



LAWS OF THE GAME

U-11 & U-13

Updated April 2026

LAW 1 - Field of Play

The referee is responsible for the safety of the Field of Play(FOP). An inspection should be completed prior to the start of the match. The following markings are required: Touch lines, Goal lines, Half way line, for **U11 Divisions** - Retreat Line (1/3 line) and the goal area. Corner flags are also required. Goals are also required.

LAW 2 – The Ball

U11 and U13 - size 4 ball

LAW 3 – Number of Players

U11 - Teams start the match with no less than 5 and no more 7 players on the field of play, one of which must be a goalkeeper. A team cannot start or continue play with less than 5 players. If a team has only 5 players, the game can start and players arriving late can enter the field of play at a stoppage with the referee's permission. The players must be on the game sheet at the start of the game.

U13 - Teams start the match with no less than 6 and no more 9 players on the field of play, one of which must be a goalkeeper. A team cannot start or continue play with less than 6 players. If a team has only 6 players, the game can start and players arriving late can enter the field of play at a stoppage with the referee's permission. The players must be on the game sheet at the start of the game.

LAW 4 – Players Equipment

The basic and compulsory equipment that must be worn by all players includes jersey, shorts, shin guards, socks and proper footwear. Shin guards must be made of a suitable plastic, rubber or similar material. They must provide suitable protection. They must be completely covered by the socks. Player's shall not wear anything that endangers themselves or other players. Jewelry is not permitted. It cannot be taped. A medic alert may be worn either as a bracelet or necklace. It must however be secured so as to not cause a risk to players. The two teams must wear colors that distinguish them from each other and also the referee. Each

goalkeeper must wear colours which are distinguishable from all outfield players and the referee. Pinnies / bibs are recommended to save jersey switching. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams. A player who is asked to leave the field of play because of defective or dangerous equipment may not re-enter the field of play until the referee is satisfied that the equipment is permissible. The equipment may only be inspected during a stoppage in play. Any player that is bleeding must leave the FOP. Once the referee is satisfied the bleeding has been stopped and all bloody clothing and equipment removed the player may re-enter the FOP.

LAW 5 – The Referee

The Referee requires the following personal equipment; uniform, whistle, watch, coin, notebook and pencil. Other equipment that may be needed include flags, water, pump, and extra coin, watch and whistle. You should arrive no later than 20 minutes before kickoff. This gives you time to inspect the FOP and prepare for the game. Be sure to be dressed properly with a shirt tucked in and socks pulled up. You should make yourself known to the coaches/officials of both teams.

The Referee has the following powers and duties:

- Ensures the game start on time
 - Need to ensure the correct amount of time is played in each half
 - Need to record all goal scorers
 - Need to record misconduct of players and team officials
 - Enforce the Laws of the Game
 - Control the match
 - Ensure the ball meets the requirements of Law 2
 - Ensures the players' equipment meets the requirements of Law 4
 - Acts as a timekeeper and keeps a record of the match
 - Stops, suspends, or abandons the match, as his discretion, for any infringements of the Laws
 - Stops, suspends, or abandons the match, because of outside interference of any kind •
- Stops the match if a player is injured

- Ensures that any player that is bleeding from a wound leaves the field of play. The player may only return once the referee is satisfied that the bleeding has stopped during a stoppage in play
- Ensures no unauthorized persons enter the field of play
- Ensures that any player that is bleeding from a wound leaves the field of play. The player may only return once the referee is satisfied that the bleeding has stopped during a stoppage in play
- Ensures no unauthorized persons enter the field of play

LAW 6 – Assistant Referee N/A

LAW 7 – Duration of the Match

U-11 – 2 x 30 minutes

U-13 – 2 x 35 minutes

The referee will add time at the end of each half based on the time lost due to player injury, substitutions or time wasted during long stoppages due to time wasting. Players are entitled to a half time interval of no more than five minutes.

