius of 8 yards from each penalty mark is drawn outside the penalty area.

Penalty Mark: 10 yards from the goal line

Flag Posts: Conform to FIFA Laws of the Game

The Corner Arc: Conform to the FIFA Laws of the Game.

Build Out Line: The Build Out Line should be marked an equal distance between the top of the penalty area and the halfway line, going completely across the field. The Build Out Line may be a solid line, a dashed line or a line of a different color than the other markings on the field.

*The build out line is used to promote playing the ball out of the back in an unpressured setting. When the goalkeeper has possession of the ball, or on a goal kick, the opposing team must move behind the build out line. Punting or drop-kicking the ball is not allowed. As soon as the ball is put into play, the opposing team can then cross the build out line and play can resume as normal.*

Goals: Goals must be placed on the center of each goal line. The recommended goal size is twelve (12) feet wide and six and a half (6.5) feet high.

*Optional: The goal may be eighteen and a half (18.5) feet wide by six and a half (6.5) feet high.*

Safety: Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement.

### Law 2 – The Ball

The 9 and under and 10 and under age groups use a size four (4) ball.

### Law 3 – The Number of Players

A match is played by two teams, each consisting of not more than seven (7) players on the field, one of whom is the designated goalkeeper. A match may not start or continue if either team consists of fewer than five (5) players. Teams and matches may be coed.

The maximum team roster size is twelve (12).

Substitutions: After approval from the referee, at any stoppage of play and unlimited.

Playing time: Each player shall play a minimum of 50% of the total playing time, which is controlled by the coach.



## Law 4 – The Players Equipment

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Conform to the FIFA Laws of the Game. Non-uniform clothing, matching the uniform color, is allowed based on weather conditions. Uniforms must distinguish teams. Shinguards are MANDATORY for both practices and games, and must be covered entirely by socks.

If needed, teams can be distinguished by scrimmage vests.

Safety - A player must not use equipment or wear anything that is dangerous to himself or another player (including any kind of jewelry, except for a medical alert bracelet/necklace).

## Law 5 – The Referee

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Registered referee, especially Grade 9 or parent/coach or assistant coach.

## Law 6 – The Assistant Referees

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None.

*Optional: use registered Assistant Referees, if available. If registered Assistant Referees are not assigned, it is permissible to use club Assistant Referees to signal ball out of play only.*

## Law 7 – The Duration of the Match

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Conform to the FIFA with the exception of the match being divided into two (2) equal halves of twenty-five (25) minutes. There shall be a half-time interval of up to ten (10) minutes.

## Law 8 – The Start and Restart of Play

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Conform to the FIFA Laws of the Game, with the exception that the defending team is at least eight (8) yards from the ball until it is in play.

## Law 9 – The Ball In and Out of Play

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Conform to the FIFA Laws of the Game.

## Law 10 – The Method of Scoring

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Conform to the FIFA Laws of the Game.



## Law 11 – Offside

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Conform to the FIFA Laws of the Game, with the exception that the build out line also serves as an offside line for the attacking team. An attacking player is not in an offside position, and cannot be called for being offside, if they are on their own side of the build out line. For an attacking player that has crossed the build out line, the regular offside rules apply.

## Law 12 – Fouls and Misconduct

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Conform to the FIFA Laws of the Game with the following exceptions:

If a goalkeeper punts or drop-kicks the ball, an indirect free kick is awarded to the opposing team at the spot of the infraction.

If a player deliberately heads the ball in a game, an indirect free kick is awarded to the opposing team at the spot of the infraction.

If an indirect free kick occurs within the goal area, the kick is taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred (taken from the goal area line, not inside the goal area).

## Law 13 – Free Kicks

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Conform to the FIFA Laws of the Game with the exception that all opponents must be at least eight (8) yards from the ball until it is kicked.

## Law 14 – The Penalty Kick

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Conform to the FIFA Laws of the Game, with the exception that the penalty mark is ten (10) yards from the goal line.

## Law 15 – The Throw-In

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Conform to the FIFA Laws of the Game.

## Law 16 – The Goal Kick

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Conform to the FIFA Laws of the Game with the exception that opposing players must retreat behind the build out line until the ball is in play. The ball is in play when it is kicked directly out of the penalty area.

