



Cuyahoga Falls Soccer Club Rules & Regulations - U10 Division

1. Intent of CFSC Soccer

- 1.1. Promote the Game and Respect the Game. Make the Game enjoyable for all. Have Fun!

2. Laws of Soccer

- 2.1. The U10 Division shall abide by the International Football Association Board's "Laws of the Game" that are current at the time. In addition, the following Cuyahoga Falls Soccer Club "Rules and Regulations" shall apply and take precedence over the IFAB Laws.

3. Playing Field

- 1.1. The playing field should be 80 feet wide and 120 feet long, the Penalty Box should be 50 feet wide x 30 feet deep, the Goalie Box should be 24 feet wide x 10 feet deep, and the center circle should have a 10-foot radius. Goals should be eight feet wide and six feet high. There should be a two-foot spectator line on each side of the field, parallel to the touchline.
- 3.1. No spectators shall be behind the goal during the game. **Spectators shall stay behind the spectator line.**

4. Equipment

- 4.1. Players shall wear club-issued shirts. The goalkeeper shall wear a different color shirt, goalkeeper shirt, or practice jersey.
- 4.2. The U10 division uses a size four (4) ball.
- 4.3. Shin guards shall be worn and **covered** for games and practices.
- 4.4. Soccer shoes are highly recommended, but not required. Athletic shoes are acceptable. Football and baseball shoes are not allowed.
- 4.5. Jewelry shall not be worn during games or practice.

5. Games

5.1. Time Management

- 5.1.1. The duration of the game is four ten-minute quarters with a five (5) minute halftime. Time shall be kept by the referee. The fields are reserved for one hour for each game.
- 5.1.2. Quarter breaks should be kept to a maximum of two (2) minutes.
- 5.1.3. Restart play at the centerline after each quarter break and every goal. One team shall kick off quarters 1 and 3; the other team shall kick off quarters 2 and 4.
- 5.1.4. With an injury, restart the ball with an indirect kick where the ball was when play was stopped. The team in possession of the ball at the time of the injury shall take the kick unless ruled a penalty by the referee.
- 5.1.5. Additional time may be added to the game if an injury occurs.
- 5.1.6. Teams shall switch ends at half.

5.2. Inclement Weather

- 5.2.1. Coaches shall report to the field at game time. The assigned referee will make the decision if the game will be played. If the game is postponed, the coaches should agree to a new game time and notify the VP of Rec Soccer of the change.



Cuyahoga Falls Soccer Club Rules & Regulations - U10 Division

- 5.2.2. The referee can cancel a game due to weather or field conditions. Teams shall report to assigned fields at assigned times. The club president and/or VP of Rec Soccer may also cancel the game. US Soccer has published weather guidelines for hot and cold weather and should be used in conjunction with making a decision on canceling a game.
- 5.3. Players
 - 5.3.1. There shall be a minimum of four (4) and/or a maximum of five (5) players per team, per field at the start of a game. One of the players shall be a goalkeeper.
 - 5.3.2. All teams shall start play with equal numbers of players on the field at one time. (Example: 4V4, 5V5)
 - 5.3.3. No players may be allowed to play in any game, except those listed on the official team roster.
 - 5.3.4. If either team cannot field at least four players, the game may be:
 - 5.3.4.1. Rescheduled (In which either coach MUST notify the VP of Rec Soccer)
 - 5.3.4.2. Used as a practice/scrimmage game (using equal sides).
 - 5.3.4.3. Canceled (This is only if no make-up date can be agreed upon).
 - 5.3.5. Each player is to have the opportunity to play at least two full quarters during each game they attend with the following exceptions:
 - 5.3.5.1. In the case of injury to the player.
 - 5.3.5.2. If the player arrives late to the game.
 - 5.3.6. Players within a team shall be divided equally on each field according to ability (No stacking or one-sided advantage).
 - 5.3.7. A goalkeeper may not take more than eight seconds from the moment they have full control of the ball in their hands.
 - 5.3.8. A player CANNOT kick the ball when the goalkeeper has possession of the ball. Once the Goalkeeper has one hand on the ball, the opponents must move back to behind the center line.
 - 5.3.9. Any one player may not play the goalkeeper position for more than two (2) quarters per game.
- 5.4. Substitutions
 - 5.4.1. May be made at the ten (10) minute breaks and at halftime.
 - 5.4.2. Players must be at the center line in order to enter the game as a substitution.**
 - 5.4.3. A player may be substituted for an injured player at any time.
 - 5.4.4. Substitutions cannot take place on corner kicks.
 - 5.4.5. Substitutions can take place at any dead ball (throw-in, goal kick, or goal at the discretion of the referee).
 - 5.4.6. Substitutions for goalkeepers may take place at a dead ball, provided the substitute goalkeeper comes from the bench and is ready to play.



Cuyahoga Falls Soccer Club Rules & Regulations - U10 Division

5.5. Kick-Offs

5.5.1. On kick-offs, the ball shall not be touched twice in a row by the same player. If this happens, the team should do it again.

5.5.2. A goal cannot be scored directly from a kick-off.

5.6. Throw-Ins

5.6.1. For throw-ins, the ball must be thrown with both hands on the ball from behind the player's head with both feet touching the ground and on the touchline or behind the touchline. See IFAB [Law 15](#). If done incorrectly, the player should re-do the throw-in. Opposing players shall be ten feet away.