LAW 8 – The Start and Restart of Play

A kick-off is a way of starting or restarting play at the start of a match, at the start of the second half and after a goal has been scored.

The referee tosses a coin and the team that wins the toss decides which goal to attack in the first half or to take the kick-off. Depending on that choice, their opponents either take the kick-off or decide which goal to attack in the first half. The team that decided which goal to attack in the first half takes the kick-off to start the second half. For the second half, the teams change ends and attack the opposite goals.

All players must be in their half of the field for a kick off. Players on the defending team must be 10 yards away from the ball. The referee signals, blows the whistle, and the team kicks the ball. The ball is in play once it moves. The player taking the kick off must not touch the ball a

second time before another player touches the ball. A retake of the kick-off is taken if there are any infractions.

A drop ball is used to restart the game if while the ball is in play the referee stops play for an injury or due to an outside agent (dog running on the field or a second ball gets on the field of play). The referee drops the ball at the place where it was located when play was stopped unless, play was stopped inside the penalty area; in which case the referee drops the ball on the penalty area line parallel to the goal line at the point nearest to where the ball was located when play was stopped. Play restarts when the ball touches the ground.

The ball is dropped again if it is touched by a player before it makes contact with the ground or if the ball leaves the field of play after it makes contact with the ground, without touching another player

If a dropped ball is kicked directly into the opponents' goal, a goal kick is awarded. If a dropped ball is kicked directly into the team's own goal, a corner kick is awarded

LAW 9 – Ball in and Out of Play

The ball is in play once the referee restarts or restarts the game and a player kicks the ball and it moves or a player properly throws the ball into play. It remains in play even if it rebounds off the cross bar or a goal post, corner flag or referee and remains in the field of play. The ball is out of play if it wholly crosses the goal line or touch line either on the ground or in the air or the referee stops the play.

LAW 10 – Method of Scoring

A goal is scored if the whole of the ball enters the goal by crossing the goal line between the goal posts and below the cross bar without any infringements against the Laws of the Game by the team scoring the goal.

LAW 11 – Offside

There is no offside at U11.

As of 2026 at U13, the offside law is applied as per FIFA Law 11. The offside rule is in effect at

the halfway line.

LAW 12 – Fouls and Misconducts

A direct free kick is awarded to the opposing team if a player commits any of the following offenses:

- A. Kicks or attempts to kick an opponent
- B. Trips or attempts to trip an opponent
- C. Jumps at an opponent
- D. Charges an opponent
- E. Strikes or attempts to strike an opponent
- F. Pushes an opponent
- G. Tackles an opponent from behind to gain possession of the ball
- H. Makes contact with an opponent before touching the ball
- I. Holds an opponent
- J. Spits at an opponent
- K. Handles the ball deliberately

A penalty kick is awarded if any of the above offences (A to K) is committed by a player inside his own penalty area.

An indirect free kick is also awarded to the opposing team if a player commits any of the following offences:

- L. Plays in a dangerous manner
- M. Impedes the progress of a player
- N. Prevents the goalkeeper from releasing the ball from his hands

A penalty kick is awarded if the above offence (L or M) is committed by a player inside his own penalty area.

An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following four offences:

- P. controls the ball with his hands for more than 6 seconds before releasing it from his possession
- Q. touches the ball again with his hands after he has released it from his possession and before it has touched another player
- R. touches the ball with his hands after it has been deliberately kicked to him by a team mate

S. touches the ball with his hands after he has received it directly from a pass-in taken by a team-mate

LAW 13 – Free Kicks

The ball must be stationary when the ball is kicked. The ball is in play once it moves. The player taking the kick cannot touch the ball again before another player touches the ball.

If an indirect free kick is kicked directly into the opposing goal - a goal kick is awarded. If an indirect free kick is kicked directly into the kicking teams own goal a corner kick is awarded.

