High School 11 v 11 Basic Rules

Length of Games 2 x 35 min Halves

Warm- Up 10 Minutes

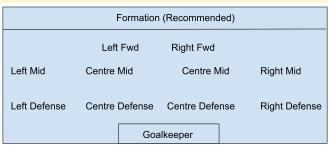
of Players on Field 11 (10 plus goal keeper)

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



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.

THROW IN...the ball is over the head with two hands, both feet remain on the ground. The team who Ball out of Bounds Over Sideline...

did not touch the ball last before it went out takes the throw in.

If the ball goes out of bounds at the end of the field, and the defending player touched it last, it is put Ball out of Bounds Over End of Field...

back in play by a CORNER KICK.

If the ball goes out of bounds at the end of the field, and the attacking player touched it last, it is put back Ball out of Bounds Over End of Field...

in play by a GOAL KICK.

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

Penalty Shot..