



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA of Greater Charlotte U-10 SOCCER LEAGUE RULES (ages 8-9)

**Ball:** Size 4

**Players Equipment:** Shin-guards are mandatory, cleats are recommended

**Team Size:** 6 field players and 1 goalie (7 v 7) Minimum of 5 players on team to play

**Game Time:** 2 twenty-five minute halves with a 5 minute halftime

**Referees:** 1 referee will be present

In the spirit of the YMCA, each player is expected to play an equal amount of time during each game and must play in both halves. Unless a team only has 7 or fewer players, NO player can play the entire game.

1. Goalkeeper
  - a. Each team's goalkeeper must be changed at the end of each half.
2. Defenders
  - a. Defenders must be back at their mid line for all goal kicks.
3. Coach(s) positioning
  - a. Each team's coach(s) must remain on sideline and on their half of the field
4. Substitutions and Rotations
  - a. Can be made with the permission of the referee on any stoppage of play.
5. Start and Re-Start of play:
  - a. Over the sideline with a throw-in.
    - i. Each child will have two chances to complete a proper throw-in.
    - ii. Ball must go back directly overhead with both hands, and both feet must remain in contact with the ground.
    - iii. If the 2nd throw-in is incorrect, the opposing team will then throw-in from the same spot.
  - b. Over the goal line:
    - i. Last touched by attacking team: will result with a goal kick.
      1. Goal kicks may be taken from anywhere inside the goal box (smaller box next to the goal).
      2. The goal kick must clear the penalty box (larger box surrounding goal box) before it may touch any player; any infraction will result in a "redo" of the goal kick.
    - ii. Last touched by defending team: will result with a corner kick
    - iii. In this age group, corner kicks must touch another player before a goal can be scored.
  - c. After a goal is scored/beginning of new half:
    - i. Re-start of play begins at the center-circle.
    - ii. Teams will rotate kick-offs from half to half.
6. Goals
  - a. Goals may be scored from anywhere on the field except on kick-offs, corner kicks (this age group) and throw-ins.
7. Off-sides
  - a. Blatant Off-sides WILL be called in this age group.
  - b. Infraction will result in an indirect kick from the spot of the foul.
8. Free Kicks
  - a. All free kicks are indirect in this age group.
  - b. Tripping, pushing, hand balls, etc...will result with an indirect kick (ball must be touched by another player before a goal can be scored) if outside the box.
  - c. If a contact foul/handball occurs inside the penalty box, it will result in an indirect kick outside the box..
9. Penalty Kicks
  - a. There will be no penalty kicks **(all indirect for U10)**
10. Hand Ball Rule
  - a. Hand to ball, not ball to hand; must be intentional. This foul will result in an indirect kick.
11. Slide tackling is not allowed.
12. Teams WILL switch sides at half-time in this age group.
13. Teams and spectators will sit on opposite sides of the field.
14. For the safety of the players, absolutely no jewelry or gum allowed.