

COSC U10 Game Rules

Rosters and Player cards are not required. Number of players: 7 (includes the goalie)

Game length: Two 25-minute halves. There should be a 5-minute break between each half.

Players must play a minimum of 50% playing time per game.

Players and Coaches will sit on opposite sides of the field from the spectators.

Shin guards are required that are covered with socks.

Absolutely No Slide Tackling.

Scores will NOT be kept. These are recreational games. Please avoid "blow outs". Both coaches should adjust play accordingly for a more balanced game. Such adjustments should be handled in a discreet and professional manner.

Substitutions: At any stoppage of play and unlimited.

**Teams can only sub with the referee's permission. The players must exit and enter at the mid-field line.

Throw-Ins: Referees are to call bad throw-ins. They should use the opportunity to teach. One Re-Do throw-in will be allowed at the beginning of the season.

Goal Kicks: The team not in possession of the goal kick must have all their players behind the dashed line. Once the goal kick has been taken and the ball has been touched by a team player, the opposing players can cross the "dashed-line" and attack/defend. If the ball clears the "dashed-line" on the goal kick then any player on the field can touch the ball.

The goalkeeper can pass, throw, or roll the ball into play (punts and drop kicks are NOT allowed). If a GK punts or drop kicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the punt or drop kick 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.

Offsides: Offside only occurs in the forward section of the field marked by a broken line. It is not at the half line of the field.

NO HEADING: Children shall not engage in heading, either in practices or in games. An INTENTIONAL heading during a game will result in an indirect free kick for the opposing team from the spot of the infringement.

Have fun! It's contagious!

Canyon Optimist Soccer Club 713-5977

Build Out Line Rules

The build out line promotes playing the ball out of the back in a less pressured setting.

- The two lines should be dashed and should separate the field into thirds.
- During a goal kick or when the goalkeeper has the ball in his or her hands during play, the opposing team must move behind the build out line until the ball is put into play.
- The goalkeeper can pass, throw or roll the ball into play (punts and drop kicks are not allowed).
- After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal. The ball is in play when it is touched outside of the penalty area.
- If a goalkeeper punts or drop kicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the punt or drop kick 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.
- The build out line will also be used to denote where offside offenses can be called. Players cannot be penalized for an offside offense between the halfway spot and the build out line. Players can be penalized for an offside offense between the build out line and goal line.
- Ideally, the goalkeeper will wait to put the ball into play once all opponents are past the build out line, however, the goalkeeper can put the ball into play sooner but (s)he does so accepting the positioning of the opponents and the consequences of how play resumes.
- To support the intent of the development rule, coaches and referees should be mindful of any intentional delays being caused by opponents not retreating in a timely manner or encroaching over the build out line prior to the ball being put into play. Referees can manage the situation with misconduct if deemed appropriate. Referees should be flexible when enforcing the 6 second rule and counting the time of possession should only begin when all opponents have moved behind the build out line.
- Coaches are responsible for addressing these types of issues with their players, and should use the build-out line to teach their teams to build play. Doing so will inevitably lead to mistakes and the opponent will score because of them. Your team may even lose a game because of such a goal. Coaches/clubs should work to educate parents on the benefits of learning to build play, and focus on the development of the players for the future rather than the scores of a U10 game.