

SYSA U10-U12 Rules of Competition

for Fall Citywide League Play

Updated for 2018

These are the Rules of Competition that Seattle Youth Soccer Association has approved for all U10-12 age play in our fall Citywide League in fall, 2018. If a rule is not specified, the standard rules from the SYSA [Rules of Competition](#) apply. All rules are based on the **FIFA Laws of the Game**, which you can review [at this link](#).

Some **key differences** between standard Laws of the Game and SYSA's U10-U12 rules include:

Deliberate heading of the ball is NOT allowed at U10 and U11.

The **Offside Rule begins** to be enforced at **U10**.

Slide tackling is NOT allowed at **U10**. Slide tackling is allowed starting at U11 play.

Penalty kicks are NOT awarded at **U10**. Penalty kicks are awarded at U11 and older.

Scores and standings are NOT kept at **U10**. However, coaches should keep track of their team's level of competition, in order to have a better recommendation for placement the following year at U11 into Gold, Silver, or Bronze divisions.

The **Build Out Line (BOL)** rules are in effect at U10 and U11.

U10-12 Rules of Competition

September, 2018

For a chart of small-sided game guidelines, including number of players on the field, goal sizes, and length of games, [see the table at the bottom of the Rules page on the SYSA web site](#).

The Build Out Line

(Updated October 12, 2018 with clarification from the Seattle Refs.)

The U10 and U11 age groups will use the Build Out Line (BOL) rules. The BOL is used to promote playing the ball out of the back in an unpressured setting to learn how to "build out" the attack. The USSF Player Development Initiative, which describes the Build Out Line and other small sided guidelines in details, can be found [at this link](#).

The Build Out Line is placed midway between the penalty area line and the halfway line.

Goalkeepers are not allowed to punt the ball at U10 and U11 as part of the Build Out Line rule. They can either throw, roll, or place the ball on the ground and pass it to a teammate.

Here is how Seattle referees have been instructed to handle the two Build Out Line situations:

GOAL KICK

1. When the ball passes over the goal (end) line, last touched by a member of the attacking team, a goal kick is awarded.
2. All members of the opposing team must retreat behind the BOL.
3. On a goal kick, **the ball is in play when it leaves the penalty area.**
4. Once the ball is in play, opponents may cross the BOL.

GOALKEEPER POSSESSION

1. When the goalkeeper is in possession of the ball all opponents must retreat behind the BOL.
2. On goalkeeper possession, **the ball is in play once the goalkeeper releases possession of the ball** by passing with the foot, throwing, or rolling the ball to a teammate.
3. Once the ball is in play, opponents may cross the BOL.

Goalkeepers should be instructed not to release the ball until opponents have retreated past the BOL. If they release the ball before the opponents are behind the BOL, the goalkeeper assumes the risk that an opponent may steal the ball. The referee shall not intervene.

Offside Rule

The Offside Rule begins at U10. At U10 and U11, the offside rule will be in effect at the Build Out Line, not the midfield line.

Penalty Kicks

Penalty kicks are not given at U10. Fouls within the box are treated as indirect free kicks. Penalty kicks begin at U11.

Heading the Ball

Heading the ball is not allowed in U10 and U11 games. Heading should not be practiced by U10 players. U11 players may do limited heading practice in training.

Balls intentionally headed during a game will be called as a foul, and an indirect free kick will be awarded.

Slide Tackling

Not allowed at U10. Slide tackling is allowed beginning at U11. Players intentionally slide tackling at U10 will receive a foul and an indirect free kick will be awarded.