



Decatur County Soccer Club

10U Coed Division

Number of Players: 7x7

Equipment: During cold weather, team shirt must be shown over garments.

- Shin guards are mandatory, Socks over shin guards
- Size 4 ball
- Team shirt
- Cleats are recommended (no baseball cleats). Tennis shoes are allowed
- No jewelry of any type. Soft (non-metallic) sweatbands, rubber bands, scrunchies are allowed.
- No metal hair clips
- Water to drink

Practice: One (1) weekly, 60 minute practice

Game Duration: Four (4) x 15 minute quarters. One (1) minute breaks. Five (5) minute (max) halftime.

Game Rules: (all rules will conform to FIFA, except where the club has instituted changes)

- Unlimited substitution with referee's permission. Player must be at the center line at the time of stoppage of play for substitution.
 - Prior to a throw-in by either team
 - Prior to goal kick by either team
 - After a goal by either team
 - After an injury on either team when referee stops play
 - At half time and quarter break
- **Offside** will be called, but not tightly
 - Players can be penalized for an offside offense ONLY between the buildout line and the goal line.
- **Direct free kicks** are awarded for aggressive contact, tackles, and hand balls. A goal can be scored directly from kick.
- **Indirect free kicks** are awarded for other fouls. A goal can ONLY be scored if the ball is touched by another player before entering the goal.
- **Penalty kicks** are awarded when a direct free kick offense is committed by a team within their own penalty area.
- **No slide tackles**
- **Goal kicks** can be taken from anywhere in or on the goal area.
- When the **goalkeeper** has the ball: in their hand from the opponent or for a goal kick, the opposing team must move behind the buildout line until the ball is put into play.
 - Once the opposing team is behind the **buildout line** or prior, the goalkeeper can pass, throw or roll the ball into play (punting/drop kicks are not allowed)
 - After the ball is put into play by the goalkeeper the opposing team can cross the buildout line and play resumes as normal.
 - If the goalkeeper is playing the ball with their feet, they are considered a field player and the buildout line does not come into play.
 - A goalkeeper CAN pick up a ball from a teammate.
 - If a goalkeeper punts the ball, an indirect free kick should be awarded to the opposing team and taken on the penalty area line parallel to the goal line at the nearest point to where the infringement occurred.
- **EIGHT YARD RULE.** Start of play and Free kicks will take place with all players at least 8 yards away from the ball.
- Each successive quarter should alternate **kick off** from team to team.
- THERE SHALL BE NO ROUGH AND OUT OF CONTROL PLAY

- All players shall **not engage in heading** in practice or in games.
 - If player deliberately heads the ball, the referee will award an indirect free kick to the opposing team.

Coaches: Stay off playing field unless called on by referee. Stay on your bench half of field. NO coaching from behind the goals.

Referees: Center referee and Assistant referee will be assigned. Coaches and assistant coaches may referee their own games if an assigned referee is not available.