

2026 EYSA SOCCER RULES & REGULATIONS

U10G

EYSA follows the general guidelines provided by US Youth Soccer, except for the following modifications.

1. GENERAL

- a. Referees have full authority to enforce the rules and policies of the soccer program.
- b. There are no protests in the EYSA soccer program.
- c. EYSA may provide referees for the 8U division. If referees are not provided a coach parent, or spectator may be used as referees agreed upon by both coaches.
- d. All parents must complete an Emergency Medical Authorization form (EMA) for each participant in the match.
- e. Players must wear the issued EYSA jersey as the outer-most garment that is reflective of the team on which they are rostered.
- f. Coaches are required to play all players and provide the opportunity for an equal amount of playing time to the best of their ability.
- g. Rainouts will be announced on EYSA's Facebook page only.
- h. Removable jewelry is prohibited. Any jewelry that cannot be removed must be taped.
- i. There is a 10-minute grace period for teams to field a team. If a team fails to field a team within the allotted grace period, the team will forfeit.
- j. Coaches are not permitted to coach on the field during matches.
- k. The length of the match shall be four 9-minute running quarters with 2 minutes between quarters and a 5-minute half.
- l. Designated areas for players and spectators will be clearly marked. Coaches are responsible for ensuring that the boundaries are followed.

2. RULES

- a. Coaches and/or players may be penalized before, during, or after a match.
- b. Offsides will be enforced
- c. No slide tackles.
- d. No headers.
- e. Coach cautions are active. Two coach cautions will result in a sendoff.
- f. Penalty kicks will be used.
- g. Any player receiving a red card or 2 yellow cards in the same match will be disqualified from the match. Teams may not replace the disqualified player and must play one player short for each disqualified player for the remainder of the match.
- h. Yellow card offenses
 - i. Unsportsmanlike behavior.
 - ii. Attempts/performs slide tackle.
 - iii. Performs a header.
 - iv. Shows dissent by words or action.
 - v. Persistently infringes on the rules of the match.
 - vi. Delays the restart of the match.
 - vii. Fails to retreat the required distance when play is restarted with a corner kick, free kick, or throw-in.
 - viii. Enters or re-enters the field of play without the referee's permission.

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- i. Red Card Offenses
 - i. Serious foul play.
 - ii. Violent conduct.
 - iii. Spits on any person.
 - iv. Denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball.
 - v. Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or penalty kick.
 - vi. The use of offensive, insulting, or abusive language and/or gestures
 - vii. Receives a second yellow card in the same match.
- j. Rules of play will be enforced with leniency. Blatant violations will be called, but coaches should attempt to correct all players who are observed performing violations.

3. ROSTERS

- a. All players must be registered with EYSA to participate. Teams found playing unregistered players will forfeit the match.
- b. Teams must consist of a minimum of 6 players on game day. If a team is unable to field 5 players within the 10-minute grace period, that team will forfeit the match.
 - i. Teams will play 7v7 if the smaller team has 8 players or more.
 - ii. Teams will play 6v6 if the smaller team has 7 players.
- c. Substitutions may be made at any match stoppage without limitation.
- d. Substitutions must be made quickly and only after receiving the referee's permission.
- e. Players subbing onto the field must exchange a mesh training penny with the outgoing player that they are substituting for.

4. SUBSTITUTE PLAYERS

- a. Substitute players may be requested by coaches who will not be able to meet the minimum number of players for a regulation game.
- b. Coaches must contact the Director of Coaches to request a substitute player.
- c. Nothing in this rule entitles a coach to receive a substitute player. The Director of Coaches will attempt to locate substitute players but may not be able to.
- d. Substitutes must be registered in the requested division (no playing up or down).

5. MEDICAL WAIVER

- a. Coaches must have, in their possession, Emergency Medical Authorization forms for each participant on their team.
- b. Players who do not have a completed EMA will not be permitted to play.

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6. EQUIPMENT

- a. Size 4 soccer balls will be used.
- b. Metal cleats are prohibited.
- c. Shin guards are required; socks must be worn over, fully covering shin guard.
- d. 6'x 16' goals will be used. Goal size is subject to change based on availability.

7. FIELD OF PLAY

- a. Field dimensions will be approximately 50 yards wide by 70 yards long.

8. SCOREKEEPING/STANDINGS

- a. Scores, wins, loses, and ties will be kept. The winning coach is responsible for reporting their score online by the end of the game day.
- b. Coaches will have until Wednesday of each week to contest the posted scores. After Wednesday of each week, entered scores will be final. Coaches contest the posted score by notifying the Director of Game Officials. The Director of Game Officials has final say on the game's final score.
- c. Tie breaker analysis:
 - i. Winning percentage.
 - ii. Head-to-head record.
 - iii. Head-to-head differential.
 - iv. Total goals for. v. Total gals against.
 - v. Total goals differential.
 - vi. Lowest number of forfeits.
 - vii. Coin toss.
- d. Playoffs will consist of one match and will be based on the end-of-season standings.
 - i. 1st place will play 2nd place. The winner will be awarded 1st place; the loser will be awarded 2nd place.
 - ii. 3rd place will play 4th place. The winner will be awarded 3rd place; the loser will be awarded 4th place.
 - iii. 5th place will play 6th place. The winner will be awarded 5th place; the loser will be awarded 6th place.