



11v11 PLAYING FORMAT & RULES

Last revised 8.23.2019

For NCFC Youth Recreation & Challenge Divisions

CHECK IN REQUIREMENTS:

- **REC:** Printed copy of NCFC Youth Official Match Roster
 - Note: must be current (see top right corner of roster)
- **CH:** Printed, stamped copy of NCYSA Official Match Roster and player cards

Duration of Game:

- 2 x 35-minute halves for 7th-8th Grade/U13-U14
- 2 x 40-minute halves for 9th-10th Grade/U15-U16
- 2 x 45-minute halves for 11th-12th Grade/U17-U18

Number of Players on Field:

- 11v11 Including Goalkeepers
- Minimum: 7

Ball Size: 5

Field Dimensions: Approx. 100 x 65 yards

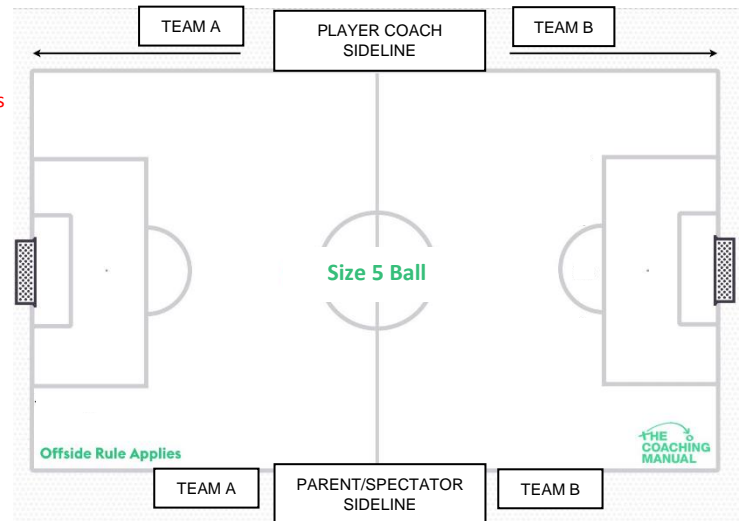
Throw-ins: Yes

Team Areas:

- Player & Coach Sideline: ONLY rostered players and officials allowed
- Parent/Spectator Sideline: MUST sit/stand on half of field directly opposite their team's players and coach(es)

Referees: Three (3) referees provided by NCFC Youth.

One center referee and two assistant referees.



The Field

- Dimensions: Approx. 100 yards long and 65 yards wide.
- Goals: 8ft high and 24ft wide

The Ball

- Size 5 ball to be provided by home team.

Number of Players

- Max. number of players per team on the field at one time is eleven (11v11), including GK.
- Min. number of players per team on the field is seven (7).
- Substitutions any goal kick, kick off, your team's throw in, and injuries (referee's discretion). If team in possession is subbing, the referee may allow another team to sub also.

Players' Equipment

- The team listed first on the schedule shall be the home team and if jersey color issue then they would be required to change.
- Players must not use equipment or wear anything dangerous to themselves or another player (No jewelry of any kind).
- Shin guards: Players must wear shin guards covered by long socks.
- Footwear: Soccer cleats are recommended, not required. No shoes with toe cleats (baseball cleats). No metal cleats.

Referees

- Three (3) referees provided by NCFC Youth. One center referee and two assistant referees.
- If short an official, then a club linesmen (parent) may be sought to only call out of bounds.

- All rule infractions shall be briefly explained to the offending player.

Duration of Game:

- 2 x 35-minute halves for 7th-8th Grade/U13-U14
- 2 x 40-minute halves for 9th-10th Grade/U15-U16
- 2 x 45-minute halves for 11th-12th Grade/U17-U18
- Halftime should be at least 5 min

Starting the Game

- Conform to FIFA
- A coin toss between both team captains will be conducted by the referee. The team who wins the toss will have choice of kick off OR which goal to attack.
- A kickoff occurs at the start of each half and after each goal. The opposing team must be outside the center circle on their half of the field.
- Kickoff - ball is in play when it is kicked and clearly moves in any direction, including backwards.
- After halftime, the teams change sides and kickoff is taken by the team who did not take the kickoff at the start of game.

Ball In and Out of Play

- Conform to FIFA
- If whole ball crosses either sideline, then it is out of bounds and game should restart with a throw-in for the other team

Method of Scoring

- Conform to FIFA
- The entire ball must travel over the goal line, inside of the goal.

Off-Side

- Conform to FIFA
- Offside will be called by the referee
- No offside directly from a throw in
- No offside directly from goal kick

Fouls and Misconduct

- Conform to FIFA

Free Kick

- Conform to FIFA
- Opponents must be 10 yards away from the ball

Goal Kick

- Conform to FIFA
- Ball is no longer required to leave the penalty area to be considered in play
- Opposition players must remain outside the penalty area until the ball is kicked.

Penalty Kick

- Conform to FIFA
- Taken from 12 yards out
- Goalkeeper must keep one foot on goal line

Corner Kick

- Conform to FIFA
- A corner is awarded when the ball has completely crossed the goal line, except through the goal and was last played or touched by a player of the defending team. It shall be kicked into play by the attacking team from the corner of the field on the same side of the goal on which it crossed the goal line
- Opponents must be 10 yards away from the ball.