

CARROLLTON BOOSTERS
FALL 2023 SOCCER RULES
U – 10 BOYS & GIRLS

1. Each team will field **NINE** players. All players must be registered with Carrollton and assigned to the team for which they are playing. Departure from this rule will result in forfeiture of the game.
2. A team may play shorthanded but must forfeit if unable to field at least SEVEN players. ***Special play-down rule:*** if one team has fewer than nine players present at the start of the game, then the opponent is required to field eight players instead of nine but is not required to play-down to seven if the shorthanded team only has seven players. If a ninth player arrives for the short-handed team at any time before the start of the second quarter, then both teams may simultaneously add a ninth player to the field after notifying the referee at an appropriate stoppage of play. A team is not required to play-down if the opponent starts the game with nine or more players and later is reduced to eight or fewer players. When in doubt, coaches should err on the side of good sportsmanship. This rule will NOT apply in the playoffs.
3. Any player who arrives after the *second quarter* has begun will not be allowed to play. *No exceptions.*
4. All players must wear shin guards, soccer cleats or tennis shoes, and their Carrollton team shirts and socks in order to be eligible to play. Baseball cleats are prohibited. All watches and jewelry must be removed.
5. Ball size is #4.
6. Games are fifty minutes in length and are divided into four quarters. Teams switch goals at the start of the second half. All players must play at least one quarter in each half. Thus, anyone can play the first or third quarter, but *at the end of the first and third quarters, all players not currently playing must be substituted in.* No other substitutions are allowed, except in cases of injury or illness. Breaks are limited to four minutes between quarters, and five minutes at the half. Play resumes from where it left off at the beginning of the second and fourth quarters.
7. No player shall play more than half the game as goalkeeper, nor shall any player spend the entire playing time as goalkeeper. Exception: in a playoff game that requires overtime, any player may be goalkeeper during the two overtime periods.
8. If a player is removed from the game due to injury or illness, he may be substituted back in at any stoppage of play. The coach must ask the referee to allow the substitution.
9. The team winning the coin toss may choose either which goal to attack during the first half or to take the kick-off.
10. The ball is in play when it rolls forward or backward on kick-off. A goal may NOT be scored directly from a kick-off.

11. If a ball hits the referee, play will be stopped and the ball will be given to the team last in possession. The ball will be in play when touched by the team in possession who may dribble or pass the ball into play but not take a shot. Defensive players shall be at least five yards away.
12. NO HEADING. If a player intentionally plays the ball with their head, an *indirect* free kick will be awarded to the opposing team.
13. Offside will be penalized by awarding an *indirect* free kick to the opposing team.
14. ***Kicking, tripping, holding, pushing, or slide-tackling*** an opponent will be penalized by awarding a direct free kick to the opposing team (penalty kick awarded if the infraction is committed inside of offending player's defensive penalty box). ***Yellow cards*** are administered for fouls committed carelessly or recklessly by a player. A player receiving two yellow cards during a game will result in the player being ineligible to play for the remaining part of the ***current*** game. The team is not allowed to replace the ineligible player during the current game; however, the player will be eligible for the next scheduled game.
15. Only the goalkeeper may handle the ball with his hands or arms while the ball is in the field of play, and only within his penalty area. The penalty for a hand ball is a direct free kick for the opposing team (penalty kick if infraction is committed inside of the offending player's defensive penalty box).
16. When the goalkeeper has possession of the ball in hand, opposing players must move back to the build out line until the ball is in play. Goalkeepers may throw or roll the ball into play with their hands or pass, punt, or drop-kick the ball into play with their feet. The ball is considered to be in play when played in by the goalkeeper and the ball is (1) touched by a second player or (2) comes to rest or (3) crosses the build out line. The ball does NOT need to leave the penalty area to be in play.
17. A goal kick will be awarded to the defending team when the attacking team is the last to touch the ball prior the ball leaving the playing field over the end line. Goal kicks are taken from *anywhere* inside or touching the goal box. All opposing players must move back to the build out line during the taking of a goal kick and remain behind the build out line until the ball is in play. The ball is considered to be in play when played in by the goalkeeper and the ball is (1) touched by a second player or (2) comes to rest or (3) crosses the build out line. The ball does NOT need to leave the penalty area to be in play.
18. When a team causes the ball to leave the field over the touch (side) line, the opposing team is awarded a throw-in. Throw-ins must be made with two hands on the ball from directly over the head and while at least parts of both feet are behind the field boundary touching the ground. A goal may not be scored directly off of a throw-in.
19. A corner kick will be awarded to the attacking team when the defending team is the last to touch the ball prior the ball leaving the playing field over the end line.

20. On any throw-in, free kick, or kick-off, the player kicking or throwing the ball into play may not make contact with the ball again until another player on either team does so. In such cases, an *indirect* free kick is awarded to the opposing team.
21. Goalkeeper violations: A goalkeeper who receives a pass or a throw-in from a teammate may not use his hands or arms. A goalkeeper may not use his hands or arms a second time after releasing the ball (throw, roll, or drop) until the ball is touched by another player. A goalkeeper may not hold the ball for more than 6 seconds. The penalty for all such violations is an *indirect* free kick for the opposing team.
22. The winning team of each game receives three points in the standings, the losing team none. In case of a tie, each team receives one point.
23. All teams will make the playoffs with seeding determined by the final regular season standings. Ties in the standings are broken by (a) winning percentage in head-to-head games played among the tied teams; (b) by random draw or coin flip if part (a) is not applicable. Goal differential will have no bearing on playoff seeding.
24. Only team members, the head coach and two assistant coaches per team (20 years or older) are allowed on the sideline designated for the teams. Spectators, including all other parents, friends, and siblings, must remain on the opposite sideline or in the bleachers. ***No one (parents or coaches) is permitted in the areas behind the goal and penalty box.*** This rule will be enforced per the Carrollton code of sportsmanship in the soccer handbook.
25. Coaches and substitutes of the participating teams are to remain on opposite sides of the mid-field line, i.e. coaches are not permitted to traverse the full length of the field. *Coaches must stay off the field while play is ongoing.*
26. Only one designated coach is allowed to talk to the referee during the game, and only when necessary.
27. A *professional coach* may not serve as the game coach, nor may a team be assessed fees for the hiring of a professional coach/trainer for practices.
28. If requested, each team will furnish a linesman (14 years or older, adult preferred) to assist the referee. The linesmen are **not** coaches and are not to use their proximity to the action to coach the players. The linesmen are mainly responsible for informing the referee when the ball has completely crossed the touch or goal line, and for signaling the direction of the subsequent throw or kick. If overruled by the referee, there is to be no argument.
29. The referee is the final arbiter of all judgment calls and interpretations of the rules of the game. If a coach disagrees with any decision by the referee, he or she should raise it with the league coordinators after the match so that the league can address the issue for future matches. If this decision involves a coordinator it should be reviewed with the commissioner.
30. Per Section C 17 of the Carrollton Booster Club (CBC) bylaws, the CBC reserves the right to exclude any child from participation in any CBC program for actions detrimental to the CBC by the child and/or the child's parent/guardian.