U11 divisions, If a free kick is awarded inside the penalty area of the defending team all opponents must be 10 yards away and beyond the retreat line. This does not take away from a team's right to take a quick free kick. The ball is in play once it is kicked directly beyond the penalty area. A free kick awarded inside the penalty area can be taken anywhere in the penalty area.

If an opponent is closer to the ball than the required distance when a free kick is taken the kick is retaken unless the defending team attempts a Quick Free Kick. If, when a free kick is taken by the defending team from inside its own penalty area, the ball is not kicked directly into play the kick is retaken. If the player taking the free kick touches the ball (except with their hands) before a second player, the kick is retaken. If the player (other than a goalkeeper) deliberately handles the ball after taking the free kick a direct free kick is given to the other team. If this happens inside player's own penalty area, a penalty kick is awarded to the other team. If the goalkeeper deliberately handles the ball after taking a free kick in his own penalty area, an indirect free kick is awarded to the other team.

U11 Divisions, For kicks taken inside the penalty area, the defending players can advance beyond the Retreat Line once the ball has been kicked. The ball is in play once it goes beyond the penalty area.

LAW 14 – Penalty Kicks

The reasons for awarding a penalty kick are outlined in Law 12:

- A. Kicks or attempts to kick an opponent
- B. Trips or attempts to trip an opponent
- C. Jumps at an opponent
- D. Charges an opponent
- E. Strikes or attempts to strike an opponent
- F. Pushes an opponent
- G. Tackles an opponent from behind to gain possession of the ball
- H. Makes contact with an opponent before touching the ball

- I. Holds an opponent
- J. Spits at an opponent
- K. Handles the ball deliberately
- L. Plays in a dangerous manner
- M. Impedes the progress of a player

Procedure for the taking of a penalty kick:

The player taking the kick must be identified. The ball is placed on the penalty spot. It can be placed by the kicker. The defending goal keeper must be on the goal line. The goal keeper can move sideways but not forward until the ball has been kicked. All other players, on both teams, must be on the field of play, outside the penalty area, behind the penalty spot and at least 5 yards away from the penalty mark. Once all players are in position the referee signals the kick to be taken. The player taking the kick must kick the ball forward towards the goal. The ball is in play once it moves. The referee decides when the penalty kick has been taken. For any infringements of this Law, the kick is retaken.

LAW 15– Throw In

The Throw In is a way to restart the play. A Throw In is awarded to the opponents of the team that last touches the ball before it goes completely over the touch line either on the ground or in the air. The Throw In is taken at the spot where the ball left the Field of Play.

A goal cannot be scored directly from a Throw In.

The player taking the Throw In must face the Field of Play with part of their feet touching or behind the Touchline. All opponents must be 3 yards away from the spot of the Throw In. The ball is in play once it enters the FOP. After taking the Throw In, the thrower must not touch the ball again before another player touches it.

LAW 16 – Goal Kick

The Goal Kick is a way of restarting play. It is awarded when the attacking team last touches the ball before it completely passes over the goal line either on the ground or in the air and a goal was not scored in accordance to Law 10.

A goal cannot be scored directly from a goal kick.

The goal kick can be taken anywhere in the penalty area of the kicking team. **U11 Divisions,**

Opponents must be beyond the Retreat Line and can cross the retreat line once the ball is kicked.

If the ball is not kicked directly outside the penalty area before a player touches the ball, the kick is retaken.

LAW 17 – Corner Kick

The Corner Kick is a way to restart play. It is awarded when the defending team last touches the ball before it passes completely over the goal line either on the ground or in the air and a goal was not scored in accordance with Law 10.

A goal can be scored directly from a Corner Kick.

The ball is placed in the corner arc nearest the spot where the ball crossed the goal line. The corner flag cannot be moved. All opposing players must be 10 yards away from the corner arc until the ball is kicked. The ball is in play once the ball is kicked and moves. The player taking the Corner Kick cannot touch the ball again before it is touched by another player. For any infractions of this Law, the Corner Kick is retaken.