

Central Iowa Soccer League Simplified Rules for the U9 and U10 Game

By and large, we conform to the US Youth Soccer Rules that simplify the game of soccer for our younger players. This document highlights several points, and points out a few special “CISL EXCEPTION” Rules.

NO headers are allowed in practice nor games throughout CISL. Referees will award an [indirect free kick for intentional headers](#).

Game length

- U9-U10: 7 players on a side; 25 minute halves; size 4 ball
 - Max roster size 12 players

Field size

Age	USSF Recommended Length x Width
U9-U10	55-65 x 35-45

Playing time: All players are expected to receive at least 50% playing time.

Before the game: The referee will check for proper equipment: shirts, shorts, shoes, socks, and shin guards. No jewelry. Home team wears the primary team color if the uniforms are not distinct from one another. The referee chooses a game ball. The referee will have a coin toss and the winner chooses which goal to attack. The other team kicks off for the 2nd half.

Seating Locations. Parents from both teams should be on one side of the field. Players and coaches from both teams should be on the other side. *No one should stand or sit behind the goals.*

Substitutes may be made at any stoppage of play, at the discretion of the referee.

Violations THE OFFSIDES RULE IS now USED IN U9 and U10 GAMES. The usual fouls (kicking, tripping, jumping, charging, striking, tackling, pushing, holding, handballs, impeding) should be called. Kicks can be indirect or indirect.

Throw-ins (CISL EXCEPTION). We play with a normal throw-in. The referee should explain a foul throw and allow the thrower a second chance. After a second foul throw, a throw in should be awarded to the other team.

Goal Kicks. When a goal kick is awarded, the defending team’s players must retreat into their own defensive half and may not move past the half-line until the goal kick is taken. The kicking team *may* take the goal kick before the defending team has retreated completely into their defensive half.

Punting: Goalkeepers are allowed to punt or drop-kick, and are encouraged to be taught to throw and use their feet with the ball on the ground to transition play to the attack.

The goalkeeper is not allowed to punt or drop-kick directly to the opponent’s penalty area. In the event a goalkeeper punts or drop-kicks the ball into the opponent’s penalty area, the Referee will award an indirect free kick to the opponent from the spot inside the center circle.