



## Modified Laws for Under 10 Intramural Teams

### Law 1. Field of Play:

Dimensions: The field of Play must be rectangular. The length of the touchline must be greater than the width of the goal line.

Length:	Minimum 45 yards	Maximum 60 yards
Width:	Minimum 35 yards	Maximum 45 yards

Field markings: Distinctive lines not more than five (5) inches wide. The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of eight (8) yards is marked around it.

Goal area: Conform to FIFA rules.

Penalty area: A penalty area is defined at each end of the field as follows: Two lines are drawn at right angles to the goal line, fourteen (14) yards from the inside of each goal post. These lines extend into the playing field for a distance of fourteen yards and are joined by a line drawn parallel to the goal line. The area bounded by these lines and the goal line is the penalty area. Within each penalty area, a penalty mark is made ten (10) yards from the midpoint between the goal posts and equidistant to them. An arc of a circle with a radius of eight (8) yards from each penalty mark is drawn outside the penalty area.

Flagposts: Conform to FIFA rules.

Corner Arcs Conform to FIFA rules.

Goals: Goals must be placed on the center of each goal line. They consist of two vertical posts that are connected by a horizontal crossbar along the top. The recommended distance between the posts is eighteen (18) feet and the recommended distance from the lower edge of the crossbar to the ground is six (6) feet.

Safety: Goals must be anchored securely to the ground. Portable goals may be used if they satisfy this requirement.

### Law 2. The Ball: Size Four (4).

### Law 3. Number of Players:

A match is played by two teams, each consisting of eight (8) or six (6) players on the field at any given time, one of whom is the goalkeeper..

**Law 4.** Substitutions:

At goal kicks, kickoffs and throw-ins. A team may only substitute on a throw-in if they are in possession of the ball or if the opposing team is in possession of the ball and they are also substituting. A team may not substitute on a throw-in if they are not in possession of the ball and the team with possession is not substituting.

**Law 5.** Playing Time

Each player shall play a minimum of 50% of the total playing time. Teams are broken up according to gender.

**Law 6.** Player Equipment.

Conform to FIFA rules. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

All players must wear the following:

- Team Jersey
- Shorts
- Stockings
- Shinguards
- Cleats or other appropriate footwear.

Jerseys, shorts and stockings will be supplied by DYS. Shinguards MUST be worn by all players underneath the stockings

**Law 7.** Referee.

Registered referee. All infringements shall be briefly explained to the offending player.

**Law 8.** Assistant Referee: Not required. May use club linesmen if desired.

**Law 9.** Duration of the Match.

Conform to FIFA rules with the exception of the match being divided into four (4) equal quarters of twelve (12) minutes each. There shall be a half-time interval of five (5) minutes.

**Law 10.** Method of scoring.

Conform to FIFA rules.

**Law 11.** Offside

The offside rule is observed in U10 leagues.

**Law 12.** Fouls and misconduct.

Conform to FIFA rules

**Law 13.** Free kicks.

Conform to FIFA rules with the exception that opponents are at least eight (8) yards away from the ball until it is in play

**Law 14.** Penalty Kicks:

Conform to FIFA rules.

**Law 15.** The Throw-In:

Conform to FIFA rules. with the exception that an improperly performed throw-in can be retaken once.

**Law 16.** The Goal Kick.

Conform to FIFA rules

**Law 17.** The Corner Kick.

Conform to FIFA rules with the exception that opponents remain at least eight (8) yards away from the ball until it is in play.

## **Guidelines for parents.**

1. Parents should set a good example for the children. Verbal abuse of any kind towards the coaches, players, spectators, referees or any club official will not be tolerated. Cheer and support the team during games and practices and always display proper sportsmanship.
2. If you have a complaint about any of the coaches, please use discretion. Speak to the coach in a private location. Do not yell at the coach or use abusive language. Do not confront the coach before, during or after a game when there are other players and/or parents present.
3. If you are dissatisfied with the result of your conversation with the coach, please go through proper channels to resolve the issue. The correct chain of command to follow is as follows: 1<sup>st</sup>, The coach. 2<sup>nd</sup>, The age group coordinator. 3<sup>rd</sup>, The league coordinator. Finally, the club president. Always exercise discretion when issuing a complaint.
4. Remember that playing time is at the coaches discretion as outlined by the club.
5. Remember that the coach is the coach. Please encourage your child to participate in the game and practices and follow the coaches instructions. Please do not undermine the coach.
6. Please communicate with the coach regularly. Respond to emails and return phone calls whenever required. Remember that the coach is there for your benefit as well as your child's. Feel free to contact the coach on any issues related to the team or the club
7. Please sign the "Parent's Pledge" form and acknowledge that you are aware of these rules and guidelines. A copy of the "Parent's Pledge" is available on the DYS website at [www.donegalyouthsoccer.com](http://www.donegalyouthsoccer.com). If you do not have access to the Internet, please ask your coach to provide you with a hard copy of the form.

## **Guidelines for coaches.**

1. Be punctual. Please arrive at the field on time for each practice and game.
2. Be familiar with basic First-Aid techniques
3. Be familiar with the rules and regulations of the game.
4. Exercise restraint. Remain calm and patient.
5. Accept the referee's decisions.
6. Try to attend some coaching training whenever possible.
7. Stay in communication with parents.
8. Practice good sportsmanship and encourage the players to do the same.

## **Guidelines for players.**

1. Be punctual. Please arrive on time for each practice and game. Being late wastes the coaches' time and that of the other players.
2. Respect the coach and follow his/her instructions.
3. Respect the referee.
4. It's a Team sport, respect your fellow players on your own team and other teams.
5. Ask questions to your coach if you don't understand the referee's or coach's ruling or instructions.