



CASL

Rules and Guidelines

MODIFIED LAWS OF THE GAME FOR U10

Law 1

The Field of Play:

- **Dimensions:** The field of play must be rectangular. The length of the touchline must be greater than the length 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.
- **The Goal Area:** Conform to FIFA.
- **The 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 goalpost. These lines extend into the field of play for a distance of fourteen (14) yards and are joined by a line drawn parallel with 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 goalposts 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.
- **Flag posts:** Conform to FIFA.
- **The Corner Arc:** Conform to FIFA.
- **Goals:** Goals must be placed on the center of each goal line. They consist of two upright posts equidistant from the corner flag posts and joined at the top by a horizontal crossbar. The maximum distance between the posts is eighteen (18) feet and the maximum 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 only be used if they satisfy this requirement. Dimensions are smaller to accommodate the six-versus-six game and are appropriate for the movement capabilities of eight- and nine-year-old children. These adjusted dimensions provide more practical space allowing players to be successful.
- **Field Markings:** the penalty area is marked, but is smaller than the adult field size penalty area. The center circle is two yards smaller than the adult size field marking. All other markings are per FIFA.

- **Goals:** the goal, 6 x 18 feet, is the same for the U10 and U12 age groups. By using the same size goal for both age groups clubs will have to buy fewer goals.

Law 2

The Ball: must be a size four. The smaller ball is lighter and more easily kicked, received, dribbled and passed.

Law 3

The Number of Players: A match is played by two teams, each consisting of not more than seven players, one of whom is the goalkeeper.

Substitutions: Conform to FIFA with the exception of unlimited substitution.

Playing time: Each player SHALL play a minimum of 50% of the total playing time. Teams and matches may be coed. The six-a-side game now includes the goalkeeper. The smaller numbers of field players will provide the opportunity for the children to further develop their physical and technical abilities. These are valuable traits for all soccer players to develop. With fewer players on the field each child has an increased number of contacts with the ball and has more actual playing time. Additionally the players will be required to make more decisions and experience repeating game situations more frequently. The work rate and involvement of players will be more consistent. While learning both offense and defense, players will become well rounded and will understand more readily the roles and importance of teammates. The need for the players to make the mental and physical transition from offense to defense and vice-versa will be enhanced in this playing environment.

Law 4

The Players' Equipment: Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

Law 5

The Referee: per FIFA. Clubs are urged to use this age group as the training opportunity for the new referee program. All rule infractions shall be briefly explained to the offending player.

Law 6

The Assistant Referees: Not required. May use club linesmen if desired. Implement here the referee in training program.

Law 7

The Duration of the Match: per FIFA with the exception of the halves being 25 minutes each.

Law 8 The Start and Restart of Play: Conform to FIFA with the exception of the opponents of the team taking the kick-off are at least eight (8) yards from the ball until it is in play.

Law 9

The Ball In and Out of Play: Conform to FIFA.

Law 10

The Method of Scoring: Conform to FIFA.

Law 11

Offside: there shall be no offside called during these games.

Law 12

Fouls and Misconduct: Conform to FIFA with the exception of the opponents of the team taking the free kick are at least eight (8) yards from the ball until it is in play.

Law 13

Free Kicks: per FIFA. The distance the defending players must be away from the ball until it is kicked is the same as the radius of the center circle.

Law 14

The Penalty Kick: conform to FIFA with the exceptions that the penalty mark is ten yards from the center of the goal line and that players other than the kicker and defending goalkeeper are at least eight yards from the penalty mark. The distance of eight yards conforms to the radius of the center circle. The distance of ten yards from the center of the goalmouth for the penalty mark fits within the reduced dimensions of the penalty area and is a reasonable distance for the kick.

Law 15

The Throw-In: Conform to FIFA.

Law 16

The Goal Kick: Conform to FIFA.

Law 17

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

- ★ **Roster Size:** Under the single field method the recommended minimum roster size is eight players and the maximum roster size is eleven players. Under the dual field method the recommended minimum roster size is fourteen players and the maximum roster size is eighteen players. This range of roster sizes allows for a club to use either the single field or dual field set up.
- ★ **Playing Time:** A minimum of at least 50% playing time is required.
- ★ **Split-Field Model:** See Logistics/ format.

Soccer Under 10 Recommendations

- ★ Opposing parent/coaches and players should shake hands after each match.
- ★ Parent/coaches, non-participating players and spectators should be there to enjoy and encourage the activity of the youngsters.
- ★ Spectator and team benches should be on opposite sides of the field.
- ★ No alcoholic beverages will be consumed or allowed near the playing area.
- ★ Coaches of U10 teams should attend the U10/U12 Youth Module coaching course and the Grade 9 referee course.

