
10U and 12U Small Sided Rules, TSA Soccer

SOC-250228 Revision D



February 28, 2025

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Revision History

Name	Date	Reason For Changes	Ver./Rev.
Initial Release	2/12/17		A
C. Mayeu	3/1/17	Added no slide tackling, updated field size	B
M. Bennett	1/17/22	General updates; conform to structure of FIFA Laws of the Game	C

J. Ainsworth	2/28/25	Updated goal box dimensions, team size and 12U header rules. Defined water break procedure and coaches' technical area.	D
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Overview

The structure of these rules is designed to align with FIFA Laws of the Game with modifications determined by TSA to be appropriate for our league structure and recreational play.

1. Field of Play

1.1. Dimensions

The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.

Length: minimum 45 yards maximum 55 yards

Width: minimum 28 yards maximum 35 yards

Note: For spring 2017 the 10U pitch was 150' long and 90' wide. The 12U pitch was 160' long and 100' wide. The center circle was set to a 20' radius.

1.2. Field Markings

Distinctive lines not more than (5) inches wide. The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line.

Goal Area: 6 yards deep from endline and 7 yards wide

Penalty Area: None.

Flag Posts: Conform to FIFA Laws of the Game

Corner Arc: Conform to FIFA Laws of the Game

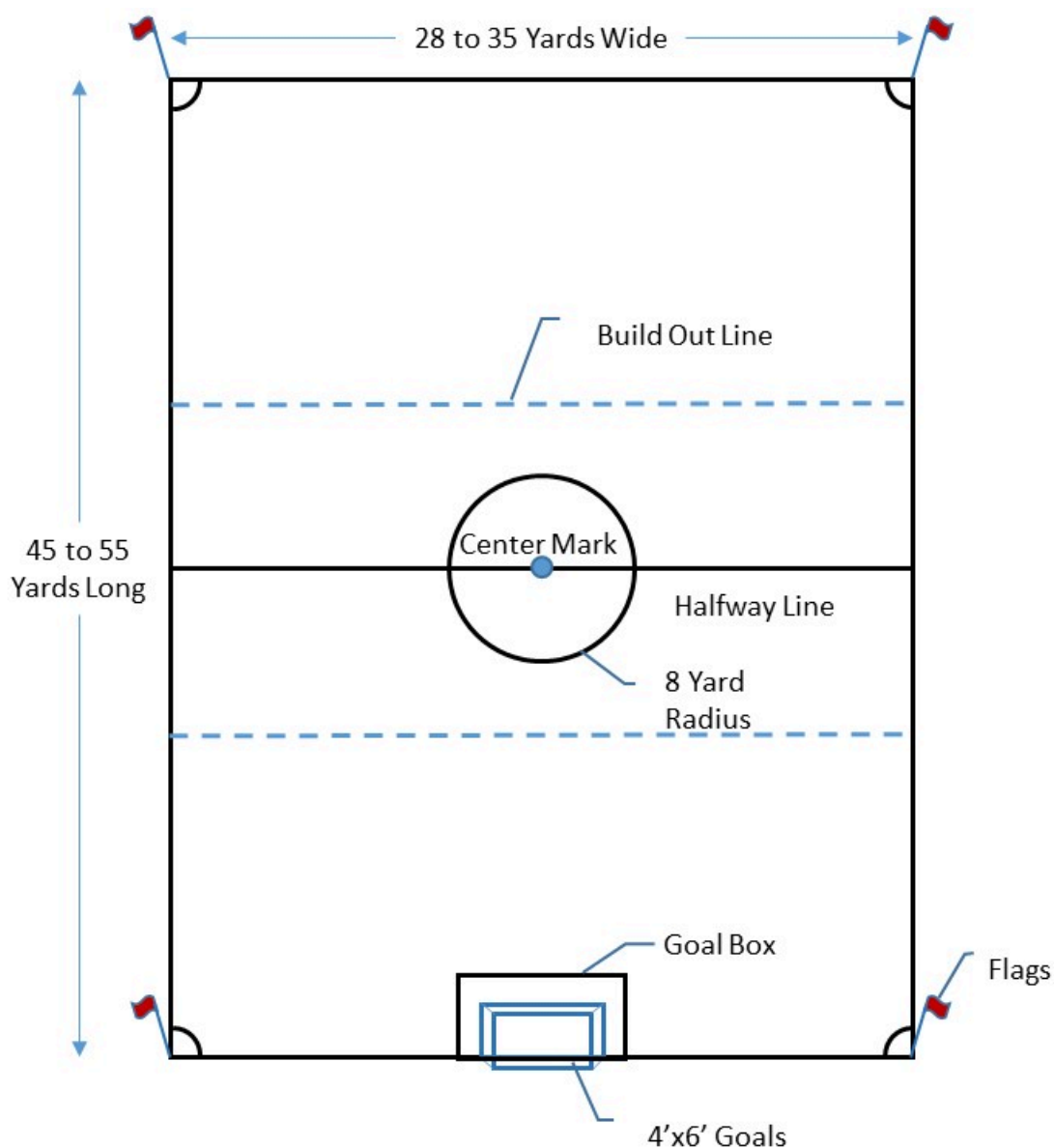
Build Out Line: 1/3 of the length of the field measured from the end line.

