

U.S. Youth Soccer  
11v11 Official Laws  
With CSYSA Modifications  
U11/12/13/14

Law 1 – The Field

A. Dimensions:

The field of play shall be rectangular, its length being not more than 130 yards nor less than 100 yards and its width not more than 100 yards nor less than 50 yards. The length in all cases shall exceed the width.

U.S. Youth Soccer Recommendation:  
Length: 110 Yards    Width: 70 Yards

B. Markings:

1. Distinctive lines not more than five (5) inches wide.
2. A halfway line shall be marked out across the field.
3. A center circle with a ten (10) yard radius.
4. Four corner arcs with a three (3) foot radius.
5. Goal area: Six (6) yards from each goal post and six (6) yards into the field of play, joined by a line drawn parallel with the goal line.
6. Penalty area: Eighteen (18) yards from the goal post and eighteen (18) yards perpendicular to the goal line.
7. Penalty mark: Twelve (12) yards parallel to the goal line centered between the goal posts.

C. Goals: Eight (8) feet high and twenty-four (24) feet wide.

Law II – The Ball

- A. The ball should be spherical
- B. The outer casing should be leather or an approved synthetic
- C. No dangerous materials should be used in the construction of the ball.
- D. Players U11/U12 play with a size 4 ball.
- E. Players U13 and above play with a size 5 ball.

Law III – Number of Players

- A. Maximum number of players on the field at any one time is eleven (11) one of whom **MUST** be a goalkeeper.
- B. Maximum number of players on the roster should not exceed eighteen (18).
- C. Substitutions: Any number of players from either team **MAY** be substituted **WITH** the referee's permission during **ANY** stoppage of play. Substitutes must be ready at the halfway line prior to a request for substitution. Substitutes **MAY NOT** enter the field of play until permitted by the referee.
- D. Metro League teams play with eight (8) players per team
- E. Metro League teams are allowed a maximum of eighteen (18) players on the roster.

Law IV – Players Equipment

The basic equipment of a player consists of the following:

- A. A jersey or shirt (same color for all players on a team except the goalkeeper)
- B. Shorts – Jerseys/Shirts must be tucked into shorts
- C. Stockings – must completely cover the shinguards, should be same color for all of the team.
- D. Shinguards – MANDATORY for protective reasons.
- E. Footwear – tennis shoes or soft-cleated soccer shoes.

#### Law V – Referee

- A. A referee shall be appointed to officiate each game.
- B. The referee is in charge of all game activity.
- C. The referee may not be shown any visible or verbal dissent during or after the game.
- D. The referee is empowered to cause the removal of any coach, player, spectator who is disruptive or who has displayed behavior contrary to the spirit of the game and/or the rules of play.
- E. The decisions of the referee are final.

#### Law VI – Linesman

- A. The linesperson will help the referee decide among other things, ball in and out of play, offside and goal scoring.
- B. The linesperson must remember that his/her opinion may or may not be accepted by the center referee.

#### Law VII – Duration of the Game

- A. The game shall be divided into two (2) equal halves of forty five (45) minutes each except as modified below:
  - 1. U15 & U16            2x40 minute halves
  - 2. U13 & U14            2x35 minute halves
  - 3. U11 & U12            2x30 minute halves
- B. Half-time break of five (5) minutes is recommended. The half-time interval must not exceed fifteen (15) minutes

#### Law VIII – Start of Play

- A. At the start of the game, choice of field ends and kick-off is determined by the flip of a coin. The winner of the coin toss chooses which direction they will attack to begin the match. The loser of the coin toss will kick off to start the match.
- B. Opponent must be ten (10) yards from the center mark while ball is kicked.
- C. The ball may not be touched again by the same player until it has been touched by another player of either team.
- D. The ball may not travel backward on the first touch.

#### Law IX – Ball In and Out of Play

The ball is out of play during the following circumstances:

- A. When it has completely crossed a boundary line (on the ground or in the air).

- B. When the game has been halted by an official.

Law X – Method of Scoring

- A. A goal is scored when the whole of the ball passes over the goal line.  
B. The ball must cross the goal line between the goal posts and under the crossbar.  
C. A goal is not scored if the ball was intentionally thrown by hand by a player of the attacking side.

