

# SUPPLEMENTAL RULES FOR 10 and Under | 12 and Under (Spring 2026 Season)

Official current US Soccer Laws of the Game will be used (please reference [www.ussoccer.com](http://www.ussoccer.com) or the field supervisor if unfamiliar) with local modifications. The following *exceptions* are introduced to 1) emphasize teamwork, 2) provide a learning environment, and 3) provide an opportunity for all players to participate.

## SEASON INFO

10u Teams will play eight total games, all scheduled on Saturdays. 12u teams will play 10 total games, mainly on Saturdays with the occasional weekday game. Each team will have two weekly practices held on the same day and time throughout the season, unless a game takes this time slot. Makeup games may be scheduled at any point during the season, with one additional week available after the final regular-season game. No games will be rescheduled beyond May 21st.

## GAME INFO

Four ten-minute quarters.

Any team that is ahead by 7 goals or more at the midway point of the second half will be declared the winner, and the game will end. This is to avoid injuries and unsportsmanlike conduct. Should the teams agree to finish the game, they have the option to do so, but the contracted referees are not obligated to officiate.

**12U:** Eleven players, including the goalkeeper, seven to start. Teams will play even if a referee's disqualification causes the shortage. (Example: If team A shows up with 7 players, team B will play 7 players.) Teams short may pull other registered players from other teams within their age group to start the game with 7. Game time is the start time. There is NO FORFEIT.

**10U:** Nine players, including the goalkeeper, seven to start. Teams will play even if a referee's disqualification causes the shortage. (Example: If team A shows up with 7 players, team B will play 7 players.) Teams short may pull other registered players from other teams within their age group to start the game with 7. Game time is the start time. There is NO FORFEIT.

## PLAYERS TIME

Players **must** play one full quarter, a minimum of ten minutes, each half, unless shortened due to mercy rule or weather.

## SUBSTITUTION

All substitutions are coaching decisions, and the substitutions must be at midfield. Substitutions will be made as follows:

EITHER TEAM MAY SUBSTITUTE:

- a. Between periods
- b. On a goal kick
- c. When a goal has been scored
- d. When play is stopped, an injured player is attended to on the field
- e. On a throw-in

the team in possession of the ball on a throw-in may substitute any number of players. If the team in possession chooses to substitute, the opposing team may also substitute any number of players.

EXCEPTION: During a penalty kick situation;

- a. the only substitution permitted is for an injured player;
- b. a substitute entering the game at this time shall not take a penalty kick.

### GOALKEEPER

Must change every quarter and not play over one-half of the game in that position.

### OFFSIDE

Offside **WILL BE** in effect.

### TEAM BENCHES

Each team will occupy its own sideline, as the team that is listed first on the schedule will get first choice of sides. At no time will the same teams occupy the same side. Team members, coaches, and parents must remain on the same side as their team for the duration of the game. Spectators sharing the same sideline can be asked to move by YCPR Staff.

Coaches will be allowed to coach from the 18-yard box to the opponent's 18-yard box. **No coaches are permitted outside of this area, including behind either soccer goal.**

**No more than three coaches will be permitted on a sideline or actively coaching at one time.**

### EQUIPMENT

Size of the ball is #4. Detachable, metal cleats and toe cleats are prohibited; molded soles are recommended; flat shoes (sneakers) are acceptable; **SHIN GUARDS ARE REQUIRED**. Socks must **completely** cover the shin guards.

**Jewelry, watches, rings, or hard or metal pieces in the hair are not allowed during practices or games. Piercings may not be covered and must be removed to participate. Temporary plastic earrings may be allowed if they are not protruding and are flush with the ear.**

**Shorts with pockets or zippers are prohibited. Pockets or zippers may not be covered by any item.**

### AWARDS

No post-season tournament and standings are not recorded.

### UNSPORTSMANLIKE CONDUCT

All players and coaches will be suspended for a minimum of one (1) game upon notice of their third yellow card in a season issued by the referee. Any player or coach ejected from a game (receiving a red card by a referee) will automatically be suspended for one (1) game for unsportsmanlike conduct and two (2) games for fighting. The suspension will be served during the next scheduled game (s) by his/her team. No notice of the suspension will be required. In the event a player/coach deviates from the suspension, it will constitute a forfeit.

### HEADERS

Players at this age level shall not engage in heading, neither in practices nor in games. When a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred. Any player suspected of suffering a head injury must be substituted for evaluation.

**SLIDE TACKLES** Slide tackling will be prohibited during all practices and games. Slide tackle will be immediately whistled as a foul for these specific age groups, resulting in an indirect free-kick. Continuous slide tackling will result in a yellow or red card, respectively. The coach should instruct their players that slide tackling is dangerous and not allowed.

**RESTARTS IN GOAL BOX (GOAL KICKS, INDIRECT KICKS, PENALTY KICKS)**

The ball is in play when it is kicked and clearly moves by the defending team. The ball will become live, regardless if the ball clears the goal box or not.

**DROP BALL**

A drop ball will be called when the ball hits the referee, and possession is not regained by the team in possession of the ball when it hits the referee. If possession is regained and that does not result in an immediate attack on the goal, then play will continue. All drop balls will be dropped to the team that had possession when the infraction occurred. Any drop ball called in the penalty area will be dropped to the keeper.