

U11 Football Rules

To enable players to perform the underlying technical skills of football accurately and consistently in an open, competitive environment and assist with the development of team play.

Playing Rules:

1. Play commences with a throw-in between two players from each team in the middle of the field.
2. The goalkeeper may advance 20m for a kick out.
3. The side-to-side (shoulder) charge is permitted.
4. The ball may be caught in the hands and played away by kicking it or striking it with the fist.
5. The ball may be carried for four steps before bouncing or toe tapping it – players are restricted to one bounce and one solo per possession.
6. The player must correctly lift the ball off the ground with the foot.
7. A player who is fouled takes the free from the hands and when an opponent fouls the ball e.g. overcarries it, the player nearest to the ball takes the free.
8. When a free is awarded, the ball to be given, on the full, to the player taking the free kick. If this does not happen the ball is advanced 5m.
9. When a team plays the ball over the sideline, the opponent nearest to where the ball crosses the line, takes the sideline kick from the hands.
10. When a defender plays the ball over his own endline, the other team are awarded a free kick from the 45m line.
11. Opposing players to be at least 5m from the player taking a free kick, sideline kick, 45m kick or kick out. Free kicks should be no closer than 13m from the opposing endline.

Equipment:

1. Goal posts (4.5m x 2.2m). If no goalposts available, then coloured ‘javelin’ poles shall be used.
2. Cones to mark the boundary lines.
3. Three Smart Touch (Size 3) footballs – one placed behind each goal and one in play.

Playing the Game:

1. Games are to be played at maximum 11 v 11.
2. Playing Area 90m x 40-50m (2 Playing Areas fit on 1 standard pitch)
3. 1 goalkeeper, 4 defenders, 2 midfielders and 4 attackers
4. No zones on pitch - free movement permitted
5. All players rotate positions after each quarter. Teams change sides at half-time. No formal team talks at 1st and 3rd quarter intervals.
6. All players must wear a mouthguard when playing.



Time Duration:

1. 4 periods of 10 minutes will be played as default.
2. Teams will have option to play another 10 minutes if desired. 50 minutes will be the maximum allowed playing time.