



# NATIONAL YOUTH SPORTS RULES SOCCER: 10-12 YEAR-OLDS

*Applies to both practices and games.*

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## ATTIRE

1. Shin guards are mandatory and must be worn under socks.
2. The provided NYS jersey or approved uniform must be worn at all times. No exceptions!
3. Jerseys must be tucked into shorts.
4. No hats, jewelry, or metal spiked cleats allowed.

## FIELD

5. The field size shall be approximately 50 yards wide and 100 yards long.
6. The goal size will be 6 feet high by 12 feet wide.
7. All players not playing in the game must be 5 yards behind the sidelines.
8. Players should remain in one area designated by the coach so they can be seen and be given equal playing time.
9. Spectators must be a minimum of 10 yards behind the side lines, and at least 10 yards away from goal lines.
10. One coach from each team will be allowed on the playing field to instruct players.

## TEAM

11. The player must be listed on the official season roster to be eligible to play.
12. The game will be played with as few as 7 to as many as 11 players on a side, with one player distinguished as the goalkeeper.
13. Each team will have a maximum of 20 players allowed on their roster.
14. If the game cannot be played 8-on-8, then it will be played 7-on-7 or 6-on-6, depending on smallest team size.

## GAMEPLAY

15. Soccer ball size is size 5.
16. Absolutely no slide tackling.
17. Headers are allowed.
18. The game will consist of two 20-minute halves with a 3-minute halftime.
19. Each player must play at least half of every game and play in both halves.
20. Players must throw-in the ball after any out-of-bounds play.
21. Substitutions may only be made with the referee's acknowledgement.
22. Substitutions will be allowed during the following breaks in play for either team:
  - Kickoffs, including after a goal has been scored.
  - Throw-ins
  - Goal kicks,
  - Corner kicks
  - Injury
23. The referee, according to the infraction, will award direct and indirect free kicks.
24. Penalty kicks will be placed 12 yards from the goal line.
25. The referee will show yellow (caution) and red (sending off) cards in accordance with the laws of the game. A red card results in ejection from the game. Red cards shown for serious infractions may



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result in ejection for the remainder of the season with reinstatement only with the permission of the league coordinator.

26. No forfeits!