

U9-U10 Football Rules

To consolidate the basic technical skills of football in an environment where players are also encouraged to use their non-dominant side and to develop tactical awareness/prowess i.e. decide on the best options in terms of making use of and creating time & space.



Playing Rules:

1. Play commences with a kick out from the hands.
2. The goalkeeper may advance 20m for a kick out.
3. The side-to-side (shoulder) charge is permitted.
4. The ball may be caught in the hands and played away by kicking it or striking it with the hand.
5. The ball may be carried for four steps before bouncing or toe tapping it – players are restricted to one bounce and one solo per possession.
6. **During the 3rd Quarter all players are encouraged play the ball away by kicking it with their 'weaker' foot or striking it with the 'weaker' fist.** A free kick is awarded to the opposition when this is not adhered to. Players should try to identify their 'weaker' side.
7. The player must try to correctly lift the ball off the ground.
8. A player who is fouled takes the free from the hands and when an opponent fouls the ball e.g. overcarries it, the player nearest to the ball takes the free.
9. When a free is awarded, the ball to be given, on the full, to the player taking the free kick. If this does not happen the ball is advanced 5m.
10. When a team plays the ball over the sideline, the opponent nearest to where the ball crosses the line, takes the sideline kick from the hands.
11. When a defender plays the ball over his own endline, the other team are awarded a free kick from the 30m line.
12. Opposing players to be at least 5m from the player taking a free kick, sideline kick, 30m kick or kick out. Free kicks should be no closer than 13m from the opposing endline.

Equipment:

1. Goal posts (3m x 1.8m). If no goalposts available, then coloured 'javelin' poles shall be used.
2. Cones to mark the boundary lines.
3. Three Quick Touch (Size 2) footballs – one placed behind each goal and one in play.

Playing the Game:

1. Games are to be played at maximum 9 v 9.
2. Playing Area 65m x 40m (4 Playing Areas fit on 1 standard pitch)
3. 1 goalkeeper, 3 defenders, 2 midfielders and 3 attackers
4. No zones on pitch.
5. All players rotate positions after each quarter. Teams change sides at half-time. No formal team talks at 1st and 3rd quarter intervals.
6. All players must wear a mouthguard when playing.

Time Duration:

1. 4 periods of 9 minutes will be played as default.
2. Teams will have option to play another 9 minutes if desired. 45 minutes will be the maximum allowed playing time.