5.6.2. A goal cannot be scored directly from a throw-in.

5.7. Goal Kicks

5.7.1. Goal kicks are awarded when the attacking team kicks the ball over the goal line, without a goal being scored. **The goal kick may be taken from anywhere in the penalty area.** The opposing team must be behind the Centerline until the ball has been kicked. Any position player or the goalkeeper may take the goal kick. *This rule differs from normal soccer rules where goal kicks are taken from the goal area and the opposing team can be just outside the penalty area. The reason for the rule change is that many of the players can't clear the ball past the 18 line.

5.7.2. A goal cannot be scored directly from a goal kick.

5.8. Corner Kicks

5.8.1. Corner kicks are awarded when the defending team kicks the ball over the goal line. All corner kicks shall be taken from the corner flags. Opposing players shall be ten feet away.

5.9. CFSC Specific Rules

5.9.1. After a three (3) goal lead, the opposing team may add another player until such a time that there is no longer a three (3) goal lead.

5.9.2. Four (4) goals is the maximum an individual may score in a game

6. Offsides

6.1. The Offside Rule shall not apply in the U10 Division except as follows:

6.1.1. If, in the referee's opinion, the player is purposely trying to create an advantage by staying near the opponent's goal area or on the opponent's end of the field when the play has moved to their side of the field (cherry-picking).

6.1.2. If a player continues in an offside position and that player scores a goal from that position, the goal shall not count. The restart shall be from the center by the opposing team.

6.1.3. A coach who is on the field for either team may bring an offside situation to the attention of the referee at the appropriate time.

7. Fouls and Misconduct/Free Kicks



Cuyahoga Falls Soccer Club Rules & Regulations - U10 Division

- 7.1. All IFAB Fouls and Misconduct rules shall apply with the following exceptions:
 - 7.1.1. The referee should use discretion in enforcing the rule that states that the goalkeeper may not gain control of the ball a second time unless the ball was touched or played by another player.
 - 7.1.2. All IFAB Free Kick rules shall apply with the following exception: Due to space restrictions on the smaller fields, defenders should line up seven (7) yards from the ball.
- 7.2. There are no penalty kicks, no slide tackling, heading, or punting of the ball in U10. Players should also disengage once the goalkeeper has possession of the ball.
 - 7.2.1. If a player slide-tackles or engages a goalkeeper with possession of the ball, the player & coach shall be given a verbal warning on the first offense. If a second offense occurs, the player shall be removed from the field for the remainder of the half. The player may return to the game at the start of the second half if the first two offenses occurred in the first half. If a third offense occurs, the player shall be removed from the field for the remainder of the game.
 - 7.2.2. For clarification, slide tackling is where a player uses their feet to win the ball from an opponent while sliding on the ground. Players shall be allowed to slide to prevent a ball from going out of bounds or make a kick on goal or a pass so long as it is not directed at another player.
- 7.3. A player may not intentionally attack, kick, strike, hold, push, trip, or jump at an opponent.
- 7.4. Handballs are not permitted. A handball is when someone hits the ball with their hand or arm. An indirect kick would be awarded to the opposing team at the referee's discretion.
- 7.5. Defenders are allowed in the box on goal kicks. Per 5.7.1, attackers must be behind the centerline until the ball has been kicked.
- 7.6. **All kicks are indirect kicks.** If a penalty occurs inside the penalty area (large box), an indirect kick shall be taken from outside the line. The referee should allow the coach a brief time to instruct his players on how to set up for indirect free kicks

8. Referees

- 8.1. These items are in addition to the rules of the IFAB:
 - 8.1.1. For the purpose of instructing the players, the referees should, as often as possible, verbally call throw-ins, free kicks, and other actions. The referee should also inform the offending player as to what infraction has been committed.
 - 8.1.2. Referees may stop the play at any time to caution the coaches for verbally abusive behavior on their part or on the part of the spectators that is directed at the referee or players. If the abusive behavior does not cease, the referee has the authority to prematurely end the game. This action should be used in only the most extreme circumstances.



Cuyahoga Falls Soccer Club Rules & Regulations - U10 Division

- 8.2. It is the responsibility of the referee to check all players before the start of the game to see that they are wearing shin guards. The referee can prevent a player from participating until they are properly equipped.

9. Coaches

- 9.1. There shall be no more than two coaches per team. Coaches should remain on the sidelines and not be on the field of play. Assistant coaches may not stand next to or behind the goal to assist the goalkeeper.
- 9.2. Coaches shall remember that the referee is in charge of the game. If there is a question or issue, it should be calmly handled either at the half or at the end of the game. Unresolved questions or issues can be referred to the Vice President of Rec Soccer or the Referee Liaison for review.
- 9.3. It is the coach's responsibility to instruct the spectators as to the proper conduct. Spectators should be encouraged to cheer for their team and players in a positive manner. Verbal abuse from the sidelines that is directed at referees or players shall not be tolerated.
- 9.4. It is the coach's responsibility to check the playing field and practice areas prior to games and practices. The coach needs to ensure the area is safe and free of debris, and that goals are properly anchored. Players shall not climb or hang on goals.
- 9.5. Coaches shall respect other coaches, referees, and spectators. Coaches shall present themselves in a civil manner at all times. Coaches shall not talk to opposing players.

10. Revision History

- 10.1. Rev A - Initial Release
- 10.2. Rev B - Fixed grammatical errors throughout the document. Added 7.2.1 & 7.2.2 (5/20/24)
- 10.3. Rev C - removed all references to U12 (3/21/25)
- 10.4. Rev D - Changed USSF references to IFAB; bolded part of 3.2; bolded "covered" in 4.3; removed 5.1.5; added clarification on 5.6.1 regarding throw-ins; added punting to 7.2; reworded 7.5 for clarity; bolded 7.6; added last sentence in 9.5. (7/29/25)