



**ANY RULES NOT COVERED BELOW PLEASE REFER TO NFHS RULES**

### **U-10**

1. 9 play on the field. Less than 7 players five minutes after game time constitutes a forfeit.
2. Players are not guaranteed to play at least half the game if consistently not attending practices or games. (use attendance sheet on team participation policy)
3. **Substitutions:** Subs have to be waved onto the field by the referees. The team without possession can only sub when the team with possession makes a substitution during throw in and corner kicks. Both teams can sub players during goal kicks, goals scored, injury, yellow or red cards, and time outs.
4. Two 30-minute halves. There will be a kickoff at the start of the game and after halftime (scoring on kickoffs is allowed).
5. There will be a 10-minute halftime.
6. No timeouts
7. Breaking a tie.... No overtime period or sudden death. Teams will go directly into a shootout. Pick five players from each team to shoot. The ball will be placed 10 yards out of the goalie box and have a shootout. If still tied after second shoot out the game ends in a tie. You can not change goalie in the middle of a shootout unless an injury occurs, but you may change goalie or any of the five players for the second shoot out.
8. The same goalie can play the entire game.
9. The Park and Recreation office will provide each team a goalie shirt.
10. A "Build out Line" will be painted on the field mid-way between the top of the penalty box and the mid-field line. Opponents must retreat behind the build out line when the goalkeeper has possession of the ball in their hands. The goalkeeper may roll, throw, or pass the ball back into play when the opponents have retreated. The ball is in play when it clears the penalty box. After the ball is put into play, the opposing team can then cross the build out line and play can resume as normal. (The Goalkeeper does not have to wait until they retreat – they can recognize an opportunity to play the ball quickly)
11. **The Goalkeeper may not punt or drop kick the ball** – if they do it is an indirect free kick from the penalty mark.
12. **NO INTENTIONAL HEADING ALLOWED.** The penalty for intentionally heading the ball is an **INDIRECT FREE KICK (IFK)** from the spot of the infraction, unless the infraction happened inside the goal area. If the infraction happens inside the goal area, the restart is an indirect free kick from a spot on the goal area line parallel with the end line that is closest to where the infraction took place.



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13. Head coach and Assistant coach can only coach from one half of the field, and not on the playing field. All coaches and players will be on the sideline opposite of the parents and fans.
14. OFFSIDES WILL BE ENFORCED BETWEEN THE BUILD OUT LINE TO THE GOAL LINE. (no offside on throw ins)
15. No slide tackle in U10
16. Indirect or Direct kicks are kicks with defenders 10 yards back. Indirect Kicks can not be scored on a direct shot on goal, the ball has to be played off another player for the goal to count.
17. NO HARASSMENT OF REFEREES.
18. Coaches are responsible for the conduct of the players, parents, and fans. Please help us keep a positive environment during games. Any coach or player ejected from a game will have to sit out the team's next game. NO EXCEPTIONS.
19. Keep sideline clean of garbage, No glass bottles near the playing field.
20. NO JEWELRY. No earrings, necklaces, or metal bracelets can be worn. A medical alert bracelet may be worn, but must be taped securely to the body.
21. Park office will set up practice schedule.
22. NO TRADING PLAYERS. If a trade is made and the OBPR finds out players will be returned to their original teams and head coaches will be relieved of their coaching duties.

# OVERTIME RULES:

**NO OVERTIME PERIOD OR SUDDEN DEATH!!!!!!**

BREAKING A TIE.....IF TEAMS ARE TIED AT THE END OF  
REGULATION THEN THEY WILL GO DIRECTLY INTO A SHOOT OUT.  
PICK (5) PLAYERS FROM EACH TEAM TO SHOOT. PLACE BALL 10  
YARDS OUT OF GOALIE BOX AND HAVE A SHOOT OUT. IF TIED  
AFTER 2<sup>ND</sup> SHOOT OUT GAME ENDS IN A **TIE** !!!! GOALIES  
CANNOT BE SUBSTITUED DURING A SHOOT OUT UNLESS FROM AN  
INJURY. IF INJURED, COACH OF THE INJURED GOALIE WILL TELL  
REFEREE(S) THAT THEY ARE CHANGING GOALIE AND IN TURN THE  
REFEREE(S) HAVE TO TELL THE OPPOSING COACH OF THE GOALIE  
CHANGE. IF THERE IS A SECOND SHOOT OUT YOU CAN CHANGE  
GOALIES OR ANY OF THE (5) PLAYERS FROM THE FIRST SHOOT OUT  
IF YOU WANT.

