

DAPHNE RECREATIONAL SOCCER LEAGUE  
RULES & REGULATIONS  
Under 10 (U10)

I. DURATION OF GAME

- A. Two (2) equal, twenty-five (25) minute halves,
- B. Five (5) minute break at halftime.

II. NUMBER OF PLAYERS

- A. Maximum number of players per side on the field at any one time is Eight (8). One of whom may be a goalkeeper.
- B. Maximum number of players on the roster will not exceed fourteen (14):

C. SUBSTITUTIONS:

- 1. Injuries
- 2. Goal-kicks, Corner-kicks
- 3. After goal
- 4. Halftime
- 5. Possession on throw-ins,

- D. **Each player must play 50% of total game time\***,

III. PLAYERS EQUIPMENT

- A. Referee must inspect all players equipment before start of the game,
- B. Player is not allowed to use or wear any type of clothing or equipment which is dangerous to her/himself or another player, including any type of jewelry,
- C. Player must wear shorts, jersey, socks, **shinguards** and shoes (may be soft molded cleat, turf, or tennis shoes),
- D. Socks must be worn completely covering the shinguard. (**Shinguards Mandatory**)

IV. THE BALL

- A. Size 4

V. THE REFEREE

- D. **Solely responsible for conduct of the game and all calls will be final and uncontested** (any problems or complaints by a coach, parent or spectator shall be forwarded to the Recreation Dept. within 24 hours of the game),
- B. All rule infractions shall be briefly explained to the offending player.

VI. COACHES

- A. All coaches must remain in the coaching area next to the team bench.

VII. THE START OF PLAY

- A. Team captain winning the coin toss chooses goal to attack in first half and other team kicks off,
- B. Before signaling for the kick-off, the referee ensures all players are in their own halves of the field and that players from the team that is not kicking-off are outside of the center circle until the ball is kicked,
- C. Ball must not be moving when it is kicked at kick-off, ball must be kicked forward into the opponents half of the field, and the player kicking off may not touch the ball after the initial kick,

- D. In the second half of the match, the teams change ends and attack the opposite goals and the team which won the initial coin toss kicks off.

#### VIII. BALL IN AND OUT OF PLAY

- A. The ball is out of play when it has wholly crossed the goal line or touch line whether on the ground or in the air or when play has been stopped by the referee.
- B. The ball is in play at all other times, including when it rebounds from a goal post, crossbar or corner flag post and remains in the field of play or it rebounds from either the referee or an assistant referee when they are in the field of play.

#### IX. METHOD OF SCORING

- A. A goal is scored when the whole of the ball passes over the goal line, between the goal posts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal,
- B. The team scoring the greater number of goals during a match is the winner and, if both teams score an equal number of goals, or if no goals are scored, the match is drawn.

#### X. OFF-SIDE

- A. A player is in an offside position if he is nearer to his opponent's goal than both the ball and the second to last opponent,
- B. A player is not in an offside position if he is in his own half of the field of play, he is level with the second to last opponent or he is level with the last two opponents,
- C. A player in an offside position is only penalized if, at the moment the ball touches or is played by one of his team, he is, in the opinion of the referee, involved in active play by interfering with play, interfering with an opponent or gaining an advantage by being in that position,
- D. There is no offside offense if a player receives the ball directly from a goal kick, throw-in, or corner kick,
- E. For any offside offense, the referee awards an indirect free kick to the opposing team to be taken from the place where the infringement occurred.

#### XI. FOULS AND MISCONDUCT

- A. A **direct free kick** is awarded to the opposing team for any of the following ten offenses (or any additional offense which the referee considers to be reckless, careless or using excessive force):
  1. Kicking or attempting to kick an opponent,
  2. Tripping or attempting to trip an opponent,
  3. Jumping at an opponent,
  4. Charging an opponent,
  5. Striking or attempting to strike an opponent,
  6. Pushing an opponent,
  7. When making a tackle, making contact with the opponent before the ball,
  8. Holding an opponent,
  9. Spitting at or on an opponent,
  10. Handling the ball deliberately with the hands (except for the goalkeeper in his own area)
- B. An **indirect free kick** is awarded to the opposing team if a player, in the opinion of the referee, commits any of the following three offenses:
  1. Plays in a dangerous manner,

2. Impedes the progress of an opponent,
  3. Prevents the goalkeeper from releasing the ball from his hands.
- C. An indirect free kick is also awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following five offenses:
1. Takes more than 10 seconds while controlling the ball with his hands, before releasing it from his possession,
  2. Touches the ball again with his hands after it has been released from his possession and has not touched any player,
  3. Touches the ball with his hands after it has been deliberately kicked to him by a teammate,
  4. Touches the ball with his hands after it has been received directly from a throw in taken by a teammate,
  5. Flagrantly wastes time.
- Direct and indirect free kicks are taken from where the offense occurred.  
Opponents must be eight yards away before the kick is allowed.

