



BOYS & GIRLS CLUBS OF BELLEVUE

10U/11U SOCCER RULES OF THE GAME:

THE FIELD OF PLAY

It will be a full size regulation field (**50W X 100L**).

THE BALL

10U/11U will play with size 4 ball.

THE NUMBER OF PLAYERS

10U/11U will play **11** on a side (including goalie).

THE DURATION OF THE GAME:

10U/11U will play two **30** minute halves with a 5 minute halftime.

PLAYING TIME REQUIREMENTS

All players must play at least half of the game.

THE PLAYERS' EQUIPMENT:

All players must wear a club-approved uniform:

1. Jersey or shirt, tucked in.
2. Shorts or Pants. (trousers or tights permitted if shorts are worn over them)
3. Shin guards, covered entirely by socks, and protecting more than half of the lower leg.
4. Approved soccer shoes. (may be tennis or sport shoes, should not have front-of-toe cleats or sharp spikes)

Casts or Splints are Not Allowed:

1. A player must not use equipment or wear anything which is dangerous to herself/himself or another player.
2. Rings, bracelets, wristbands (even soft plastic or cloth) watches, hanging earrings, barrettes, facial piercing jewelry, and necklaces are not permitted during games or practices. **Small stud earrings can remain in the ears if they have been covered with tape.**
3. No player shall be allowed to participate in a hard cast or splint — no exceptions! Any splint with a stiff strut of metal or other stiff material is not allowed on the field. Simple cloth wraps (e.g. Ace Bandages with tape over the metal clips) are acceptable. Mouth guards are highly recommended. Soft, protective head-bands are permitted. Hard-billed hats like baseball caps are not allowed. Keepers may wear a hat or cap with a short, soft bill.

THE BALL IN AND OUT OF PLAY

The ball is out of play only when 1) it has wholly crossed the goal or touch lines or 2) play has been stopped by the referee.

METHOD OF SCORING

1. The whole ball must cross the goal line between the posts and under the cross bar.
2. All judgments by a referee about a counting a goal are final.

COMMON SITUATIONS and IMPORTANT LAWS

SUBSTITUTION RULES

1. Either team may substitute at any stoppage of play; with the consent of the referee;
at all ages, the referee must approve any and all substitutions.
2. An unlimited number of players may substitute, given the consent of the referee.
3. Substitution is not required after a player is cautioned with a yellow card. The referee will make eye contact with the player's coach and allow ample time for the coach to ask for a substitution of the player if decided upon.
4. If a player receives a red-card that player will be asked to leave the game. The team will continue playing the remainder of the game with one player down.
5. Coaches should be sure to tell referees about keeper substitutions.
6. The referee has the authority to limit substitutions in whatever way he or she thinks is helpful to game management.

THE GOAL KICK

1. May be taken from any point inside the goal area. Opponents must remain outside the penalty area. Defending players may be inside the penalty area.
2. After the goal kick, no player may touch the ball until it leaves the penalty area.
3. If the ball does not exit the penalty area completely, the goal kick is re-taken.

CORNER KICK:

Opposing players should be ten (10) yards away from the kicker. The corner kick may be taken from any point inside the corner area, even if not marked on the field.

OFFSIDE

The following elements must be present for a player to be offside:

1. The player must be in the attacking half of the field.
2. The player must be closer to the opponent's goal line than the ball.
3. Fewer than two opponents must be between the player and the opponent's goal line;
All the above conditions must exist at the time the ball is last touched by a teammate.
5. The player called offside must be involved in active play and gaining an advantage by being in that position.
6. The player does not receive the ball directly from goal kick, corner kick, or throw-in.

In summary, to be offside a player must not only be in an offside position (elements 1 through 3) but also must gain an advantage by being in that position. Therefore, if a player is in an offside position but does not receive the ball, referees will not whistle a foul.

Offside infractions apply when the ball is passed by an attacking teammate. Deflections by a defender do not nullify an offside infraction. If a defender gains control of the ball then passes the ball to an offside attacker by mistake, there is no offside infraction.

If a player is declared offside, the referee awards an indirect free kick at the spot where the infraction occurred. If the offense occurs in the goal area, the defenders' free kick shall be taken from any place in the goal area.

FOULS & MISCONDUCT:

Indirect Free Kick

The following, known as technical offenses, result in an indirect free kick:

- (a) Dangerous play;
- (b) Impeding the progress of an opponent (often called "obstruction" in the past);
- (c) Preventing a goalkeeper from releasing the ball from his hand;
- (d) Committing any other offense not previously mentioned for which play is stopped to caution or dismiss a player will be at the discretion of the officials using WSYS regulations.

An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following offenses:

- (a) Takes more than six seconds to release the ball from his hands;
- (b) Touches the ball again with his hands after it has been released from his possession and has not been touched by any other player;
- (c) Touches the ball with his hands after 1.) It has been deliberately kicked to him by a teammate or 2.) She/He has received it directly from a teammate's throw-in.

Direct Free Kick

Fouls calling for a direct free kick are known as penal fouls. A player has committed a penal foul if the player carelessly, recklessly, or with excessive force:

- Slide tackles
- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Charges an opponent
- Hits or attempts to hit an opponent
- Pushes or attempts to push an opponent

Summary of Disciplinary Sanctions for Misconduct:

Players guilty of the following offenses shall be cautioned (Yellow Card):

- Unsporting Behavior
- Dissent
- Persistent Infringement
- Delaying Restart of Play
- Failing to Respect the Required Distances
- Entering/Re-entering Field without Permission
- Leaving the Field without Permission

Players guilty of the following offenses shall be sent off (Red Card):

- Serious Foul Play
- Violent Conduct
- Spitting at another Person
- Denying a Goal by Handling the Ball
- Denying a Goal by Other Unlawful Means
- Offensive, Insulting or Abusive Language
- Second Caution

Referees will not allow foul language or any physical or verbal abuse by or toward players, coaches, spectators, or the referee. Immediate enforcement of the laws of the game is warranted.

Restarts After Stoppage of Play on the Field:

If play is stopped for injury or other interruption, the game is restarted by indirect free kick for the team in possession of the ball when the whistle was blown, or by dropped ball if neither team had possession.

Sportsmanship and Customs of Soccer

Some informal customs have developed in the world of soccer. These are courtesies and not rules that can be enforced. However, they show a spirit of fair play and courtesy.

1. When a player is injured, he or she stays down, at least on one knee, to indicate that the injury is severe enough that play should stop and they should leave the field.
2. If other players recognize the injury and the referee have not stopped the game, the players may stop play by kicking the ball out of bounds. When the injured player has left the field, the team that is awarded the throw-in is expected to throw the ball back to a player on the team that kicked the ball out. All this should be done in relatively neutral parts of the playing field.
3. Players do not expect opponents or referees to stop clear goal-scoring opportunities unless the injury appears very serious and likely to require immediate attention.