



SANFORD AREA SOCCER LEAGUE

11v11 RECREATION

PLAYING FORMAT AND RULES



Playing Time:

- 13U: 2 x 30-minute halves
- 15U: 2 x 35 minute halves
- 17U: 2 x 40 minute halves

Number of Players on Field:

- 11 v 11 Including Goalkeepers
- Minimum: 7

Ball Size: 5

The Field: Approx. 100 yards x 60 yards (min)
Goals: 8 ft high x 24 ft wide

Throw-ins: Yes

Heading:

13U: NO
15U and 17U: 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)

Number of Players

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

Players' Equipment

- SASL Uniforms: Players are required to wear the appropriate White (Home) or Red (Away) SASL jerseys at all games.
- Players must not use equipment or wear anything dangerous to themselves or another player. This includes but not limited to watches, rings, earrings, nose rings, bracelets, necklaces, hair beret clips, etc.
- 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 SASL. 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 the Game / Playing Time

- Half time should be at least 5 minutes Starting the Game
- 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

- 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

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

Off-Side

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

Conforms to FIFA

Fouls and Misconduct

Conforms to FIFA

Free Kick

- Opponents must be 10 yards away from the ball

Goal Kick

- 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

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

Corner Kick

- 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.