



10-11 YEAR OLD SOCCER RULES

Ball Size: Size Four (4)

Field Size: Approximately 35-40 yards x 65-70 yards

Goal Size: 7' Height x 14' Wide

Coaches and Spectator Conduct/Responsibilities

- Family members, parents, and spectators are required to observe the contest from the sidelines.
 - Exception: For the 8/9 age group we will allow one spectator to stand by the goal to help instruct the goalie. This person must not interfere with the game play. If the referee determines this person is interfering with game play then they will be removed. Ages 10 and up may not have a coach/parent with the goalie. Spectators must be 10yds behind the goal line.
- Participants, coaches, parents, and family members must conduct themselves appropriately during game play. Foul language will not be tolerated and will lead to removal from the field.
- Inappropriate, rude, or confrontational behavior by a coach, player or spectator may lead to disqualification from the game and possible suspension. These decisions are made at the sole discretion of the NYS League Officials.

Number of Players:

- The maximum number of players on the field per team at any one time is eight (8).
- The game is played 8 vs. 8 including the goalkeeper.
- The maximum number of players on roster should not exceed sixteen (16).
- Substitutions are unlimited and allowed during any out of bounds, stoppage of play and for injuries.
- Playing Time: Each player shall play a minimum of 50% of the total playing time.
- All players not playing in the game must be three yards behind the touch lines.
- Teams may play with lesser players if necessary. Teams with less than 5 players will result in a forfeit in league standings. All forfeits are still reserved game time for scrimmages and/or practice time.

Required Equipment:

- An NYS administered or approved jersey or an approved custom jersey must be worn during the game.
- No hats, jewelry, or metal spiked cleats are allowed. Under shirts/ sweatshirts are allowed.
- All players are required to wear shin guards.

Duration of the Game:

- Each game will consist of two (2), twenty-five minute (25) halves.
 - Exception: Halves can be broken into quarters based on weather conditions.
- Halftime will be 5 minutes long.

The Start of Play:

- Play will be started with a kick-off at the center mark of the field.
- The opposing team must be 10 yards from the ball at kick off and each re-start.
- A coin flip will take place at the beginning of each game. The team that wins the coin flip will get to choose if they would like to kick off or choose a side to defend.
- Teams shall rotate sides and kick-offs at halftime.

Substitutions:

- Substitutions can be made at any out of bounds, stoppage of play or for any injuries.

Free Kicks:

The referee, according to the infraction, will award direct and indirect free kicks. Standard FIFA rules will apply.

Penalty Kicks: Penalty kicks will be placed ten (10) yards from the goal line.

Offside:

The offside rule will be in effect and taught in this age group. However, it will be called at the referee's discretion, for plays in which offsides is blatant. Any player directly involved in a play, that is in an offside position will be called offside and a free kick will be awarded to the opposing team at the spot of the foul. As the offside rule is subject to the referee's discretion and the referee may not have assistant linesmen at the field, criticism directed to the referee is dissent and will not be tolerated.

(Please recognize this is the most controversial and disagreed upon rule in the game of soccer at all levels of play and remember to demonstrate sportsmanship at all times.)

Cards:

The referee will show yellow (caution) and red (sending off) cards in accordance with the laws of the game. A red card results in ejection from the game. Red cards shown for serious infractions may result in ejection for the remainder of the season with reinstatement only with the permission of the league coordinator.

Slide Tackling and Heading are NOT allowed in this division.