

(7th-9th Grade) Modified Rules

(2024 11 vs 11)

Law 1 – The Field of Play: dimensions are smaller to accommodate the movement capabilities of twelve- to fourteen-year-old children. These adjusted dimensions provide more practical space allowing players to be successful.

Dimensions: The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line. Recommended 60x90 yards.

Length: minimum 80 yards maximum 90 yards

Width: minimum 50 yards maximum 60 yards

Field Markings: Distinctive lines not more than (5) inches wide. The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of eight (8) yards is marked around it. Field markings are per FIFA with the exception of the center circle, penalty area, penalty mark and penalty arc.

The Goal area: Conform to FIFA.

The Penalty Area: A penalty area is defined at each end of the field as follows: Two lines are drawn at right angles to the goal line, fourteen (14) yards from the inside of each goalpost. These lines extend into the field of play for a distance of fourteen (14) yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area. Within each penalty area a penalty mark is made ten (10) yards from the midpoint between the goalposts and equidistant to them. An arc of a circle with a radius of eight (8) yards from each penalty mark is drawn outside the penalty area.

Flag posts: Conform to FIFA.

The Corner Arc: Conform to FIFA.

Goal: The goal, 8 x24 feet

Law 2 – The Ball: -Size five (5)

Law 3 – The Number of Players: A match is played by two teams, each consisting of not more than eleven players, one of whom is the goalkeeper. A match may not start if either team consists of fewer than seven players. The smaller number of field players will provide the opportunity for the children to further develop their physical and technical abilities. These are valuable traits for all soccer players to develop. With fewer players on the field each child has an increased number of contacts with the ball and has more actual playing time. Additionally the players will be required to make more decisions and

experience repeating game situations frequently. The work rate and involvement of players will be more consistent. While learning both offense and defense, players will become well rounded and will understand more readily the roles and importance of teammates. The smaller field dimensions and number of players on the field of play will require more concentration on transition, which is a vitally important tactical concept for the players to learn.

Substitutions: At any stoppage and unlimited.

Law 4 – The Players Equipment: Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

Law 5 – The Referee: Registered referee.

Law 6 – The Assistant Referee: Use U.S.S.F. registered referees or club linesmen/women.

Law 7 – The Duration of the Match: Conform to FIFA with the exception of the match being divided into two (2) halves of thirty (30) minutes each. There shall be a half-time interval of five (5) minutes.

Law 8 – The Start and Restart of Play: Conform to FIFA with the exception that opponents of the team taking the kick-off are at least eight (8) yards from the ball until it is in play.

Law 9 – The Ball In and Out of Play: Conform to FIFA.

Law 10 – The Method of Scoring: Conform to FIFA.

Law 11 – Offside: Conform to FIFA.

Law 12 – Fouls and Misconduct: Conform to FIFA with the exception that an indirect free kick is awarded to the opposing team at the center spot on the halfway line if a goalkeeper punts or drop-kicks the ball in the air from his/her penalty area into the opponents penalty area.

Law 13 – Free Kicks: Conform to FIFA with the exception that opponents are at least eight (8) yards from the ball.

Law 14 – The Penalty Kick: Conform to FIFA with the exceptions that the penalty mark is at ten yards and that players other than the kicker and defending goalkeeper are at least eight (8) yards from the penalty mark. Conform to FIFA with the exceptions that the penalty mark is ten yards from the center of the goal line and that players other than the kicker and defending goalkeeper are at least eight yards from the penalty mark. The distance of eight yards conforms to the radius of the center circle. The distance of ten 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 FIFA.

Law 16 – The Goal Kick: Conform to FIFA.

Law 17 – The Corner Kick: Conform to FIFA with the exception that opponents remain at least eight (8) yards away from the ball until it is in play.

Law 18- Headers: Conform to FIFA

OFFICIAL FIFA LAWS OF THE GAME (SIMPLIFIED)

As described below, these are simplified descriptions of the actual FIFA Laws of the Game that have been modified in the previous pages to suit the requirements for U6/U8/U10/U12/U14 play. Any reference in those rules that states 'Conforms to FIFA' means the rule conforms to the official FIFA interpretation of what is written below.

Law 1 – Field of Play. The correct soccer field layout for the field of play is regulated; however there is no universal size, except for international matches. The touch lines (lines running end to end), can be anywhere from 100-130 yards (90-120 metres) and the goal lines (running behind the goal, across the width of the field) can be anywhere from 50-100 yards (45 to 90 metres).

