

Middle School 9 v 9 Basic Rules

Length of Games	2 x 30 min Halves
Warm- Up	10 Minutes
# of Players on Field	9 (8 plus goal keeper)
Duration of Game	60 minutes
Half Time	5 minutes
Referees	1 Referee & 1 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 does not have enough, they play down 1 player. *If teams have 1 or less females on the field, it stays 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