Law XI – Offside

- A. A player is considered offside if he is nearer to the opponents goal line than the ball at the time the ball is kicked except in the following cases:  
1. The player is in his own half of the field.  
2. The player is not nearer to his opponent's goal line than at least two of his opponents.
- B. A player is only penalized for being offside if the ball is played or touched by one of his team and he is involved in active play in one of the following ways:  
1. Interfering with play.  
2. Interfering with an opponent.  
3. Gaining an advantage by being in an offside position.

Law XII – Fouls and Misconduct

- A. Any player who commits one of the following offences shall be penalized by the opposing team being awarded a direct free-kick:  
1. Kicks or attempts to kick an opponent.  
2. Trips or attempts to trip an opponent.  
3. Jumps at an opponent.  
4. Charges an opponent (except when the charge is shoulder to shoulder and when the player is playing the ball or attempting to play the ball).  
5. Strikes or attempts to strike an opponent.  
6. Pushes an opponent.  
7. Tackles an opponent, but touches opponent before the ball.  
8. Holds an opponent.  
9. Spits at an opponent.  
10. Handles the ball deliberately. (It is not considered a "hand ball" when the ball hits the player's hand and no advantage is gained. The fact that the ball hits a player's hand and falls favorably to the player [i.e. to their advantage] does not result in a handling foul. A player must deliberately try to handle the ball for a foul to occur.)
- B. Indirect free kicks are awarded if the following should occur:  
1. Dangerous play  
2. Charging shoulder to shoulder while away from the ball.  
3. Charging the goalkeeper when not in possession of the ball.  
4. The goalkeeper takes more than 6 seconds to release the ball and thereby delays the restart of the game.
- C. No cautions or ejections shall be issued to players except by an independent neutral Referee.

- D. The goalkeeper may handle the ball while inside the penalty area unless the ball is passed back to the goalkeeper by a teammate (pass must be intentional and played with the feet). The goalkeeper may not handle the ball a second time after gaining control until the ball has been touched by another player. The goalkeeper has six (6) seconds to release the ball into play.
- E. The referee shall assist the players committing an infringement by explaining the infringement in a friendly and helpful manner.

#### Law XIII – Free Kicks

- A. Direct – Goal can be scored directly against the offending side.
- B. Indirect – Goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal.
- C. All opponents must be at least ten (10) yards away from the placement of the free kick.

#### Law XIV – Penalty Kicks

- A. A penalty kick is taken from the penalty mark.
- B. It is awarded when any of the fouls that result in a direct kick occur inside the penalty area.
- C. Only the goalkeeper and the kicker are allowed inside the penalty area.
- D. Opponents must be ten (10) yards away before the kick is allowed.
- E. The goalkeeper must stay on the goal line until the ball is kicked.
- F. The kicker can not touch the ball twice until it has been touched by another player.

#### Law XV – Throw-In

- A. A throw-in is awarded to the defending team when the attacking team causes the ball to leave the field of play by crossing completely over the sideline
- B. The player making the throw-in must have both hands on the ball and have both feet on the ground at the time of the throw. A portion of each foot must lie on or behind the touch line at the time of the throw.
- C. The ball must be thrown from a starting point directly behind the head and must be delivered in front of the head and onto the field of play.
- D. When a ball passes over a touchline, it will be thrown in from the point where it crossed the line.

#### Law XVI – Goal Kick

- A. A goal kick is taken by a member of the defending team when the ball crosses the goal line outside of the goal when the ball is last touched by a member of the attacking team.
- B. The kick is taken from any point within the goal area (6 yard box).
- C. The ball must leave the penalty area before it can be played/touched by a player of either team.
- D. If the ball does not leave the penalty area or is played/touched by a player before leaving the penalty area, the goal kick is retaken.

Law XVII – Corner Kick

- A. The attacking team is awarded a corner kick when the ball passes completely over the goal line outside of the goal area after last being played by a member of the defending team.
- B. The kick is taken from within the corner arc on the side of the field that the ball left the field of play.
- C. No defending player may be within ten (10) yards of the ball.