- Goal Area: 6yd x 12yd
- Penalty Area: 18yd x 44yd; Penalty Arc: 10yd radius from penalty spot; Penalty Spot: 12yd from center of goal
- Corner Arc: 1yd radius from corner flag
- Center Circle: 10yd radius

Law 2 – The Ball. Rules state however that the ball used must have a circumference of 27-28 inches and weigh 14-16oz.

Law 3 – The Number of Players. According to soccer rules, each game should have 10 players plus 1 goal keeper on the field, for a total of 11 players. Furthermore, a match cannot start with fewer than seven players. International matches you'll notice, have a limit of 3 substitutions, including goal keepers, but the rules do differ for other leagues. All players who may see action must have their names submitted to the referee before the match. Most leagues use a game sheet for just such a purpose.

Law 4 – The Players' Equipment. Basic equipment for each player includes a jersey, shorts, socks, shin guards, and of course footwear. Each team must wear different colours, generally one dark and one light. In addition, the goal keepers must also wear colours that distinguish themselves from their team mates.

Law 5 – The Referee. One of the most thankless jobs out there, a referee is required for all soccer matches. The referee's job is to enforce the laws of the game while maintaining order and ensuring fair play.

Law 6 – The Assistant Referees. The assistant or "linesman" is positioned on either side of the touchlines and are generally used to determine when the ball is out of play, which team is entitled to the ball for a throw-in, corner, or free-kick, as well as calling offenses when they have a better view of the action than the referee.

Law 7 – The Duration of the Match. Most matches consist of two 30 minute halves, with a half time intermission not exceeding 15 minutes. Of course this also varies according to the league you're playing in, with younger players generally playing shorter halves.

Law 8 – The Start and Restart of Play. Each match is started by a coin toss with the winner determining which goal they will attack, and the other team taking the kick off. Dropped balls are used to restart play for any reason not outlined in the soccer rules listed in the FIFA Laws of the Game.

Law 9 – The Ball In and Out of Play. The two important things to note here is that the ball is considered out of play any time it entirely crosses either the touch or goal lines, or the referee blows the play dead. At any other time, the ball is in play. Keep in mind, the entire ball must cross over the entirety of the line to be considered out of bounds.

Law 10 – The Method of Scoring. For a goal to count, the whole ball needs to cross entirely over the goal line, between the goal posts and under the crossbar. Of course, no soccer rules can be infringed by the scoring team for the goal to stand.

Law 11 – Offside. The offside law states a player may not become actively involved in the play if he is in an offside position when the ball is touched or played by a teammate. There are several key things to be aware of with regard to offside:

- It is not an offense in itself to be in an offside position.
- A player is in an offside position if he is nearer to his opponents' goal line than both the ball and the second-to-last opponent (whether that opponent is a goalie or field player).
- A player is not in an offside position if:
 - He is in his own half of the field of play or
 - He is level ("even") with the second-to-last opponent or
 - He is level with the last two opponents
- A player in an offside position is only penalized if, at the moment the ball touches or is played by one of his teammates, he is, in the opinion of the referee, involved in active play by:
 - Interfering with play or
 - Interfering with an opponent or
 - Gaining an advantage by being in that position
- There is no offside offense if a player receives the ball directly from:
 - A goal kick
 - A throw-in
 - A corner kick

Please see the back pages of these rules for diagrams describing onside and offside positions/offenses.

Law 12 – Fouls and Misconduct. There are several things you can do to foul the opposition and most are very obvious. Law 12 outlines the various fouls, disciplinary sanctions, as well as the difference

between a direct and indirect free kick. Keep in mind that any direct free kick foul committed within the penalty area will result in a penalty kick.

- | | |
|---|--|
| - Fouls resulting in a direct free kick | - Fouls resulting in an indirect free kick |
| • Kick, or attempt to kick an opponent | • Playing in a dangerous manner |
| • Trip or attempt to trip an opponent | • Impeding progress of an opponent |
| • Jump at an opponent | • Preventing the goalkeeper from |
| • Charge an opponent | releasing the ball from his hands |
| • Strike or attempt to strike an opponent | • Goalkeeper touches the ball again with |
| • Push an opponent | his hands after he has released it from |
| • Tackle an opponent | possession and before any other player |
| • Hold an opponent | touches it |
| • Spit at an opponent | • Goalkeeper touches the ball with his |
| • Deliberately handles the ball (except goalie) | hands after it is deliberately kicked or |
| | thrown-in to him by a teammate (goalie |
| | IS allowed to touch a deliberately |
| | headed or chested ball from a |
| | teammate) |

Law 13 – Free Kicks. Law 13 concerns itself with free kick rules. In soccer, there are both direct and indirect free kicks awarded, depending on the offence. A direct kick may be kicked directly into the opponent goal, while an indirect kick must be touched by another player before it can be struck into the goal. Players must also give a minimum of 10 yards of space from the ball until it is touched.

