



10U – Age Specific Rules

Special Rules for 10U:

- No scores, no standings, all about player development
 - o All scores entered as 0-0 (while creating the match report, the ref should list the actual score in comments)
- Build Out Lines
 - o Other team must retreat behind build out line when ball in goalkeeper's hands or on goal kick.
 - o Other team can come in once the ball is in play.
- 7 players on the field
- No punting by goalkeepers (indirect free kick)
- No heading (indirect free kick)
- No offside between midfield line and build out line

Certified Club Linesmen

- Each team to provide one for each game (must have at least 2 certified)
 - o [Certified Club Linesman – Utah Youth Soccer Association](#)
- Ball in/out, help on subs, help on build out line. No calling fouls or offside.
 - o Run from the half-line to the end line.

Field Specifications / law specifications

- Field width 35-45 yards / length 55-65 yards
- Free Kicks / corner kicks (8 yards from ball)
- Penalty kicks (spot 10 yards from goal)
- Goal size: 6.5 x 12 recommended; up to 7.5 x 21 allowed
- Penalty area: 24 yards wide and 12 yards into field of play

Game length:

Two 25-minute halves, minimum of 5 minutes for half time