



# U - 11

## Outdoor 2026 - 7 vs 7 Rules

### **Field Size**

Width: 30-36m

Length: 40-55m

**Goal Size** - 6.5ft (1.98m) x 16.5ft (5.03m)

**Roster Size** – Max 14 10-12 ideal

**Ball Size** – Size 4

**Game duration** – 2x25 min

**Offside** – No

**Throw-ins** – Dribble-in and Pass-in

**Retreat Line** – No

**Substitutions** – As stated in IFAB Laws of The Game, at stoppages and whole line changes allowed

**Minimum number of players to start the game** – 7 players

**Referees** – Game Leader or Referee

All other match rules in alignment with the current IFAB Laws of The Game

**Note- We understand that many of the fields will be different dimensions.**

These standards are in alignment with Canada Soccer Grassroot Standards for U13