

Highland Soccer League – U11 SC Rules – 2025

The HSL has adopted a variation of the CSA-SNS Grassroots Standards for league play. The adjusted rules are contained below.

Unless otherwise stated here, all CSA Grassroots Standards for U10-U11 competitions shall apply.

- There shall be one Game Official. The referee game fee will be \$40. Where the assigned referee is required to travel, current 'travel fee' policy shall be applied.
- Games will be 70 minutes in duration, 2 x 35-minute halves (differs from CSA Grassroots 50-minute games but matches SNS tournament matrix game duration).
- Games will be 7 v 7; recommended field dimensions will be 30m to 36m wide x 40m to 55m long.
- No offside will be applied.
- The retreat line will be in effect. Officials need to be loud and encourage retreat.
- Throw-ins are permitted but there will not be strict enforcement of proper throw-in rules. The referee may at their discretion request players to rethrow the ball.
- Corner Kicks shall be passed into play or players are permitted to dribble the ball into play.
- All other stops/restarts will occur by Law. Officials are encouraged to support player development here, *ie. explain the proper throw-in mechanics, explain the difference between IDFK and DFK, ... explain, explain, explain!*
- Substitutions are unlimited, allowing 7 new players to enter the game at one time.
- No Heading the ball. Following a 'trial protocol' as suggested by the IFAB for U12 and younger soccer games:
 - *Deliberately heading the ball is an offence punishable by an indirect free kick.*
 - *The indirect free kick is taken from the point where the ball was deliberately headed (except, where a player of the defending team deliberately heads the ball in their own penalty area – the indirect free kick is taken from the sideline of the penalty area closest to where the offence occurred).*
 - *Deliberately heading the ball is not a cautionable offence (yellow card) or sending-off (red card).*

Deliberate header/heading:
A deliberate header will usually involve:

 - A player moving their head and/or body towards the ball and/or into the path of the ball
 - When judging whether a header is 'deliberate', account should be taken of whether the player had the time/opportunity to avoid the ball – this will be influenced by the speed of the ball, the distance between the ball and the player when it is played by another player or rebounds from the goalpost or crossbar.
- For reporting Game Results, wins/losses and goals scorers are NOT recorded. **That would mean reporting 0-0 for all games.** Any discipline (cards) would still be recorded (by the referee)
- **Where 2 or more teams are playing at the same field on the same night the teams will follow a 'half-time switch' process where the home teams remain on the same fields but the away teams switch fields and play the second half against the other home team**