

# Highland Soccer League – U11 SC Rules – 2026

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.
- Match Format:
  - All games will be played as two 35-minute halves (70 minutes total), rather than the standard CSA 50-minute format.
  - Dual-Field Format: Whenever possible, two sets of games will run side-by-side. Home teams will rotate fields after the first 35 minutes, ensuring all teams play two different 35-minute matches.
  - Standard Format: In instances where dual-field play is not feasible, games will proceed as a single match between two teams playing two 35-minute halves.
- 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.
- Heading the ball is permitted.
- 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)