THANK YOU,

OBPR OFFICIALS

## SUBSTITUTIONS:

SUBSTITUTES HAVE TO BE WAVED ON TO THE FIELD BY THE REFEREES.  
COACHES CANNOT JUST FREELY SUBSTITUTE YOUR PLAYERS.

SUBSTITUTES CAN ENTER IN THE GAME : TEAM WITHOUT THE BALL  
CAN ONLY SUBSTITUTE IF THE TEAM WITH THE BALL SUBSTITUTES.

\*\*\*THROW INS – OPPOSING TEAM CAN ONLY SUBSTITUTE IF THE  
TEAM WITH POSSESSION OF THE BALL SUBSTITUTES.

\*\*\*CORNER KICKS – OPPOSING TEAM CAN ONLY SUBSTITUTE IF THE  
TEAM WITH POSSESSION OF THE BALL SUBSTITUTES.

BOTH TEAMS CAN SUBSTITUTE WHEN:

EITHER TEAMS GOAL KICK – BOTH TEAMS CAN SUBSTITUTE

SCORING A GOAL – BOTH TEAMS CAN SUBSTITUTE

INJURY OF A PLAYER – BOTH TEAMS CAN SUBSTITUTE

PLAYER OR COACH YELLOW OR RED CARDED – BOTH TEAMS CAN  
SUBSTITUTE

TIME OUTS – BOTH TEAMS CAN SUBSTITUTE

**BUILD OUT LINES:** A build out line will be painted on each side of the U10 and U8 fields, from sideline to sideline. This line will be set at 20yds from the goal line. This line is required for play at the U8-U10 age groups. The minimum distance is 14yds from the goal line and the maximum distance is the half way line, we have chosen to split the difference between the penalty area and the half way line. However, as we receive feedback from coaches and referees, the distance of this line may be adjusted. The build out line is used to promote playing the ball out of the back in an unpressured setting.

**HOW DOES THIS BUILD OUT LINE WORK?** **When the GK catches the ball and has possession in hands the opposing team must drop behind this line (wherever it is). When the ball is played out past the penalty box the opponent may again play freely.** On a goal keeper save (through the run of play) the players on the opposing team, need to go behind the build out line to allow/permit the goalkeeper to play the ball wide to their teammates or to play to himself before the opponent may make play on the ball. As soon as the ball is in play to teammate or self, the opponent is free to engage regardless of where they are. For example, if the GK chooses to restart quickly and the opponent has not made it back to the build out line they need not run all the way back. They may immediately engage the ball due to the quick restart of play.

**GOAL-KICK:** On a goal kick all players for the opposing team need to be at behind the build out line before the kick is taken. Keepers may do a short or long goal kick as it pertains to the normal rules of play. i.e their goal kick may go beyond the build out line with no infraction.

**BALL IN KEEPERS HANDS:** Opposing team players must begin to drop behind the build out line.

**KEEPER ROLLS BALL OUT TO TEAMMATE:** Play is live, and the opposing team may now approach.

**KEEPER THROWS THE BALL BEYOND THE BUILD OUT LINE:** Play is live.

**OFFSIDE:** Are there still off-sides in U10? YES. *Where can a player be "offside"?*

**• *\*\*Please note that with the addition of the build out lines in the U10 format, a player can only be offside between the oppositions build out line and end line. A player cannot be offside between the halfway line and the oppositions build out line. \*\*\****

**PUNTING:** Punting the ball will not be allowed and an Indirect Free Kick will be awarded to the opposing team at the place of infraction.

**HEADING:** There will be no Heading allowed in any U8-U10.