*The same procedures apply when the goalkeeper has gained possession with the hands. The opposing players must retreat behind the build out line until the ball is put into play by the goalkeeper. The ball is in play when it is released from the hands of the goalkeeper.*

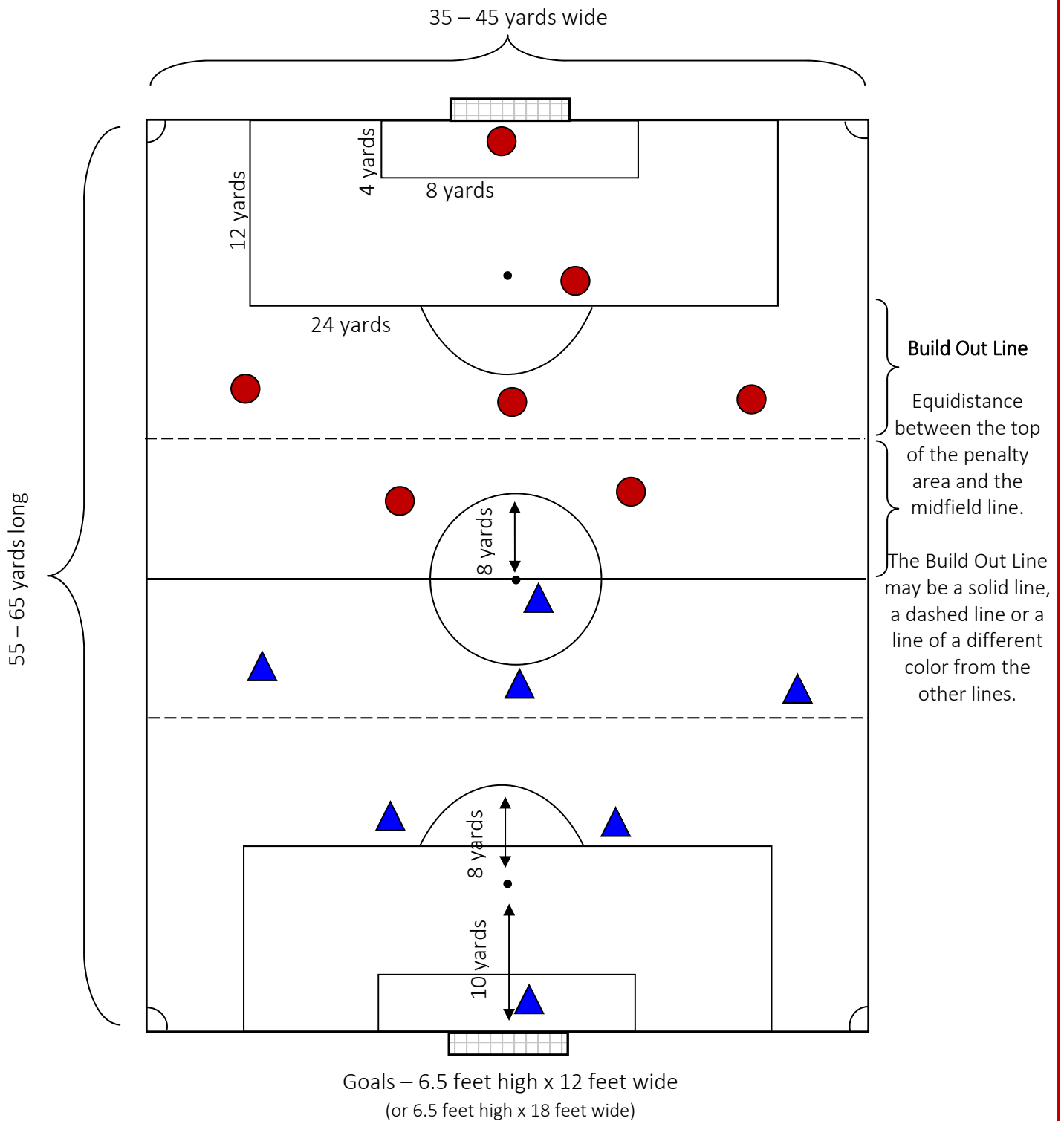
## Law 17 – The Corner Kick

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Conform to the FIFA Laws of the Game with the exception that opponents remain at least eight (8) yards from the ball until it is kicked.



**9 and Under & 10 and Under Age Groups**  
**Field Dimensions, Interior Markings and Suggested Team Formations**



The red circles team is playing a 1-1-3-2 formation.  
 The blue triangles team is playing a 1-2-3-1 formation.

Either of these formations are recommended for this age group.



# Implementing the **BUILD OUT LINE**



The Build Out Line (BOL) is used in 7 vs. 7 games, played by the 10 and under and 9 and younger age groups. The purpose of the Build Out Line is twofold:

- 1) To promote playing the ball out of the back under possession; and,
- 2) To indicate the area of the field where an attacking player may be call for being offside.

