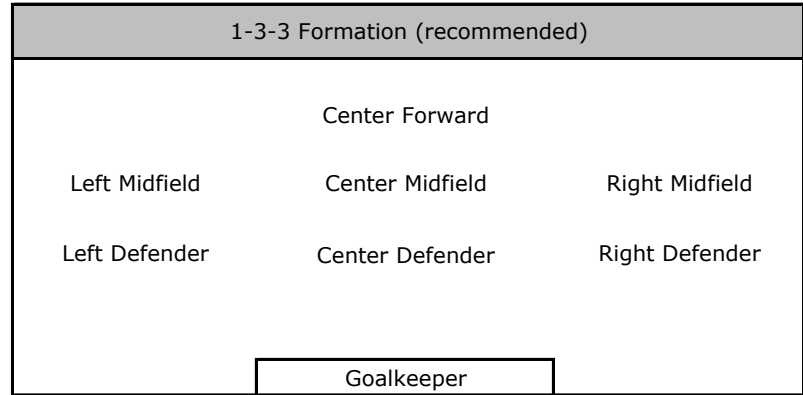


# U11 Basic Rules

<b>Length of Games</b>	2 x 30 minute halves
<b>Warm Up</b>	10 min. Warm Up/Drill
<b># of Players On Field</b>	8 (7 plus a Goalkeeper)
<b>Size of Ball</b>	4
<b>Duration of Games</b>	60 Minutes
<b>Half Time</b>	5 Minutes
<b>Referees</b>	Yes, Typically 1
<b>Substitutions</b>	Unlimited at centre
<b>Offside</b>	Yes at final 1/3rd of field



## WAYS TO RESTART THE GAME

After a Save...	A goalie may kick or throw the ball out of his/her goal area.
Ball out of Bounds Over Sideline...	<b>THROW IN</b> ...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 <b>CORNER KICK</b> .
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 <b>GOAL KICK</b> .

Typical Fouls	Results In	This Means?	Distance of opposition from Kick
<b>Hand Ball</b>	Direct Free Kick	Goal cannot be scored directly from Shot	6Y
<b>Tripping</b>	Direct Free Kick	Goal cannot be scored directly from Shot	6Y
<b>Pushing/ Charging</b>	Direct Free Kick	Goal cannot be scored directly from Shot	6Y
<b>Slide Tackling</b>	Direct Free Kick	Goal cannot be scored directly from Shot	6Y
<b>Kicking</b>	Direct Free Kick	Goal cannot be scored directly from Shot	6Y

If any of the above offences take place within the goal area a free kick is awarded on the line of the goal area that runs parallel to the goal line at the closest point to the offence. ***There are no penalty kicks.***