

# 10-U (Wings) Condensed Playing Rules



<b>The Field (Law 1)</b>	The field size is 55-65 yards long, 35-45 yards wide. Refer to Small-Sided 7v7 Field Diagram (pg. 8)
<b>Field Markings (Law 1)</b>	Halfway Line - width of field, marked equidistant between Goal Lines Center Circle - 8-yard radius Goal Area - 4 x 8 yards Penalty Area - 12 x 24 yards Penalty Mark - 10-yards from Goal Line Penalty Arc - extends 8-yard radius from Penalty Mark Offside Line ( <b>Build-Out Line</b> ) - width of field equidistant between the top of the Penalty Area and the Halfway Line.
<b>Corner Flags (Law 1)</b>	Corner Flags - at least five feet high and at least one (1) inch in diameter having a non-pointed top.
<b>Goals (Law 1)</b>	6 - 7 feet high and 12 - 18 feet wide; must be securely anchored before beginning play.
<b>Ball (Law 2)</b>	Size 4 ball
<b>Number of Players (Law 3)</b>	Seven (7) per team on field, one of which is goalkeeper; minimum of five (5) players to continue
<b>Substitutions (Law 3)</b>	Unlimited for both teams between periods, on goal kicks, after a goal, extended time-out (e.g., injury, cautions, send-offs). No substitutions on corner kicks. Unlimited for team taking throw-in; Opponents may only substitute (unlimited) if team taking throw-in substitutes.
<b>Playing Time (Law 3)</b>	All players to play a minimum of half of the game. Preferably all players play equal amount of time.
<b>Player Equipment (Law 4)</b>	Shirts, shorts, shin-guards, socks, shoes. Same color shirts (except goalkeeper). Socks to cover shin-guards. No jewelry/earrings and nothing dangerous
<b>Duration of Game (Law 7)</b>	Two 24-minute halves or four 12-minute periods; halftime interval 5-minutes; 1-minute interval between other periods (teams to just change direction). Teams change sides each period.
<b>Referees (Law 5)</b>	As per SAYArea directives, top priority is player safety. Every effort should be made to keep the game moving and free from stoppages for doubtful infractions.
<b>Ball Out-of-Play (Law 9)</b>	Ball is out-of-play when it completely leaves the field-of-play over the Touchline or Goal Line, either on the ground or in the air. Ball is also considered to be out-of-play and the game is stopped, whenever the whistle is blown.
<b>Restarts (Laws 8, 13, 15, 16 &amp; 17)</b>	Player may not touch the ball again at the taking of a free kick, goal kick, corner kick, kick-off or throw-in until it has touched another player (restart is an IFK to opponents).
<b>Kick-Off (Law 8)</b>	Kicker may stand in opponent's half of field. All other players on both teams must be in own half of field and opponents must be outside the Center Circle. Ball in play when kicked and clearly moves in any direction. Restart when Referee stops game for an injury, outside interference, weather or accidental whistle.
<b>Dropped Ball (Law 8)</b>	Only one player may take part in the dropped ball; all other players to be at least 4-yards away. Ball in play when it makes contact with the ground. Requires touch by two different players for a goal to be awarded.
<b>Corner Kicks (Law 17)</b>	Restart when ball goes over Goal Line (End Line) last touched by a defending player. Opponents must remain 8-yards from the Corner Area. Ball is in play when it is kicked and clearly moves. Goal may be scored directly from a corner kick.

## Goal Kicks (Law 16)

Restart when ball goes over Goal Line (End Line) last touched by an attacking team player.  
Ball in play when kicked and clearly moves.  
All opposing players must remain outside the Build-Out Area until the ball is in play.  
If opposing player enters Build-Out Area too early, an Indirect Free Kick (IFK) restart is to be taken at point where player crosses into the Build-Out Area.  
Goal may be scored directly from a goal kick, **but only against the opposing team.**

## Free Kicks (Law 13)

Opponents must be at least 8-yards from the ball or on Goal Line between the goal posts.  
Ball in play when kicked and clearly moves.  
Direct Free Kick (DFK) - a goal may be scored on the first touch, **but only against the opposing team.**  
Indirect Free Kick (IFK) - two touches required for a goal to be allowed.

## Penalty Kicks (Law 14)

Results when a DFK offense is committed inside a player's own Penalty Area.  
All players (except kicker and goalkeeper) to be outside Penalty Area, Penalty Arc and behind the ball.  
Ball must be clearly kicked in a forward direction.

## Fouls (Law 12)

In accordance with criteria defined in **Law 12.**  
Offense involving contact committed on the field-of-play, while the ball is in play and against any opponent, teammate, team official or match official.  
Contact fouls result in a Direct Free Kick (DFK) restart.  
Non-contact fouls and technical infractions result in an Indirect Free Kick (IFK) restart.  
Goalkeepers are not allowed to punt or drop-kick the ball; IFK restart for the opposing team.

## Misconduct (Law 12)

Player misconduct is rare for 10-U (Wings) games; avoid carding players as much as possible.  
**Coaches and bench personnel may be carded for misconduct.**

## Throw-Ins (Law 15)

Restart when ball goes over the Touchline (Sideline) and is taken by opponent of player who last touched the ball.  
Thrower must face the field of play with part of each foot on or behind the Touchline, both hands on the ball, and both hands must go behind and over the head.  
Ball is in-play when any portion of the ball breaks the outside plane of the Touchline into the field-of-play after having been thrown.  
When an improper throw-in is taken, the Referee should stop play and award a throw-in to the opponents.  
A goal cannot be scored directly from a throw-in.

## Heading (Law 12)

Heading the ball deliberately is prohibited; IFK restart for opposing team at spot of infraction.

## Handball (Law 12)

A DFK offense when a player deliberately plays the ball with their hand or arm.  
Accidental contact, i.e., ball striking hand or arm with no intent by player, is not an offense and should not be penalized.  
**Exception: When the ball goes directly into the goal after touching an attacking player's hand or arm, even if accidental. No goal, restart with a DFK for opposing team.**  
Instinctive, self-protective reactions are not to be penalized.

## Offside (Law 11)

Players can only be in offside position in the opponent's Build-Out Area, i.e., between the Offside Line (**Build-Out Line**) and the Goal Line.  
No offside offense in the area between the two Offside Lines (**Build-Out Lines**).  
Offside offense occurs when a player in offside position becomes actively involved by interfering with play or an opponent as per **Law 11.**  
Restart is an IFK at location where the player in the offside position commits the interference.

## Scoring (Law 10)

When the whole of the ball completely crosses the Goal Line between the posts and under the crossbar, either in the air or on the ground.

## Build-Out Area (Law 8)

Opponents must move outside Build-Out Area on all free kick and goal kick restarts.  
Opposing players must remain outside Build-Out Area until ball is kicked and clearly moves.  
Opponents must also move outside Build-Out Area whenever the goalkeeper gains possession of the ball.  
Opponents may not re-enter the Build-Out Area until the goalkeeper either throws the ball, rolls the ball, or places the ball on the ground AND kicks it.  
**Goalkeepers may not touch the ball again with their hand(s) until it has been touched or played by another player.**

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