



**Cheyenne Soccer Club  
Recreational Program**

**Guidelines for Referees and Coaches  
Local Rule Applicability**

**U-10**

(March 2010)

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The soccer rules and laws of the Cheyenne Soccer Club (CSC) are generally those of the United States Soccer Federation (USSF) as modified or clarified by the following items.

1. Prior to the start of games the CSC Officers will make the determination as to whether or not to begin games based on local weather conditions. During the duration of a game, a CSC Board Member or Game Day Coordinator in consultation with the referee will make the determination as to whether to suspend, postpone or cancel the game based upon field conditions and current local weather conditions. (March 2010)
2. All players attending practice, acceptably cooperating with the coach, wearing the team uniform and arriving in time for the start of the game, must be allowed to play a minimum of one half of the game.
3. Slide tackling **IS NOT** allowed. (Sliding to kick a ball with no other players in the immediate area is not a slide tackle.)
4. No offsides in the U-10 age group.
5. The goalie is to be protected at all times. Therefore, the goalie is deemed to have possession of the ball at any time a **hand or finger** is in contact with the ball. Kicking at the ball when in the goalie's possession is not allowed.
6. **Ungentlemanly conduct on the part of coaches, players or spectators is inappropriate and will not be tolerated. This includes criticism, threats, blame, yelling, humiliating, ridiculing, showing biases, taunting, racial comments and/or excessive celebration** (i.e., a player is not allowed to remove his shirt in celebration). Coaches shall be held responsible for the actions of any individual(s) at any match that, in the opinion of the referee, is a supporter of that team. Referees are required to submit a written report to CSC, within 48 hours, after cautioning or ejecting a coach or player for misconduct.
7. **Either team** may substitute on a throw-in, a goal kick, after a goal, at half time and for a player injury. There are no substitutions on a corner kick. Coaches are requested to have their substitutes ready to enter the field before calling for a substitution. Individuals who wish to enter or reenter the game shall enter the field only at the halfway line. They may not enter the field of play until the referee has specifically signaled permission to enter the field. Players leaving the field may do so at any point around the boundaries in order to minimize lost time. (March 2010)
8. Coach(es) and players will be on the north or west side of the field and the parents and fans will be on the east or south side of the field. (March 2010)
9. Duration of the game for and U-10 is two 25-minute halves (5-minute half time). All divisions shall change end of the field at half time only.
10. Size 4 balls will be used for U-10.

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11. Size of the playing field shall be 60 yards in width by 40 yards.
12. Uniforms must be worn at all games. If weather warrants, the uniform can be worn over long-sleeved shirts, coats, etc. The goalie must wear a different colored shirt or sweatshirt. Shinguards are required; socks must be worn over them.
13. All referee decisions, calls and judgments are final. All players, coaches, spectators are asked to please respect the referee's judgment on difficult calls and cooperate with him during the game. A unique feature of soccer is that the referee's decision is never to be questioned. Demeaning remarks about or by a player or a coach are not allowed. Sportsmanship is the name of the game and is to be pursued at all times.
14. The minimum number of players on a team to start a game shall not be less than four (4). Less than four (4) players will constitute forfeiture. A coach will not be able to use more players should the opposing team be unable to field a full team consisting of six (6) players. The opposing team shall play with an equal number of players as compared to the team short players (between 4 and 6). A team playing short shall be allowed to add players as the game progresses when new players arrive. The coach should notify the referee of newly arriving players, who will then permit the addition of players as play allows for substitutions.
15. Goalie changes can be made during stoppages of the game. The referee shall be notified by a player or the coach.
16. The referee shall keep a record of the game (goals scored) and act as the timekeeper. Time is continuous in all CSC games except for prolonged stoppages for injury, field equipment problems, etc.
17. If a player is ejected (red carded) from the game, then the ejected player's team shall play short for the remainder of the game. A player receiving a red card cannot play in or attend the next scheduled game. If a player receives two red cards, there will be a 3-game suspension; if three red cards are received, the player will be suspended for one season.
18. If a game is called by the referee after the start of the second half due to weather, then the game shall count as a full game and will not be rescheduled.
19. A referee shall have the discretion to stop, suspend and/or terminate a game whenever, by interference by spectators or other cause, he deems such stoppage necessary.
20. USSF rules concerning throw-ins, fouls/misconduct and penalty kicks are to be appropriately enforced by all referees for U-10 through U-19. (April 2004)
21. In the CSC tradition of fostering good sportsmanship and fellowship, at the end of a game both teams must line up at midfield and exchange congratulations to the members of the other team. **Spitting on hands will not be tolerated.**
22. The size and marking of the fields have been modified to reflect the age of divisional participants playing on the field and the size/shape of the area available.
23. In keeping with USSF rules, coaches and assistant coaches are required to stay within 10 yards of the center line at all times during the game unless beckoned onto the field by the referee. (March 2008)
24. Please note that all field supervisor coordinators and field supervisors are functioning on a volunteer basis. Please respect their decisions and express thanks for their interest.