MODIFIED LAWS OF THE GAME FOR U12

Law 1

The Field of Play:

- **Dimensions:** The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.

Length: minimum 60 yards maximum 80 yards
Width: minimum 45 yards maximum 55 yards
- **Field Markings:** Distinctive lines not more than (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.
- **The Goal area:** Conform to FIFA.
- **The 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 goalpost. These lines extend into the field of play for a distance of fourteen (14) yards and are joined by a line drawn parallel with 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 goalposts 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.
- **The Corner Arc:** Conform to FIFA.
- **Goals:** Conform to FIFA with exception that the maximum distance between the posts is eighteen (18) feet and the maximum distance from the lower edge of the crossbar to the ground is six (6) feet. Dimensions are smaller to accommodate the eight-versus-eight game and are appropriate for the movement capabilities of ten- and eleven-year-old children. These adjusted dimensions provide more practical space allowing players to be successful.
- **Goals:** the goal, 6 x 18 feet, is the same for the U10 and U12 age groups. By using the same size goal for both age groups clubs will have to buy fewer goals.

Law 2

The Ball: Size four (4).

Law 3

The Number of Players: A match is played by two teams, each consisting of not more than nine players, one of whom is the goalkeeper.

Substitutions: Conform to FIFA with the exception of unlimited substitution. The eight-a-side game includes the goalkeeper. The smaller number of field players will provide the opportunity for the children to further develop their physical and technical abilities. These are valuable traits for all soccer players to develop. With fewer players on the field each child has an increased number of contacts with the ball and has more actual playing time. Additionally the players will be required to make more decisions and experience repeating game situations more frequently. The work rate and involvement of players will be more consistent. While learning both offense and defense, players will become well rounded and will understand more readily the roles and importance of teammates. The smaller field dimensions and number of players on the field of play will require more concentration on transition, which a vitally important tactical concept for the players to learn.

Law 4

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

Law 5

The Referee: Registered referee.

Law 6

The Assistant Referee: Use registered assistant referees or club linesmen.

Law 7

The Duration of the Match: Conform to FIFA with the exception of the match being divided into two (2) halves of thirty (30) minutes each. There shall be a half-time interval of five (5) minutes.

Law 8

The Start and Restart of Play: Conform to FIFA with the exception that opponents of the team taking the kick-off are at least eight (8) yards from the ball until it is in play.

Law 9

The Ball In and Out of Play: Conform to FIFA.

Law 10

Conform to FIFA.

Law 11

Offside: Conform to FIFA.

Law 12

Fouls and Misconduct: Conform to FIFA.

Law 13

Free Kicks: Conform to FIFA with the exception that opponents are at least eight (8) yards from the ball.

Law 14

The Penalty Kick: Conform to FIFA with the exceptions that the penalty mark is at ten yards and that players other than the kicker and defending goalkeeper are at least eight (8) yards from the penalty mark. The distance of eight yards conforms to the radius of the center circle. The distance of ten yards from the center of the goalmouth for the penalty mark fits within the reduced dimensions of the penalty area and is a reasonable distance for the kick.

Law 15

The Throw-In: Conform to FIFA.

Law 16

The Goal Kick: Conform to FIFA.

Law 17

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

- ★ **Roster Size:** The recommended minimum roster size is ten and the maximum recommended roster size is fourteen.
- ★ **Playing Time:** refer to the Effective Playing Time chart.

Soccer Under 12 Recommendations

- ★ Opposing parent/coaches and players should shake hands after each match.
- ★ Parent/coaches, non-participating players and spectators should be there to enjoy and encourage the activity of the youngsters.
- ★ Spectator and team benches should be on opposite sides of the field.
- ★ No alcoholic beverages will be consumed or allowed near the playing area.
- ★ Coaches of U12 teams should attend the U10/U12 Youth Module coaching course and the Grade 9 referee course.

Logistics for the Organization:

SMALL SIDED GAMES CHART

Under 6	3 v 3 / No GK / 4 x 8 Min. Qtrs / Ball Size 3 15/25 Yds wide x 20/30 Yds long / No Offsides/ 4-6 players
Under 8	4 v 4 / No GK / 4 X 12 Min. Qtrs / Ball Size 3 20/30 Yds wide x 25/35 Yds long / No Offsides / 5-8 players
Under 10	7 v 7 / Yes GK / 2 X 25 Min. Halves / Ball Size 4 35/45 Yds wide x 45/60 Yds long / No Offsides / 7-11 players
Under 12	9 v 9 / Yes GK / 2 X 30 Min. Halves / Ball Size 4 45/55 Yds wide x 60/80 Yds long / Offsides called / 8-14 players
Under 13+	11 vs 11 / Yes GK / 2 X 35-45 Min. Halves / Ball Size 5 Field size - FIFA Standards / Offsides called / 18 player maximum