

# Highland Soccer League – U11 SC Rules

The HSL has adopted a variation of the CSA-SNS Grassroots Standards for league play. The adjusted rules are contained below. Images of the CSA Grassroots Standards and the Soccer NS Tournament Matrix are also shown here, with the rule variations stroked out.

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

*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 9 v 9 (differs from Grassroots 7 v 7).*

*No offside will be applied.*

*The retreat line will be in effect. Officials need to be loud and encourage retreat.*

*Corner kicks may 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 9 new players to enter the game at one time.*

*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*

CRITERIA	U10-U11	CRITERIA	U10-U11
<del>Match format (maximum)</del>	<del>7v7</del>	Offside	No
Coaching qualification	Learn to Train + MED + RiS + Making Headway + EAP	Retreat line	Yes (one third)
<del>Maximum match duration</del>	<del>50 minutes</del>	Substitutions	Unlimited (any stoppage)
Maximum match time per player per day	80 minutes	Season or block length (indoor/outdoor)	10-22 weeks
Minimum rest time between matches	Duration of one (1) match	<del>Team travel time</del>	<del>Under 60 minutes each way</del>
Maximum goal size	6ft (1.83m) x 16ft (4.88m)	Playing time (players encouraged to try all positions)	Fair playing time for all players
Field size	Width: 30-36m Length: 40-55m	Player-to-coach ratio	Ideal: 10:1 Maximum: 12:1
Ball size	4 (or 5 light)	Practice-to-match ratio	2:1 or 3:1
Number of memorable events (maximum)	Two (2) per year	Structured practice duration	60-75 minutes
Referee or Game Leader	Game Leader or Referee	Match day roster guidelines (game day only)	Ideal: 10 players
Restarts from Sidelines	Pass in or dribble in	<del>Match day format</del>	<del>Festival format</del>
		Number of match days (Festival or league play) per week	One (1)

Soccer Nova Scotia Grassroots Tournament Matrix (Technical Recommendations Draft #1)									
Division	Playing Format	Ball Size	Field Size	Net Size	Retreat Line	Max Match Duration	Max Match Minutes Per Day	Recommended Daily Match Format	Officials
U11	<del>7v7</del>	4	30-36m x 40-55m	6x12ft	2/3rds	<del>50</del>	80	2 x 35 min games per day	1 Referee