

New U10 Rules for Fall 2016

- New Rules for U10s

- U10's

- A match is played by two teams, each consisting of not more than seven (7) players (**7V7**), one of whom is the goalkeeper. A match may not start, or continue, if either team consists of fewer than five (5) players who are able to play.
 - The **Offside** rule will apply in an under-10 match starting Fall Season 2016
 - Keeper distributions (**punts, drop kicks and throws**) may not travel in the air over the halfway line. An Indirect free kick from midfield is awarded to the other team if this happens.
 - **The Goal Kick** - Opposition players to retreat into their own half of the playing field on goal kicks. US Youth Soccer recommends that opponents should remain in their own half until the ball is in play. The team taking the goal kick does not have to wait for the opposition to retreat and has the option to restart the game beforehand should they so choose. The ball is in play when it is kicked directly out of the penalty area.
 - **This is not new U10 rule but it is a good rule to understand:** No penalty kicks shall be awarded to or taken by either team. All fouls committed inside the penalty area that would normally result in a penalty kick will be moved outside the penalty area to the point parallel to the goal line closest to where the foul was committed and a direct free kick awarded.
 - Goal size – US Soccer recommends U10 goals be 18' wide by 6' tall. (12' X 6' goals are still acceptable)
 - Please remember – NO HEADING

New U12 Rule for Fall 2016

- New Rule for U12s
 - A match is played by two teams, each consisting of not more than nine (9) players (**9v9**), one of whom is the goalkeeper. A match may not start or continue if either team consists of fewer than seven (7) players.
 - Please remember – NO HEADING