

U10 Tournament Rules

Seven a-sides (7 v 7)

- Teams are made up of one goalie and six field players.
- Every player participating in any District 5 tournament must play at least 50% of the game. Teams that violate the 50% play rule will forfeit the game and may be subject to additional disciplinary action.
- Games: Team must have 5 players in order for it to be a legal game.
- All preliminary games will be played in four 10 minute quarters with a 5 minute break at the half. Finals games will consist of four 12 ½ minute quarters with a 5 minute break at the half. If ending in a tie overtime rules will apply as listed in tournament rules.
- Goalies can touch the ball with any part of the body including their arms and hands while inside the penalty area, which extends the width of the field for the distance of twelve yards in front of the goal.

Usual soccer rules are followed for penalties and infractions, with some exceptions:

- **There will be NO HEADING allowed in the U10 Division for all District 5 Post Season Recreational Tournament Play (this is a modified version of the Cal South rules). If intentional heading occurs, it will result in an indirect free kick to be awarded and if deemed persistent by officiating staff may include a yellow card to the player and/or coach which may result in ejection.**
- Only indirect kicks will be taken outside the penalty area. Any fouls inside the penalty area will follow the normal indirect, direct kick rules. The kick will be taken on the referee's signal.
- Throw-in's cannot be served into the opponent's penalty area, the ball must touch the ground or a player outside the penalty area before it is in play. A throw-in will be taken from the point at which the ball went out of bounds except in the defensive team's penalty area. In this case the attacking team will throw-in at the penalty line.
- Goal kicks can be taken either by a field player or the goalie. However, it cannot be thrown or kicked passed the midfield line (the ball must either touch a player or the ground on the goalie's half of the field, before it goes past the midfield line). Violation of this rule results in an indirect free kick at the midfield line.
- There is no offside rule.
- Substitutions at quarter only
 - a) No subs on fouls, except for Yellow carded players or if an injury to a player occurs.