Using the Build Out Line:

## **I. Used as a retreat line when:**

- 1) The ball goes over the end-line for a goal kick, or
- 2) The goalkeeper establishes possession in his/her hands

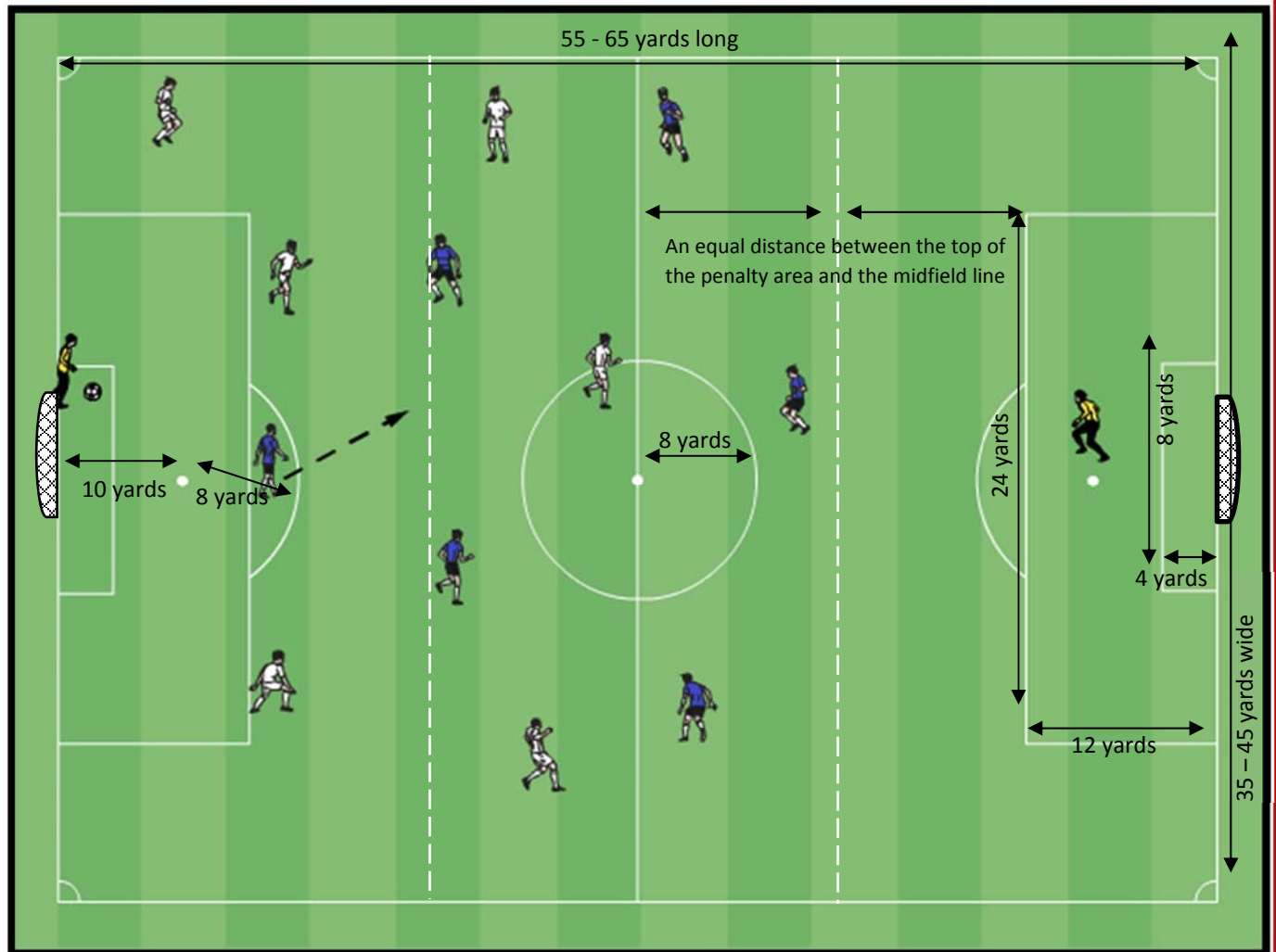
As soon as either of these situations occurs in a game, all opponents must begin to retreat to behind their Build Out Line. Players not retreating may be cautioned by the referee (same as not retreating when defending a free kick).

- ⇒ Players on the team taking the goal kick, or on the team of the goalkeeper with the ball in hands, may move to any area of the field.
- ⇒ On a goal kick, the ball must leave the penalty area before it is considered *'in play'*. The player taking the goal kick can only touch the ball once and another player must touch it before the first kicker can play the ball again.
- ⇒ When the goalkeeper has possession in his/her hands, the ball is considered *'in play'* as soon as the goalkeeper releases it by dropping the ball to the ground, rolling the ball or throwing the ball.  
*\*To further promote playing the ball out of the back, goalkeepers may not punt or dropkick the ball.*
- ⇒ If the player taking the goal kick chooses to restart play before the opponents have retreated behind the Build Out Line, the ball is *'in play'* once it leaves the penalty area.
- ⇒ If the goalkeeper chooses to restart play before the opponents have retreated behind the Build Out Line, the ball is *'in play'* once it is released by the goalkeeper.
- ⇒ Once the ball is in play, the game is considered live and opponents may move to any area of the field.

