



Under 10 Playing Regulations

Number of players	9-a-side including goalkeeper. 3 maximum reserves
Field of play	70m x 50m, or 18 yard box to 18 yard box. Painted lines with a half-way line, corner arcs and penalty area
Goal Size	5m wide 2m high
Ball Size	Size 4
Duration	25 minute halves
Penalty area	10m deep, 20m wide rectangle

Goal type

Portable, rectangular goals are to be used.

To comply with Australian Safety Standards, portable goals must be anchored securely to the ground. The use of sandbags or pegs is recommended when using portable goals.

Offside

The offside rule will be enforced in under 10.

Goalkeeper

The goalkeeper is allowed to handle the ball anywhere in the penalty area. To restart play after a save or gathering the ball with their hands, the ball must be thrown or rolled from the hands or played from the ground with their feet, within 6 seconds.

The goalkeeper **is not allowed to kick or drop kick the ball** directly from their hands. **Opponents must be at least 25 metres outside the penalty area and cannot move inside the penalty area until the ball is in play.** The ball is in play once it moves out of the penalty area.

An indirect free kick is awarded if the goalkeeper touches the ball with their hands after it has been deliberately kicked to them by a team mate.

Ball crossing the touch line

Throw in.

Player faces the field of play, has part of each foot on the ground either on or behind the touch line, uses both hands and delivers the ball from behind and over his or her head. **The thrower must not touch the ball again until it has touched another player.** Opponents must be at least 5 metres away from the ball until it is in play.

Foul throws will be penalised by order of the opposition gaining the throw in.

The ball is in play once it enters the field of play. A goal cannot be scored directly from a throw in.

Ball crossing the goal line after touching the defending team last

Corner kick.

A player from the attacking team places the ball halfway between the sideline and the edge of the penalty box nearest to the point where the ball crossed the line. Opponents must be at least 5 metres away from the ball until it is in play. The ball is in play when it is kicked and moves.

A goal may be scored directly from a corner kick.

Ball crossing the goal line after touching the attacking team last

Goal kick from anywhere within the penalty area.

Opponents remain at least 25 metres outside the penalty area until the ball is in play. Referees should not restart play until they are satisfied all opposition players are at least 25 metres outside the penalty area. The ball is in play once it is kicked directly out of the penalty area.



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Match results and points tables

The recording of match results will be conducted by the referee and team managers for the purpose of assigning teams to appropriate leagues, ensuring the most enjoyable experience for all players.

Referees

The BDSFA will provide training and education for referees. Allocations will be performed by the hosting club. In the case of no official referee being present, any capable person can officiate. **All official and non-official referees are entitled to payment.**

Development Leagues

All players are to be graded into teams which compliment their ability. Teams will be graded into the appropriate leagues. Re-draws may occur at the discretion of the Competition Manager.

Fouls and misconduct

Indirect free kicks are awarded for all acts of handball or fouls and misconduct. Opponents must be at least 5 metres away from the ball when the indirect free kick is taken. **An indirect free kick is where a goal can be scored only if the ball subsequently touches another player before it enters the goal.**

For deliberate or serious acts of handball or fouls and misconduct in the penalty area, **a penalty kick is awarded from an 8 metre penalty mark** with only a goalkeeper in position. All other players must be outside the penalty area and be at least 5 metres behind the penalty mark.

Fouls and misconduct are:

- kicks or attempts to kick an opponent;
- trips or attempts to trip an opponent;
- jumps at an opponent;
- charges at an opponent;
- strikes or attempts to strike an opponent;
- pushes an opponent;
- tackles an opponent from behind to gain possession of the ball;
- makes contact with the opponent before touching the ball;
- holds an opponent;
- spits at an opponent;
- handles the ball deliberately;
- plays in a dangerous manner; and
- impedes the progress of a player.