

NYSA PLAYING RULES FOR U9 AND U10 (7 A SIDE)

A. Field Size: 55 by 35 yards minimum / 65 by 45 yards maximum

B: Markings: (Guidelines to be followed as closely as practical)

- Distinctive lines at least 2 inches wide
- A halfway line shall be marked out across the field.
- A center circle with an 8-yard radius
- A build-out line shall be marked between the halfway line and the top of each penalty box.
- Four corner arcs with a 1-yard radius
- Goal area – 4 by 8 yards.
- Penalty area – 12 by 24 yards.
- The Technical Area for coaches and players starts at the top of the Penalty area and ends at the halfway line. All participants must be at least two yards off the touchline. Coach and or spectators may not enter the field of play during the match without the referee's permission.

C. Goals: Desired goal size - 6' x 12'

D. The Ball: Size 4

E. Number of Players:

U9 and U10: The maximum number of players on the field at any time, including the goalkeeper is seven (7). Team roster size shall be ten (10) to twelve (12) players (if possible).

- **Substitutions:** These are unlimited and can occur at any stoppage.
- **Playing time:** Every player should play a minimum of 50% of the time in each game.
- **Sex:** Teams should be divided by gender.

F. Players Equipment:

- Jersey or shirt (with number)
- Socks
- Footwear
- Shorts
- Shin guards required.

A player shall not wear anything dangerous to another player or themselves (including any kind of jewelry, splint, or cast).

G. Referees:

- Official referees should be used. An older age group player is highly recommended.
- Their decisions on points of fact connected with the game shall be final.
- Referees shall verbally explain the infraction called on the offending player.
- Each team shall provide a linesman upon referee request.

H. Duration of Game:

- The game shall be divided into equal halves of 25 minutes each.
- Half-time break shall be five minutes.

I. The Start of Play:

- Opponent must be ten yards from the center mark when place kick (kick-off) is in process.
- The ball is in play when it is kicked and moves. The kicker shall not play the ball a second time until it has been touched or played by another player.

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J. Ball in and out of Play:

- Conform to FIFA Laws of the Game.
- The ball is out of play only when it has entirely crossed the goal or touch lines.

K. Method of Scoring:

- The goal is scored when the whole ball has crossed the entire goal line on the ground or in the air.

L. Offside:

- The midfield line will be used as the offside line.
- The referee will impose the FIFA offside law and award an indirect free kick to the opposing team.
- The referee must explain the infraction to the offending player.

M. Heading:

- Players at U9 and U10 shall not engage in heading, either in practices or in games. If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.

N. Fouls and Misconduct:

- A Direct Kick shall be awarded for the following nine (9) intentionally committed offenses:
 - Kicking an opponent
 - Tripping an opponent
 - Jumping at an opponent
 - Charging an opponent in a violent or dangerous manner
 - Charging an opponent from behind
 - Striking an opponent
 - Holding an opponent
 - Pushing an opponent
 - Handling the ball, except for the goalkeeper in the designated area.
- An Indirect Kick shall be awarded for the following offenses:
 - Dangerous play (high kicking)
 - Charging fairly (shoulder to shoulder) when the ball is not within the playing distance of the players involved.
 - Impeding the progress of an opponent.
 - Obstructing the goalkeeper in the “penalty area” (there will be no intentional physical contact with the goalkeeper in the “penalty area”).
 - Preventing the goalkeeper from releasing the ball from his or her hands.
 - Laying on the ball and not allowing others to play it.
 - Unsporting behavior
- A goal may not be scored on an indirect free kick until the ball has been played or touched by a second player from either team.
- Slide tackling will not be allowed.

O. Penalty Kick:

- Penalty kicks will be granted. They will be taken at ten (10) yards from the goal.

P. Throw-In:

- Conform to FIFA Laws of the Game.
- A foul throw-in shall not be retaken.
- When taking the throw-in, the player must face the field of play and keep both feet on the ground while releasing the ball. When releasing the ball, both hands must be on both sides of the ball and the ball must start from behind the head.
- A goal shall not be scored directly from a throw-in.

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Q. Goal Kick:

- Conform to FIFA Laws of the Game.
- Goal kicks may be taken from any point inside the goal area: six-yard area.
- The ball is in play once it is kicked and moves; it does not have to leave the penalty area. The team taking the goal kick can receive the ball inside the penalty area.

R. Build -Out Lines

- When the goalkeeper has the ball, either during play (from the opponent) or from a goal kick, the opposing team must move behind the build-out line. Once the opposing team is behind the build-out line, the goalkeeper can pass or roll the ball to a teammate (**no punting**). After the ball is put into play by the goalkeeper, the opposing team can cross the build out line, and play resumes as normal.
- On goal kicks the opposition can enter the build-out area as soon as the ball is kicked.

S. Corner Kick:

- Conform to FIFA Laws of the Game.
- May be taken from any point inside the corner area.

T. Goalkeeper:

- The ball is to be considered in the goalkeeper's possession whenever the goalkeeper is touching the ball in the goal box.
- Once the opposing team is behind the build-out line, the goalkeeper has six seconds to release the ball back into play.
- There is no punting or dropkicking the ball up the field.
- If a teammate passes the ball back to the goalkeeper inside the penalty area, the goalkeeper cannot pick up the ball with his or her hands.
- FIFA Laws of the Game shall apply outside the goal box.

U. Sportsmanship:

- Coaches and players shall reside on the same side of the field. Spectators from both teams will observe the game from the opposite side of the two teams.
- Team coaches and players shall shake hands with the opponent and referee after each game.
- Coaches, managers, team officials, and parents shall not criticize game officials at any time and shall encourage the same attitude among all players and supporters.
- No league standings or scores shall be published.

**THIS GAME IS FOR THE CHILDREN. LET THEM LEARN AND PLAY, BUT MOST IMPORTANT
LET THEM HAVE FUN!!!**

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U9 & U10 7v7 SOCCER FIELD

55x35 to 65x45 yard field with build out lines in between the halfway line and the top of the penalty box.

