



CITY OF LIGHTHOUSE POINT



10U SOCCER RULES

1. TIME

- 1.1 Two 25 min halves (5-minute halftime break)
- 1.2 Officials can call for a water break at their discretion. (no substitutions during water break)

2. FORMAT

- 2.1 No more than 9 players on the field at any time including the goal keeper.
- 2.2 If one team has less than players the opposing team must match with the same number of players.
 - 2.2.1 The minimum number of players allowed at the start of a game will be 8.
- 2.3 Teams are coed so there should be a minimum of 2 girls on each team

3. EQUIPMENT

- 3.1 All players are required to wear shin guards NO exceptions.
- 3.2 We will use a size 4 ball
- 3.3 Players may not wear any item of equipment that may be dangerous to themselves or others.
- 3.4 If a player is required to wear a medical bracelet please tape it up for the safety of everyone participating in the game.

4. SUBSTITUTIONS

- 4.1 Substitutions are permitted on any goal kick or start of play.
- 4.2 Your team can substitute on your throw in (if that team substitutes the other may).
- 4.3 Please make sure to get the referee's permission prior to sending players on.
- 4.4 If the coach needs to come on the field to tend to an injured player, that player must come out of the game.

5. PLAYING TIME

- 5.1 Each player SHALL play in BOTH halves and a minimum of 50% of the game.

6. GAME RULES

- 6.1 Offside will be called.
- 6.2 8-yard distance on free kicks.
- 6.3 8-yard distance on penalty kicks.

- 6.4 No slide tackling in the vicinity of another player. Automatic yellow card for first offense and red card on second offense. Team must play remainder of game down one man if issued a red card.
- 6.5 When there is an Intentional pass back to goal keeper, the keeper will not be allowed to handle the ball.
- 6.6 Incorrect form throw ins, ball will change possession and will result in turnover.
- 6.7 If a team is up by 4 or more goals during the game, the team winning must play a man down. The player can reenter the game, once the game is back within 3 goals.
- 6.8 For player safety, INTENTIONAL headers will not be allowed.
- 6.9 All other rules to confirm with FIFA regulations.

7. COACHES

- 7.1 Maximum of two coaches (wearing the LHP volunteer coach shirt indicating background clearance) are permitted on sidelines (strictly enforced). Head coach responsibility to adhere.
- 7.2 No one is permitted behind the goals. Coaches must stay on their half of sideline.
- 7.3 No parental coaching from sidelines. Please let the coaches coach their teams. All parents must be on the opposite sideline of the players and coaches to cheer on their players. In the event a player, coach, or a spectator is ejected from the game, he/she must leave the playing field immediately and go to the parking lot until the game is over. A refusal to leave in a timely manner will result in a forfeit of the game.
- 7.4 Should a player or coach be ejected from a game the City of Lighthouse Point staff will determine if a suspension of future games is warranted.
- 7.5 Please RESPECT the referees at all times. Remember, you are to set a good example for your players as they are watching your actions and behavior. If there is a disagreement on a call, please address it between quarters, at halftime, or after the game in a respectful manner.