



11v11 Teams (Basic Rules)

Kickers and High School

The game is played by 11 players (10 outfield players and a Goal Keeper) All remaining players should remain on the sideline, with both teams resting players on the same side of the field. The game is supervised by the coaches and assistant coaches from each team. If the league modifies the season to 9 v 9 or 7 v 7 the below rules will be used with the exception of the field / goal size and the number of players will be 9 (7 minimum) or 7 (6 minimum)

Rec. Field size:	110 by 70 yards
Rec. Goal size:	24ft by 8ft
Ball size:	Size 5
Duration of game:	2 – 35 minute halves (HS 40 minute halves) with a 5 minute half time break
Number of referees:	2 total (There are no linesmen)
No. of players:	11 (10 outfield players and 1 Goal Keeper) All players shall play at least 25-50 % of the game! Minimum number of players is 7.
Substitutions:	Unlimited and on any dead ball situation or throw in (Follow FIFA rules for entering the field) Corner kicks & free kicks are not a dead balls.
Heading:	FFA Law
Punting:	FIFA Law
Goal kicks:	FIFA Law
Throw-ins:	FIFA Law
Free Kicks:	FIFA Law (Opposing team should be 10 yards away. (8 yards if 9v9)
Penalty kicks:	FIFA Law
Offside:	FIFA Law
Slide Tackling:	Slide Tackling is not permitted.

**All other rules come under FIFA regulations!
Current FIFA rules are in the link under resources**

Please respect the referees, your opponents and their families

Have a great season