



11v11 Teams (Basic Rules)

Kickers and High School

Each team will play one game on game day. The head coach should select eleven players (10 outfield players and a GK) to play on the field. All remaining players should remain on the sideline, with both teams resting players on the same side of the field. The game is to be supervised by the coaches and assistant coaches from each team.

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 GK) All players shall play at least 25-50 % of the game!
Substitutions:	Unlimited and on any dead ball situation or throw in (Follow FIFA rules for entering the field)
Heading:	FFA Law
Punting:	FIFA Law
Goal kicks:	FIFA Law – Ball must leave penalty box to be in play.
Throw-ins:	FIFA Law
Free Kicks:	FIFA Law (Opposing team should be 8 yards away)
Penalty kicks:	FIFA Law
Offside:	FIFA Law

All other rules come under FIFA regulations!

https://football-technology.fifa.com/media/1245/lotg_17_18_en.pdf

Please respect the referees, your opponents and their families

Have a great season