

U10 Modified Rules

1.) 2- 25 minute halves

2.) Substituting

- * YOUR throw in ONLY. (If other team is subbing and your player is at the half line both may sub)
- * After a goal is scored
- * Any goal kick
- * NO substitutions on corner kicks
- ** Must be at the half- line and wait until waived on by the official
- ** Try to limit the number of times substituting occurs- too many slows down the game

3.) Free Kicks

- * penalty kicks - foul occurs inside the box
- * direct free kicks (hand ball, pushing, striking/attempt, charging, trips/attempts, jump, spitting, slide tackle, holding)
- * indirect free kicks (direct pass back, dissent by words)

4.) Misc

- * hand balls are only called if it is intentional or the player gains the advantage after a handball
- * shouldering (shoulder to shoulder contact) is legal
- * COACHES & PARENTS from the OPPOSING teams may not yell at an opposing player by calling out their numbers or name.

5. Throw-ins

- * Ball must go over the head and be thrown with both hands while feet are on the ground
- * NO RE-throws

6. FIFA Rules

- * All FIFA rules apply except where superseded by the above modifications and other Iowa Soccer/US Youth Soccer small sided rules.