

# North Zone Soccer

## Table of Contents U8-U10 TEAMS

### Page 2

- ⚽ Purpose
- ⚽ Player Equipment
- ⚽ Duration of the Game
- ⚽ Number of Players
- ⚽ The Game



### Page 3

- ⚽ Ball Out of Play
- ⚽ Throw In's
- ⚽ Offside

### Page 4

- ⚽ Corner Kick
- ⚽ Goal Keeper and the Ball
- ⚽ Goal Kick
- ⚽ Offenses

### Page 5

- ⚽ Penalty Kick

### Page 6

- ⚽ Bad Weather
- ⚽ Referees
- ⚽ Cheer & Praise
- ⚽ Disputes

### Page 7

- ⚽ League Play & Fair Play info

**North Zone Soccer**

**northzonesoccer@gmail.com**



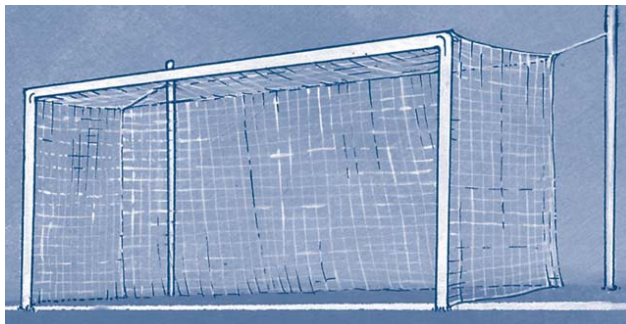
# **NORTH ZONE SOCCER**

## **U8 and U10 SOCCER RULES**

### **PURPOSE**

Soccer at this age is to get the children:

1. Having fun, learning in a team environment
2. Learning Sportsmanship
3. The basic rules of soccer
  - a. No intentional hands
  - b. No sliding
  - c. No Contact with other players
4. Kicking Skills
5. Basic Positioning
6. Basic Passing Skills
7. Introduction of goal tending
8. Throw ins at the sidelines



### **PLAYER EQUIPMENT**

The following rules are for the children protection, it is up to all coaches to ensure that they are followed for every player at every game.

1. **Rubber cleats are allowed.**
2. Shin pads must be worn for all players on the field. Shin pads must be covered by socks or pants. A child without shin pads will not be allowed on the field of play.
3. The issued NZ Soccer jersey must be worn by all players during the game.
4. All cosmetic jewellery must be removed. Earrings are restricted to studs for newly pierced ears and must be taped. No hats.
5. All non prescription glasses must be removed. (ie. Sunglasses)
6. Goalies must wear the coloured bib provided or a different colored jersey.

### **DURATION OF THE GAME**

The game is divided into 2 halves of 25 minutes each. There will be a 5 minute half time break. BREAKS ARE NOT INCLUDED IN PLAYING TIME.

The period of play shall be exactly 25 minutes long. A period shall end after exactly 25 minutes whether the ball is in play or out of bounds.

### **NUMBER OF PLAYERS**

The maximum number of players on the field for either team including the goalie is 6. A team can play shorthanded but must have at least 6 players.

### **THE GAME**

1. At the start of the game, there will be a coin toss or rock,paper,scissors. The team winning the coin toss shall have the option to start the game with the ball or defer to the second half. The teams must change ends at the start of the second half.
2. Each period shall be started by a player kicking-off the ball from the centre field mark, in any direction. Kick-off will rotate between both teams for each half.
3. Every player shall be on his own side of centre and the defenders must be outside the centre

circle (at least 5 metres from the ball) until the ball has been put into play. Once a player kicks off he cannot touch the ball again until another player has touched the ball. *A team can score directly from a kick-off.*

4. The clock shall run for the duration of each period including all stoppages of play. The referee shall act as timekeeper and can, at his discretion, allow extra playing time for time lost through accident or other cause. The referee can suspend play and the end game, at any time, for any infringement of the rules or other sufficient cause, such as bad weather or if the field is too wet [The field is not suitable for play, if you step on the turf and moisture can be detected around your shoe].
5. PLAY SHOULD BE WHISTLED DEAD WHENEVER A PLAYER IS INJURED OR FALLS ON THE BALL AND IS IN DANGER OF BEING INJURED. Play is resumed by a placed ball given to the opposing team
6. Substitution is allowed anytime during the game. Coaches shall make every effort to ensure all players play the same amount of time.
7. Goalie substitution is only allowed at stoppage of play with the refs consent.
8. A goal is scored when the ball completely crosses the goal line between the goal posts. After a goal has been scored, the team which was scored upon kicks off from centre field.

### **BALL OUT OF PLAY**

The ball goes out of play when it completely crosses the side line or the goal line (outside the goal posts).

