



RULES OF PLAY UNDER 18

Updated: April 2023

11-A-SIDE SOCCER

1. The Field (required field markings)

- Field length – 90-120 meters (295-395 feet).
- Field width – 45-90 meters (148-295 feet).
- Centre line & circle – The radius will be 10 meters (30ft).
- The penalty shot mark will be 10-12 meters (36ft) from the goal line.
- The goal crease/area – 18m x 5.5m (60ft x 18ft).
- The penalty area – 40m x 16.5m (132ft x 54ft).
- Corner marks/arcs – 1 meter radius (3ft 3in).
- When possible, all fields shall have the length of the field running north to south.

2. The Goals & Scoring

- **Must be rectangular in shape** – 24ft tall x 8ft wide.
- Goals should be firmly secured to the ground to ensure they do not topple on players.

3. Corner/Halfway Markers

- Corner flags are required, and halfway markers are optional.

4. Ball

- Size 5 ball.
- Please ensure that the ball is pumped up to 8.5-15.6psi and not under inflated.

5. Corner, Goal, Throw-Ins

After the ball goes out of play, which means the entire ball goes over the line; the game is restarted by one of the following methods:

1. **Sidelines** – Throw-in with the following stipulations:
 - 1.1. Two hands on the ball.
 - 1.2. Ball is thrown from behind the head.
 - 1.3. Both feet must always remain in contact with the ground during the throw.
 - 1.4. The player must be square to the direction of the throw.
2. **Goal-line or End-line**
 - 2.1. With a goal kick if the attacking team touched the ball last.
 - 2.2. With a corner kick if the defending team touched the ball last.
 - 2.3. With a kick-off from centre when a goal is scored.
 - 2.4. Opposing team must retreat to the halfway line on all goal kicks.

NOTE: Opponents must be at least 30' or 10 yards away from the ball on all the above

6. Number of Players and Substitution System

- The game is played with 11 players (10 out players + 1 keeper) on the field at a time.
- A team is recommended to carry no more than 18-20 players. All players on the roster must be included in a substitution rotation. Substitutions occur at center field, on-the-fly, no more than 2 at-a-time. There is no limit on substitutions.
- **There must be at least TWO (2) players from each gender on the roster and at all games. All players, regardless of gender, will get equal playing time. If a team has less than TWO (2) members of each gender on the roster and at the game, the vacant position may not be filled with a player of the opposite gender. The team will play short handed. This also applies to VCT competitions.**

7. Equipment

Players should wear equipment that is safe to both them and others. Each team should try to wear colors that differentiate from each other. In a situation where both teams have the same color jerseys, the home team will be required to change jerseys or wear pinnies of a different color. An official “soccer kit” includes a jersey, shorts, socks, and shin-guards. **Socks are required to be pulled up over the shin-guards.** This is done in case the shin-guards have edges to them that may hurt their fellow players.

- Jewelry – *All items of jewelry (necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc.) are strictly forbidden and must be removed. **Using tape to cover jewelry is NOT acceptable.***
- Headscarves – Headscarves are permitted if the referee, *as per FIFA Law 4 of the Laws of the Game, ensure that the headscarf is safe and does not pose a danger to the wearer or other participants.*

8. Game Time

There are two 40-minute halves (80-minute total game time), with a 5-minute half time. At half-time players and keepers shall switch ends and play accordingly for the second half.

NOTE: In extreme weather conditions please remember that the safety and well being of the players is the most important thing. In extreme heat ensure plenty of water, allow head wear, find shade, and make sure to communicate with your **referee** if you feel that conditions are unsafe to continue. Remember there must be a balance between wanting to play, as the kids will want to do, and being safe. Please see VSA’s weather policy with regards to weather conditions and cancelation of games.

9. Game Rules, Fouls & Off-sides

- The referee has the final say in all situations.
- No player, coach, or parent at any time is permitted to approach a referee to question a call or ruling. If necessary, a grievance form will be completed and submitted to your town association and VSA.
- Team benches shall be on one side of the field with players and coaches only and spectators on the opposite side of the field. No spectators shall be behind a goal or goal line.
- The VSA will not include **temporary dismissals** or “**sin bins**” for any cautions (yellow cards) during the match as noted in the IFAB Laws of the game 2022-23 (pg. 21). Cautions will be noted and marked on the game sheet and play will continue with the appropriate restart procedure.
- See [IFAB Laws of the Game 2022-23](#) for full details.

10. Field Diagram

