

U16 DIVISION RULES – 11 v 11

LAW I – The Playing Field

- A. The goals and playing field are downscaled to suit age group.

LAW II – Ball Size

- A. Size 5 ball is used.

LAW III – Number Of Players

- A. Maximum – 11 (one of whom has to be a goalkeeper)
- B. Minimum – 7 (one of whom has to be a goalkeeper)
- C. Substitutions: Each coach must call out loudly to the Referee that he/she wishes a substitution to occur. The players then wait at mid field until the Referee signals them to come to the field.
 1. Prior to a throw-in in your favor.
 2. Prior to a goal kick by either team.
 3. After a goal is scored by either team.
 4. After an injury, by either team, when the Referee stops play.
 5. At half time.

LAW V1 – Linesman

- A. Two volunteer linesmen can be used to indicate when the ball is out of play and to keep the touchline 3 feet clear of sideline players, coaches and spectators.
- B. Volunteer linesmen are not allowed to make offside calls.

LAW VII – Duration Of The Game

- A. There will be two, forty-five minute halves.
- B. There will be a half time break of 5 minutes.
- C. Please adhere to all time limits. Game duration may be shortened at the referee's discretion in order to keep the games on time.

LAW XI – Offside

- A. Offside violations are to be called.

LAW XII – Fouls and Misconduct

- A. A player will be sent off (red carded) if he/she intentionally commits any foul punishable by a free kick when his/her opponent has an obvious opportunity to score, thus denying the attacking players team that goal scoring opportunity.
- B. NO SLIDE TACKLING is allowed in this age group. The penalty is a yellow card and a direct kick for the offended team.

LAW XIV – Penalty Kicks

- A. Penalty kicks are to be given in this age group.

LAW XV – Throw-Ins

- A. A second throw-in is not allowed when the first one causes a violation.

LAW XVI – Goal Kicks

- A. The ball is not in play until it leaves the penalty box area.

Updated 03/01/2017