Playing Rules: Under 8-10 (7 v 7)

1. **The Build Out Line** – U8-U10 games will have "build-out" lines located midway between the top of the penalty area (not penalty arc) and half line that opposing players must stay behind when the goalkeeper has ball possession or a goal kick is being taken (by any player). During goal kicks, opposing players have to wait until the ball leaves the penalty area before they can cross the build-out line. During goalkeeper hand possession, opposing players can cross the build-out line as soon as the ball leaves the goalkeeper's hands, regardless of whether it is a throw or a drop to their own feet. If the opposing team is retreating toward the build-out line and not pressuring the goalkeeper, the goalkeeper may distribute the ball prior to the opposing team reaching the build-out line.
    a) U8-U10 Goalkeepers cannot punt (direct hand-to-foot distribution) or dropkick (letting the ball hit the ground immediately before kicking it) the ball on goal kicks or during a standard save. They may distribute by throwing/rolling or dropping the ball to their feet to make a pass. Goalkeeper punts/dropkicks will result in an indirect kick for the opposing team on the edge of or outside the goal box (depending on the point of contact), but never inside the goal box.
2. **The Ball** – Size 4.
3. **The Players** – 7 on a side, <u>one of which must be a goalkeeper</u>. A game may not start if either team has fewer than 5 players.
    a) Each player shall play at least 50% of the game. In as much as possible, the coach shall provide equal playing time for each player during the season.
    b) The Home Team shall wear white jerseys, the Visiting (Away) Team, green.
    c) The goalkeeper shall wear a jersey which is different from the other players.
    d) Substitutions shall be unlimited (see Substitution section)
4. **Coaches & Fans** – See General Rules manual.
5. **Players Equipment** – See General Rules manual.
6. **Referee** – Games will have a referee and assistant referees.
7. **Assistant Referees** – Assistant referees are assigned by the referee assignor.
8. **Duration of the Game**
    a) The game shall consist of <u>two **30** minute halves</u>.
    b) The half-time break should not exceed **5** minutes.
    c) Time shall not be stopped except for serious injury.
9. **Substitutions** – See General Rules section.
10. **Start of Play – Kick-off -** See General Rules section.
11. **Method of Scoring** – See General Rules section.
    An official score is not kept. No team shall be declared a winner.
12. **Ball In and Out of Play** – See General Rules section.
13. **Fouls and Misconduct** - (See "The TEN Major Fouls" section.)
14. **Free Kick Play** – See General Rules section.
    As a penalty for the commission of a foul **Direct and Indirect** free kicks are awarded. (See "The TEN Major Fouls" section.)
15. **Penalty Kick** – – See General Rules section.
    The penalty mark inside the box is at **8 yards** from the end line.
16. **Goal Kick** – A goal kick does not need to leave the box before a teammate touches the ball. Opposing players must stay outside the penalty box until the ball is touched.
17. **Common Requirements for KICK-OFFS, CORNER KICKS, GOAL KICKS and FREE KICKS** – See General Rules section.
    a) Opponents may not be within **8 yards** of the ball until it is put in play.
18. **Drop ball** – The referee will drop the ball to one team. The other team must be 4 yards away.
19- **Offside** – Offsides will be called.