Coaches Technical Area: Coaches shall remain on the sideline of their team's half (between the halfway line and the goal line). Coaches shall not stand and coach along the goal line, behind the goal or in the other team's half.

1.3. Goals

Goals must be placed on the center of each goal line. They consist of two upright posts equidistant from the corners and joined at the top by a horizontal crossbar. The recommended distance between the posts is six (6) feet and the distance from the lower edge of the crossbar to the ground is four (4) feet. Goals for this age group may be smaller.

Safety: Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement.



2. Ball

Size four (4). The ball will need to be FIFA Quality.

3. The Players

3.1. Number of Players

A match is played by two teams, each consisting of not more than five (5) players. There are NO goalkeepers.

The maximum team roster size is nine (9) with the preferable roster size being eight (8).

If a team is short players for a match the match may still be played. If the match becomes out of hand the team short players may request players from the opposing team switch sides (provided they have subs). However, the game score is considered final at that point. The point of this provision is to provide our players with as much quality playing time as possible.

The team that is short players may only request that the opposing team play short players on the field to make the number of players even if all of the players on the larger squad are able to reach a minimum of 50% playing time for all players. Additionally, the game will be a forfeit with a 3-0 victory being awarded to the team sitting its players. It is not the responsibility of the opposing team to bear the burden for a team that is not able to field a squad.

3.2. Number of Substitutions

At any stoppage of play and unlimited. If a player leaves the field of play for reasons other than a substitution (injury, etc.), a substitution can be made in that moment.

Playing time: Each player SHALL play a minimum of 50% of the total playing time. No player shall exceed 75% playing time unless all other players exceed 60%. It is the coach's responsibility to enforce this rule.

3.3. Substitution Procedure

Conform to FIFA Laws of the Game.

4. The Players Equipment

Conform to FIFA Laws of the Game. Non-uniform clothing is allowed based on weather conditions, but uniforms must distinguish teams. Shin guards are MANDATORY for both practices and games, and must be covered entirely by socks. If needed, teams can be distinguished by scrimmage vests.

A player must not use equipment or wear anything that is dangerous to himself or another player (including any kind of jewelry; with the exception of a medical alert bracelet).

5. The Referee

Registered referee with a minimum U.S. Soccer certification of Grade 9 or parent/coach or assistant coach if required.

6. Other Match Officials

Use of an assistant referee is optional. If club volunteers are used as linesmen they are permitted to call out of play only.

7. The Duration of the Match

10U - The match shall be divided into two equal halves of 25 minutes. There shall be a halftime interval of eight (8) minutes between each half. There shall be a two (2) minute water break in the middle of each half (coinciding with a stoppage in play). The game clock will stop during the water break and commence when the ref restarts play. No added time will be added to the end of either half.

12U - The match shall be divided into two equal halves of 30 minutes. There shall be a halftime interval of ten (10) minutes between each half. There shall be a two (2) minute water break in the middle of each half (coinciding with a stoppage in play). The game clock will stop during the water break and commence when the ref restarts play. No added time will be added to the end of either half.

8. The Start and Restart of Play

Conform to FIFA Laws of the Game.

9. The Ball In and Out of Play

Conform to FIFA Laws of the Game.

10. Determining the Outcome of a Match

Conform to FIFA Laws of the Game.

11. Offside

Conform to the FIFA Laws of the Game, with the exception that the build-out line also serves as an offside line. Attackers cannot be penalized for an offside offense between the halfway line and the build-out line.

12. Fouls and Misconduct

Conform to the FIFA Laws of the Game with the exception that deliberate heading is not allowed for 10U games or practices. Headed balls are permitted in 12U match play. However, no heading is allowed during 12U practice or in drills. In all instances, the referee should explain the offense to the player. When a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.

Special Goal Box Rule for Small-Sided Play. No defenders are allowed in the goal box unless the ball is entering or is in the goal box or if they are actively marking an opponent off the ball which brings them into the box. The first two offenses result in an indirect kick from the nearest corner of the goal box. A penalty kick is awarded for a third team offense.

The purpose of this rule is to keep the players actively involved in offensive and the play on the field. We do not want players stationed “back on defense” during these games. As coaches please work to keep all players moving from end to end.

Slide tackling is not allowed at any time. A first offense results in a warning to both teams. Any subsequent offense results in a yellow card to the offending player. A second offense by the same player results in a red card and ejection.

13. Free Kicks

Conform to the FIFA Laws of the Game, with the exception that the opponents are to be at least eight (8) yards away from the ball until it is kicked.

14. The Penalty Kick

In the event a penalty is called on the defensive team in their own goal box a penalty kick will be awarded to the other team. The shot is to be taken from the center mark. All players are to be behind the opposite build out line. Once the ball is struck, the ball is live. The player taking the penalty shot cannot be the first player to touch the ball while it is still in play.

15. The Throw-In

Conform to the FIFA Laws of the Game.

16. The Goal Kick

The ball shall be placed on or within the goal box. The opposing team is to pull back to the build out line until the ball is played then game on. Any opposing player not returning to the build out line prior to the ball being played cannot challenge for the ball until they or the ball have crossed the line.

17. The Corner Kick

Conform to the FIFA Laws of the Game with the exception that the opposing players are to be at least eight (8) yards away from the ball until it is played.

Concussion Initiative

If a player is suspected of having a head injury, the player may not return to that game. As with any injury, TSA recommends that the player seek medical attention as soon as possible.