#### **D. Penalty Kicks**

1. A penalty kick is awarded if any of the above direct free kick offenses is committed by a player inside his own penalty area, irrespective of the position of the ball, provided it is in play,
2. Opponents must be eight yards away before the kick is allowed.

### **DISCIPLINARY SANCTIONS**

#### **Cautionable Offenses:**

A player is cautioned and shown the yellow card, if he commits any of the following seven offenses:

1. Guilty of unsporting behavior,
2. Shows dissent by word or action,
3. Persistently infringes the Laws of the Game,
4. Delays the restart of play,
5. Fails to respect the required distance when play is restarted with a corner kick or free kick,
6. Enters or re-enters the field of play without the referee's permission,
7. Deliberately leaves the field of play without the referee's permission.

#### **Sending-Off Offenses:**

A player is sent off and shown the red card if he commits any of the following seven offenses:

1. Guilty of serious foul play,
2. Guilty of violent conduct,
3. Spits at an opponent or any other person,
4. Denies an opponent a goal or an obvious goal scoring opportunity by deliberately handling the ball with the hands (does not apply to a goalkeeper in his own area)
5. Denies an obvious goal scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick,
6. Uses offensive, insulting or abusive language,
7. Receives a second caution in the second match.

No cautions or ejections shall be issued to players except by an independent neutral referee.

### **XII. THROW-IN**

- A. A goal cannot be scored directly from a throw in,
- B. A throw-in is awarded when the whole of the ball passes over the touch line, either on the ground or in the air,
- C. At the moment of delivering the ball, the thrower faces the field of play, has part of each foot either on the touch line or on the ground outside the touch line, uses both hands, and delivers the ball from behind and over his head.
- D. If the first attempt is incorrect, the player will get a second chance. If the second attempt is incorrect, possession will be given to the opposing team and they will attempt the throw-in.
- E. Coaches should allow all players to take turns throwing the ball into play.

#### XIII. GOAL KICK

- A. A goal kick is awarded when the whole of the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air, and a goal is not scored in accordance with the Method of Scoring,
- B. The ball is kicked from any point within the goal area by a player of the defending team and the kicker may not play the ball a second time until it has touched another player,
- C. Opponents must remain outside the penalty area until the ball is in play,
- D. If, after the ball is in play, the kicker touches the ball a second time before it has touched another player, an indirect kick is awarded to the opposing team from the place where the infringement occurred.

#### XIV. CORNER KICK

- A. A corner kick is awarded when the whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air, and a goal is not scored in accordance with the Method of Scoring,
- B. If, after the ball is in play, the kicker touches the ball a second time before it has touched another player, an indirect free kick is awarded to the opposing team from the place the infringement occurred,
- C. A goal may be scored directly from a corner kick, but only against the opposing team,
- D. The opposing player must remain ten yards away from the ball until the ball is in play.

**\* The only exception to the 50% playing time rule is in the event that a player does not attend any designated practices prior to a game without prior notification given by the parent to the coach of the reason for the absence. All coaches should notify parents at the beginning of the season that attendance at practice is necessary. If a player does not attend designated practices, that player shall be allowed to play at least 25% of the game period.**

- Opposing coaches and players will shake hands after each game.

- Parents, Coaches, non-playing players and spectators should be there to enjoy and encourage the activity of the players.

**- No arguing or insulting will be tolerated before, during or after any game. Coaches shall not, at any time, argue with or confront a referee, fellow coach, player or spectator in an angry or aggressive manner regardless of the circumstance. A violation of this rule will**

**result in a verbal warning from the referee or Recreation staff member, and, if further action ensues, the coach will be asked to leave the playing area (Red carded)**

- No alcoholic beverages will be allowed at the Trione Sports Complex or any of the designated practice areas.

**- Coaches and parents shall not, at any time, allow any players or spectators to climb, jump or hang on the soccer goals or abuse any of the Recreation Department equipment.**

Any suggestions to improve the quality of our recreational soccer league are extremely welcome and should be forwarded to the Daphne Recreation Department Athletic Division staff at 621-3703.

\*\*\*Rainouts will not be rescheduled unless a team has more than one game rained out\*\*\*

**IMPORTANT: Weather pagers: 568-1613 or 568-0472**

**Coaches please use these numbers to find out if a game has been rained out. The messages will be updated by 4:00 pm on each game day that there is a threat of bad weather. Please ask the parents not to call the office to find out about the status of games. You are welcome to hand out these numbers to all parents on your team.**