

# MARS U10 Girls and U12 Rules

## Spring 2009 Rules

Rules for the U10 and U12 age divisions will use the below US Youth Soccer documents with the below exceptions.

U14's and above will be straight [FIFA rules](#), except unlimited substitutions will be allowed.

The ONLY exceptions from the attached US Youth Soccer recommendations for U10 and U12 are:

1. All leagues will follow the generally accepted substitution rules rather than the "At any stoppage" mentioned in the attached recommendations:

- Unlimited Number
- Sub on own throw-in, any goal kick, after any goal, start of half/quarter.

2. Blow Out Rule - If at any time during the game a team achieves a 4-goal margin, the opposing team will be permitted to add an additional player. They will also be able to add an additional player for each additional increase in the margin over 4 goals. Once the margin is reduced below 4 goals, all additional players should leave the field. For example:

Score 3 - 0 = 8 v 8

Score 4 - 0 = 8 v 9

Score 6 - 1 = 8 v 10

Score 6 - 3 = 8 v 8

In a **tournament** situation, there are consequences for invoking the blow-out:

- If a team invokes the blow out rule at any time during the contest, the game will be scored as a 0-4 loss against the team that adds the extra player.
- Any team invoking the blow out rule will not be eligible for tie breakers concerning goal differentials, goals allowed, or goals scored.

[US Youth Soccer U10 Recommendations](#)

[US Youth Soccer U12 Recommendations](#)