

High School 11 v 11 Basic Rules

Length of Games	2 x 35 min Halves
Warm- Up	10 Minutes
# of Players on Field	11 (10 plus goal keeper)
Duration of Game	70 minutes
Half Time	5 minutes
Referees	1 Referee & 2 Asst. Referee
Substitutions	Unlimited at Centre (max 3 at a time)
Offside	Yes

Formation (Recommended)			
	Left Fwd	Right Fwd	
Left Mid	Centre Mid	Centre Mid	Right Mid
Left Defense	Centre Defense	Centre Defense	Right Defense
		Goalkeeper	

of Females on the Field Minimum two females on the field during game play. If a team is unable to have two females on the field they go down one player. *If both teams do not have any females, game remains at 9v9*

Ways to Restart a Game

After a Save...	A goalie may kick or throw the ball out of his/her goal area.
Ball out of Bounds Over Sideline...	THROW IN... the ball is over the head with two hands, both feet remain on the ground. The team who did not touch the ball last before it went out takes the throw in.
Ball out of Bounds Over End of Field...	If the ball goes out of bounds at the end of the field, and the defending player touched it last, it is put back in play by a CORNER KICK .
Ball out of Bounds Over End of Field...	If the ball goes out of bounds at the end of the field, and the attacking player touched it last, it is put back in play by a GOAL KICK .
Penalty Shot..	If a player commits any of the typical fouls in the penalty area (keepers area) the Referee may award a Penalty Shot or Direct Shot on goal with a goalkeeper from the Penalty Mark (12 Yards away).

Typical Fouls	Results In	This Means?	Distance of Opposition from Kick
Hand Ball	Direct	Goal can be scored directly from shot	10 Yards
Tripping	Direct	Goal can be scored directly from shot	10 Yards
Pushing / Charging	Direct	Goal can be scored directly from shot	10 Yards
Obstruction	Direct	Goal can be scored directly from shot	10 Yards
Kicking	Direct	Goal can be scored directly from shot	10 Yards