



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 – Thrown in or 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 – 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.

