

U10 RECREATIONAL SOCCER MODIFICATIONS TO THE IFAB 2025/26 LAWS OF THE GAME MARCH 31, 2026

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| Law 1 | The Field of Play | <ul style="list-style-type: none"> - Field Dimensions: 55-65 yards long by 35-45 yards wide - 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: 8-yard radius from penalty mark - Corner Arc: 1-yard radius - Corner flags are not mandatory; substitute items must be safe if used - Goals: 6½ x 18½ feet (maximum) - Build Out Line: equidistant from halfway line and goal line; not permanently marked on field. Any items used to indicate build out lines must be safe, outside the field of play, and not inhibit duties of the match officials |
| Law 2 | The Ball | Size 4 |
| Law 3 | The Players | <ul style="list-style-type: none"> - U10 boys teams play 8 v 8 – 7 field players plus goalkeeper - U10 girls teams play 7 v 7 – 6 field players plus goalkeeper - Minimum of 5 players to start/continue game - No team captains are required on the field of play nor any player wear a qualifying armband |
| | Grace Period | 5 minutes after scheduled kickoff time to field a minimum of 5 players |
| | Substitutions | Unlimited at any stoppage in play (with referee's permission) |
| | Goal Differential | 4 goals – trailing team add maximum of 1 player; leading team has <u>option</u> of removing 1 player |
| | Participation Rule | <ul style="list-style-type: none"> - Every player must play at least 50% of game - Goalkeepers can play no more than 50% of game (as a goalkeeper) |
| Law 4 | The Players' Equipment | Uniform numbers are not required |
| Law 5 | The Referee | <ul style="list-style-type: none"> - Head coach is responsible for behavior of all players, team officials, and spectators - Referees can show yellow/red cards to coaches/team officials but not to spectators |
| Law 6 | The Other Match Officials | <ul style="list-style-type: none"> - No Assistant Referees (or other match officials). If used, other match officials have all responsibilities and authorities under the Laws of the Game - If requested by the referee, home and away team coaches may provide "club linesman" to assist referee with ball in/out of play decisions - Club linesman may indicate possession/direction of restart at the referee's discretion |
| Law 7 | The Duration of the Match | <ul style="list-style-type: none"> - 2 x 25-minute halves (no added time) (total game time = 50 minutes) - 5-minute halftime - Referees can incorporate up to 3-minute water/hydration/cooling break in any half |
| Law 8 | The Start and Restart of Play | Opponents must be at least 8 yards from ball on kickoff |
| Law 9 | The Ball In and Out of Play | No SYA modifications to the Laws of the Game |
| Law 10 | Determining the Outcome of a Match | <ul style="list-style-type: none"> - All eligible players may participate in a penalty shoot-out (players sent off (red card) are not eligible) - Coaches and non-kicking players may remain with their teams on the field during a penalty shoot-out (at the referee's discretion) |
| Law 11 | Offside | No offside between halfway line and build out line; only from build out line to goal line |
| Law 12 | Fouls and Misconduct | <ul style="list-style-type: none"> - All female players may use their hands or arms for chest protection - Any player may use their hands or arms to protect their head, face, or neck from impact with the ball (at the referee's discretion) |
| | No Heading Rule | <ul style="list-style-type: none"> Players cannot play the ball with their head - If play is intentional, restart is an indirect free kick to opponent - If play is unintentional or accidental, restart is a dropped ball to team that played ball before head contact (drop to goalkeeper if heading occurs inside penalty area) |
| | No Sliding Rule | <ul style="list-style-type: none"> - Field players cannot slide on the ground (intentionally leave their feet) for any reason - <u>Exception</u>: Goalkeepers can make sliding saves in their own penalty area if there is no danger to any player (including the goalkeeper) |
| | Build Out Rule | <ul style="list-style-type: none"> - Goalkeepers cannot punt or drop kick ball; ball must be kicked, thrown, or rolled into play - Opponents must move behind build out line when other team's goalkeeper has possession of the ball |
| Law 13 | The Free Kick | Opponents must be at least 8 yards away (unless standing on own goal line between goal posts) |
| Law 14 | The Penalty Kick | No SYA modifications to the Laws of the Game |
| Law 15 | The Throw-In | No SYA modifications to the Laws of the Game |
| Law 16 | The Goal Kick | Opponents must be behind build out line for kicking team's goal kick |
| Law 17 | The Corner Kick | Opponents must be at least 8 yards from the corner arc |