### **THROW IN**

When the ball goes out of play across a side line, it shall be thrown onto the field from the spot where it went out of play by a player from the team opposite to that of the player who last touched it. The player doing the *THROW IN* must stand on or outside the sideline and *must keep both feet on the ground* when throwing the ball in. The thrower must *deliver the ball with both hands from behind and straight over his head without twisting the body*. The thrower cannot play the ball until it has been touched by another player. A goal cannot be scored directly from a throw-in. **NOTE:** If the ball is improperly thrown-in one re-throw will be allowed. If still improper, then the other team will be given the ball to attempt a throw-in.

### **OFFSIDE No offside in U4-U6-U8-U10 AGE GROUPS**

For explanation purposes, a player is in an offside position if: he/she is nearer to his opponent's goal line than both the ball and the second last opponent (i.e. Goalie and 1st defender)

**Note: A coach can be called for unsportsmanlike conduct if a coach encourages or directs a player to stand in an offside position. The offending team will lose position of the ball. (THIS IS CALLED CHERRY PICKING) all players move with the ball and players play the open space.**

## **CORNER KICK**

A corner kick will be given if a player of the defending team touches the ball last before it goes over his own end goal line. The corner kick is taken by a player of the attacking team from the corner nearest to where the ball went out of play. Until the ball is kicked all defenders must stay at least 5 metres from the ball.

## **Goal Keeper and the Ball**

**In 8U** the goalkeeper is the only player allowed to handle the ball with his hands inside the small crease area (the same area all other players EXCEPT the goalie are allowed to be).

**In 10U** the goalkeeper is the only player allowed to handle the ball with his hands on the field of play and then only within the *penalty area* (remember -- the penalty area includes the goal area).

After handling the ball, the goalkeeper can put the ball back into play by either throwing it or kicking it, but they are only allowed to carry the ball for **SIX SECONDS** and only within the penalty area, before putting the ball into play. Failure to comply will result in an INDIRECT free kick from the corner of the 18m box.

It is a DIRECT KICK FROM POINT OF FOUL if a player tries to kick the ball out of the goalkeeper's hands. However, if the goalie puts the ball on the ground outside the goal area, it becomes a free ball and any player on either team may kick it.

## **GOAL KICK**

A *Goal Kick* is awarded to the defending team when the attacking team puts the ball out of play across the end goal line. The ball is placed on the ground within the goal area. **ANY DEFENDING PLAYER CAN KICK THE BALL.** All attackers must stay outside the penalty area until the ball has been kicked.

## **OFFENSES**

1. Any player who deliberately commits one of the following offences anywhere on the field will be penalised and a *DIRECT KICK* will be awarded to the other team AT THE POINT OF FOUL, unless within the penalty area (see penalty kick). A goal can be scored on a Direct Kick  
The offences are any deliberate attempt to:
  - a) Kick an opponent
  - b) Jump at an opponent
  - c) Strike an opponent
  - d) Trip an opponent
  - e) Hold an opponent
  - f) Push an opponent
  - g) Charging or slide tackling an opponent in a DANGEROUS manner
  - h) Charge an opponent from behind
  - i) Use of abusive language and/or profanity by a player or Coach is not tolerated.

Any of the above offenses may result in a Yellow Card.

A second occurrence of any Yellow Carded offence from the same player/coach in the same

game will result in a Red Card and the player/coach being expelled from the game. If a Red Card is received, the player/coach must sit out the following game as well.

2. Any player who deliberately commits one of the following offences anywhere on the field will be penalised and a INDIRECT KICK will be awarded to the other team AT THE POINT OF FOUL, unless within the penalty area (see penalty kick)
  - a) Unintentionally commits the offences above, which results in that players team getting an advantage of play
  - b) Slide tackle
  - c) Slide Kicks
  - d) Bicycle kicks
  - e) Sliding for any reason
  - f) Use of hands to intentionally redirect the ball

The referee will impose the penalty, warn the offending player and advise the coach of the warning.

With an indirect free kick, the shooter cannot score directly. The ball must be touched by another player from either team before it goes into the goal. Defending players can line up 5 metres from the ball to attempt to block the shot. The ball is in play after the kick has been taken

3. The ADVANTAGE RULE means that a referee will not whistle a play dead for an unintentional foul or a hands ball if the non-offending team has clear possession of the ball. This rule is intended to ensure that a foul will not stop the play and prevent a scoring chance. This rule is used at the referee's discretion, but once he waives the foul - he CANNOT later call the foul.
4. **For Under 8**  
*No players are allowed in the goal area at any time or play will be whistled dead.* If offense is committed by the attacking team, the defenders will be given a goal kick. If offense is committed by the defensive team, the attacking team is awarded an indirect kick from the 18M corner.

