

Kingsport Rec Soccer – Modified Rules – U11-12



Law 1 – The Field of Play

(Spectators and players should be on opposite sides of the field.)

Law 2 – The Ball

Size four (4).

Law 3 – The Number of Players

A match is played by two (2) teams, each consisting of not more than nine (9) players, one of whom is the designated goalkeeper. A match may not start or continue if either team consists of fewer than seven (7) players.

Substitutions are unlimited and may occur at any stoppage of play.

Each player SHALL play a minimum of 50% of the total playing time, which is controlled by the coach.

The maximum team roster size is sixteen (16). Teams and matches may be coed.

Law 4 – The Players Equipment

Shin guards are MANDATORY for both practices and games, and must be covered entirely by socks. If needed, teams can be distinguished by scrimmage vests.

A player must not use equipment or wear anything that is dangerous to himself or another player - including any kind of jewelry (with the exception of a medical alert bracelet).

Law 5 – The Referee

Registered referee with a minimum of a U. S. Soccer Grade 9 certification.

Law 6 – The Other Match Officials

It is permissible to use club linesmen/women (preferably parents) to signal ball out of play only.

Law 7 – The Duration of the Match

The match shall be divided into two (2) equal halves of thirty (30) minutes. There shall be a half-time interval of ten (10) minutes. No added time at the end of either half.

Law 8 – The Start and Restart of Play

Conform to the FIFA Laws of the Game - with the exception that the defending team is at least eight (8) yards from the ball until it is in play. (The distance the defending players must be away from the ball until it is kicked is the same as the radius of the center circle.)

Law 9 – The Ball In and Out of Play

Conform to the FIFA Laws of the Game.

Law 10 – The Method of Scoring

Conform to the FIFA Laws of the Game.

Law 11 – Offside

Conform to the FIFA Laws of the Game.

Law 12 – Fouls and Misconduct

Conform to the FIFA Laws of the Game.

Deliberate heading of the ball is not allowed in U11 games. If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred. (Heading is allowed in U12+ games without limitations.)

Law 13 – Free Kicks

Conform to the FIFA Laws of the Game - with the exception that all opponents are at least eight (8) yards from the ball until it is in play. (The distance the defending players must be away from the ball until it is kicked is the same as the radius of the center circle.)

Law 14 – The Penalty Kick

Conform to the FIFA Laws of the Game - with the exceptions that the penalty mark is ten (10) yards from the center of the goal line and that players (other than the kicker and defending goalkeeper) are at least eight (8) yards from the penalty mark. (The distance of eight (8) yards conforms to the radius of the center circle. The distance of ten (10) yards from the center of the goalmouth for the penalty mark fits within the reduced dimensions of the penalty area and is a reasonable distance for the kick.)

Law 15 – The Throw-In

Conform to the FIFA Laws of the Game.

Law 16 – The Goal Kick

Conform to the FIFA Laws of the Game.

Law 17 – The Corner Kick

Conform to the FIFA Laws of the Game - with the exception that opponents remain at least eight (8) yards from the ball until it is in play. (The distance the defending players must be away from the ball until it is kicked is the same as the radius of the center circle.)