



SYSA U10 League Rules

Rules:

- 6 players plus a goalie (a total of 7 on the field)
- Size 4 soccer ball
- All players must be properly equipped with full uniform (jersey, club shorts & club socks), shinguards & soccer cleats or flat soled shoes.
- There are two 25-minute halves.
- Offsides is called.
- When one team's keeper has possessed the ball with their hands or a team is taking a goal kick, all players on the other team must retreat to midfield (build out line). The goalkeeper/kicking team is encouraged, but not required to wait until the opponent gets behind midfield. Play resumes once throw/kick is taken.
- Head balls and slide tackles are not permitted.
- Keepers can only throw/roll/put the ball back on ground and kick (No Punts/Drop kicks).
- All restarts from fouls are indirect.
- Illegal throw-ins are not retried
- Each player must play 50% of the game. No compromise here. This is probably the most common issue of complaints. Please figure out a system that works for you on how to keep track.
- Limit of 2 coaches (1 Head Coach and 1 Assistant) on sidelines of games.
- **All coaches on the sideline must have completed the background check.**
- No parents/coaches are allowed behind the goals during the game and need to remain on the parents' sideline. No exceptions unless a parent is dealing with an injury but must return to their sideline.
- Although not a rule, a good philosophy (and strongly encouraged) is to let players play different positions so they can learn.
- PLEASE DO YOUR BEST TO KEEP SCORES FROM BEING RUN UP. MORE THAN A 7 GOAL DIFFERENTIAL IS EXCESSIVE.
- **Scores for league games are not kept.**

Other age group info:

- 2 practices per week for 1 hour. The coach determines the practice days and times.
- Each team must have a team picture. Picture day is scheduled by the club and will take place on a game day. The club uses these pictures to get sponsorship.
- Parent or parent representative for each child needs to be present (at the field) for all games and practices.