



# ***U10 MODIFIED RULES***

- Field of play 55-65 yards (length) by 35-45 yards (width)
- Goals should be no larger than 6.5 feet (height) x 18.5 feet (width)
- Size 4 ball
- 7v7 (6 field players and 1 goalkeeper)
- Duration: Two, 25-minute halves, 10 minute halftime, no added time.
- Game may not start or continue if there are less than 5 players on a team
- Substitutions are unlimited and can occur at any stoppage
- No deliberating heading. If a player deliberately heads a ball within their penalty area, an indirect free kick should be awarded to the opposing team, taken on the penalty area line parallel to the goal line at the point nearest to where the infringement occurred.