



# RULES OF PLAY UNDER 15-18

Updated: January 2020

## 11-A-SIDE SOCCER

### 1. The Field (required field markings)

- Field length – 360' or 120 yards
- Field width – 240' or 80 yards
- Centre line & circle -The radius will be 30' or 10 yards
- The penalty shot mark will be 36' or 12 yards from the goal line
- The goal crease/area - 60' wide by 18' long
- The penalty area – 132' wide by 54' long
- Corner marks\arcs – 3'3" radius or 1 yard
- When possible all fields shall have the length of the field running north to south

### 2. The Goals & Scoring

- **Must be rectangular in shape (Length–24' and Height -8')**
- Goals should be firmly secured to the ground to ensure they do not to 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

### 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 20 players
- All players on the roster must be included in a substitution rotation. Substitutes occur at centre field when the referee stops play and invites players into the field.
- **There must be at least three players from each gender on the field at all times. If a team has less than three members of each gender on the field, the vacant position may not be filled with a player of the opposite gender. The team will play short handed. During VCT competitions, two members of each gender are required to be on the field at all times.**

### 7. Equipment

Players should wear equipment that is safe to both themselves 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 as long as 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 45-minute halves (90 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 lots of water, allow head wear, find shade, and make sure to communicate with your **referee** if you feel that conditions are too bad 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 rule. 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.
- See [FIFA rules](#) for full details.

# 10. Field Diagram

## U15-18 Field

360'x240'

Goal Area - 60'x18'

Penalty Area - 132'x54'

Penalty Mark - 36'