## **II. Used as an indicator of where a player may be called for being offside:**

- ⇒ Citing the existing offside rule, an attacking player is not in an offside position, and cannot be call for being offside, if the attacking player is in his/her own half of the field.
- ⇒ Replacing the use of the midfield line as the indicator of where a player may be in an offside position, the Build Out Line is now used to determine where a player may be called for being offside. An attacking player is not in an offside position, and may not be called for being offside, if the attacking player is on his/her own side of the Build Out Line when the ball is played by a teammate.





- The size of the 7 vs. 7 field may vary within the established range. (55-65 yards long x 35-45 yards wide)
- The penalty area should be 12 yards in length (out) x 24 yards in width.
- The penalty spot should be centered in front of each goal and 10 yards from the goal line.
- The goal area should be 4 yards in length (out) and 8 yards in width.
- The build out lines should be marked across the width of the field, at an equal distance between the top of the penalty area and the midfield line.

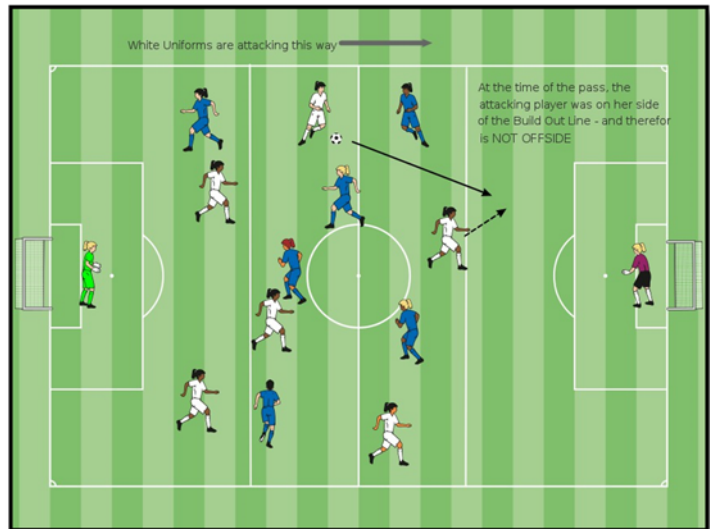
## I. Using the Build Out Line as a retreat line; on a goal kick, or when the goalkeeper has possession:

As shown above, when the team in light shirts is taking the goal kick (or if the ball is in the goalkeeper's hands) all the players in dark shirts must retreat to behind the build out line until the ball is put into play. When the ball is put into play, the game is live and all players can move freely.

## II. Using the Build Out Line as the indicator of where a player may be called for being Offside:

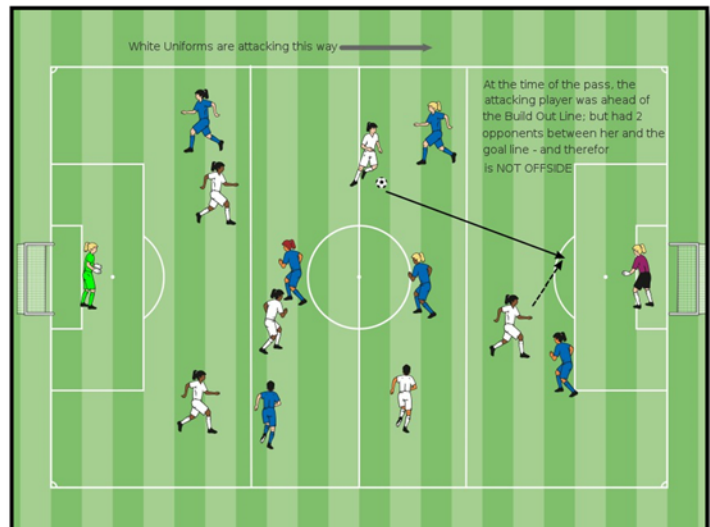
### Example 1:

The attacking player in the white uniform, who is on her own side of the Build Out Line, receives a pass from a teammate. As she is on her own side of the Build Out Line when the pass is made, she is not in an offside position and should not be called for being offside.



### Example 2:

The attacking player in white uniform, who has crossed the Build Out Line, receives a pass from a teammate. As she has 2 opponents between her and the goal line, at the time of the pass, she is not in an offside position and should not be called for being offside.



### Example 3:

The attacking player in white uniform, who has crossed the Build Out Line, receives a pass from a teammate. As she does not have 2 opponents between her and the goal line at the time of the pass, and is involved in the play, she is in an offside position and should be called for being offside.