**For Under 10**  
**Goal area is Entire goal area is LIVE**

- 5 Any coach or parent who berates the referee in any manner will be penalised and the other team will be awarded a penalty kick. The referee will warn the coach. If the coach/parent continues to berate the referee, the person will be expelled from the game.

### **PENALTY KICK**

A PENALTY KICK IS AWARDED WHEN THE ABOVE OFFENCES (Number 1 and 2) OCCUR WITHIN THE PENALTY AREA BY A DEFENDING PLAYER.

The penalty kick is taken from the penalty mark with no other players between the shooter and the goal keeper. The goal keeper must stand on the goal line in the centre of the goal posts and can only move from side to side, until the ball is kicked. The shooter is allowed to run up to the ball and touch the ball only once. The ball is **live** after the kick.

**🚫 BAD WEATHER (Rain and Lightning)**

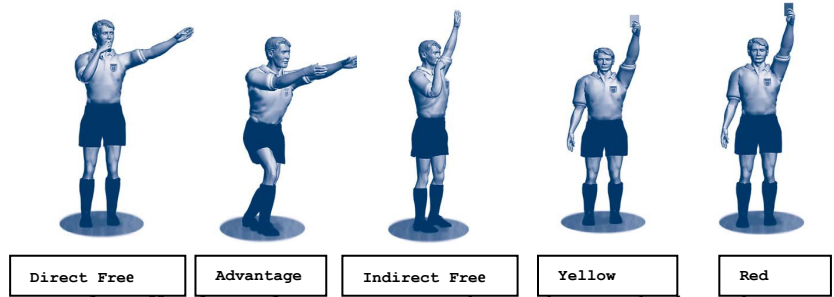
At all times coaches must put the safety of the children first. In the case of rain, if the grass becomes slippery due to rain, the game should be suspended. This is a judgement call on the part of each coach.

In the case of lightning, the game will be suspended immediately upon the 1<sup>st</sup> sighting.

**🚫 REFEREES**

The North Zone Soccer League will assign a referee to the game.

All Refs calls are to be honoured.



*The referee should explain any infraction to the offending player to ensure he understands the rule.*

No coach, team official or parent is to be on the field during play nor are they to stand behind the goal area.

**🚫 CHEERING AND PRAISE IS ENCOURAGED! NEGATIVE CRITICISM SHOUTED FROM SIDELINES IS DISCOURAGED!**

Coaches, managers, team officials and parents shall not criticize game officials at any time and shall encourage the same attitude amongst all players and fans.

The North Zone Soccer is responsible for supplying referees for each game. (5min rule, no ref- coaches start to ref the game)

The two coaches should appoint an adult on the sidelines to perform the role of timekeeper if no referee.

**DISPUTES ARE TO BE RESOLVED IN FAVOUR OF THE KIDS!**

Any complaints concerning the wording of the rules, actions of an opposing coach, intoxication of any coach or any other problems are to be submitted in by email to [northzonesoccer@gmail.com](mailto:northzonesoccer@gmail.com) within 4 days of the incident to allow the Board to take any necessary action.

**North Zone Soccer**  
[northzonesoccer@gmail.com](mailto:northzonesoccer@gmail.com)

**North Zone Refing**  
[nzreffing@hotmail.com](mailto:nzreffing@hotmail.com)

**REMEMBER!!!**

Your evaluation carries a great deal of weight with pre-adolescents. At the games, the attitude shown

by parents and coaches towards your team, the opposing team and the officials will influence the child's values and behaviour in sports, and in life.

We want the children who take part in our leagues to play soccer in a positive atmosphere free from foul and abusive language, undue pressure, embarrassment, harassment, prejudice and violence.

Please help us to achieve this aim by abiding by this simple code: **PLAY FAIR**

- Foul or abusive language from players, spectators or officials will not be tolerated.
- Never dispute a referee's decision - they can make mistakes, just like you and me.
- The health and safety of players is paramount. Do not encourage players to continue playing if they are obviously injured or unwell.
- Coaches are strongly advised to give all of their players an equal amount of playing time. It's no fun being on the sideline.
- Coaches, parents and spectators are also expected to let all players play without being screamed and shouted at from the sidelines.
- Encourage and applaud all players, not just those on your team.
- Demonstrate respect for all individuals.
- Respect the facilities on which you play.
- Maintain self-control at all times – it is only a game!!
- Always attempt to contribute to the betterment of the soccer experience.

## **North Zone Soccer Assoc.**

**northzonesoccer@gmail.com**

## **North Zone Refeing**

**nzreffing@hotmail.com**

Soccer\Rules U8-U10 programs Updated May 2017