Law 14 – The Penalty Kick. Any fouls committed within the penalty area which would otherwise result in a direct free kick are instead awarded a penalty shot which is taken according to penalty kick rules. This kick is taken from the penalty spot, with all other players standing outside of the penalty area at least 10 yards from the penalty mark.

Law 15 – The Throw-In. The throw-in is used to restart play when the ball has crossed one of the touch lines. Make sure to keep your feet down, use both hands, and throw the ball from behind and over your head and not into the ground. According to throw in rules, not properly taking a throw will result in an infraction and the throw being awarded to the opposing team.

Law 16 – The Goal Kick. A goal kick is used to restart play whenever the attacking team sends the ball across the goal line (end line) and a goal has not been scored. Goal kick rules state that the ball can be kicked from anywhere inside the goal area by any member of the defending team and is only considered to be in play once it exits the penalty area.

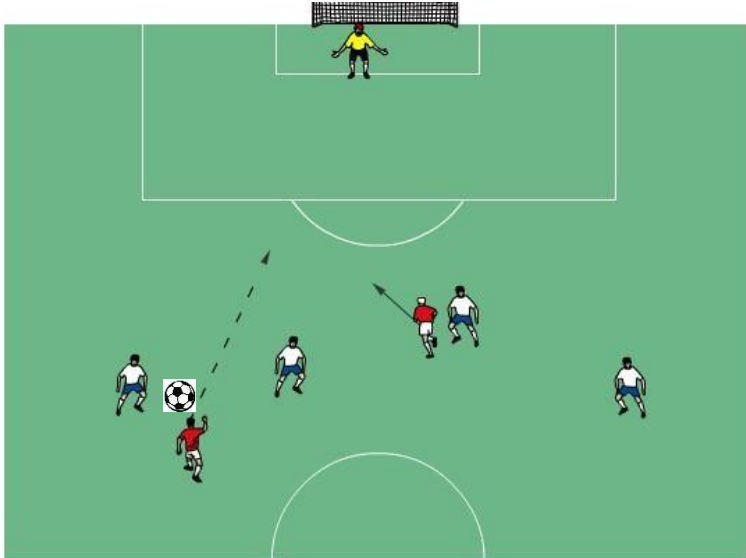
Law 17 – The Corner Kick. On the other hand, any time the ball is sent across the goal line (end line) without a goal being scored and the ball was last touched by the defending team, a corner kick is

awarded. Corner kick rules state that a corner kick should be taken from the corner arc closest from where the ball was put out of play and the ball is considered in play as soon as it is touched.

For additional reference as well as official interpretation of the laws and guidance for referees, you may view the full version of the FIFA Laws of the Game on the Fifa website.

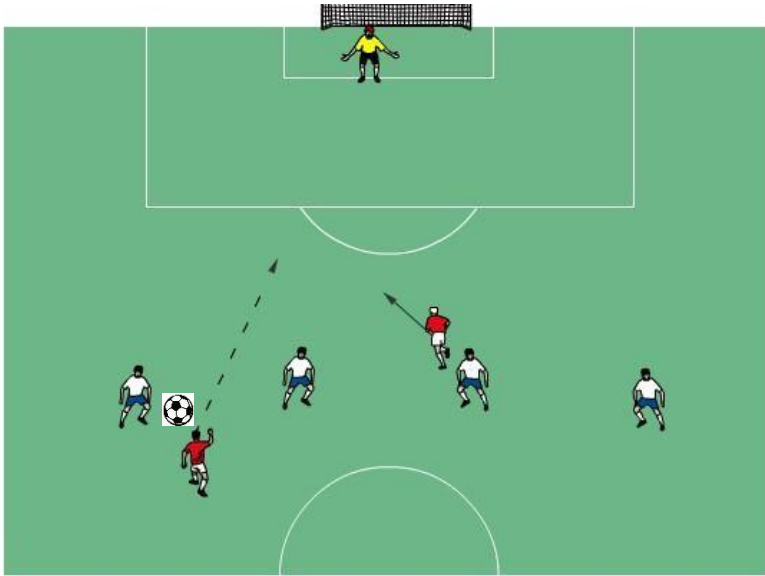
OFFSIDE EXAMPLES

Diagram 1:



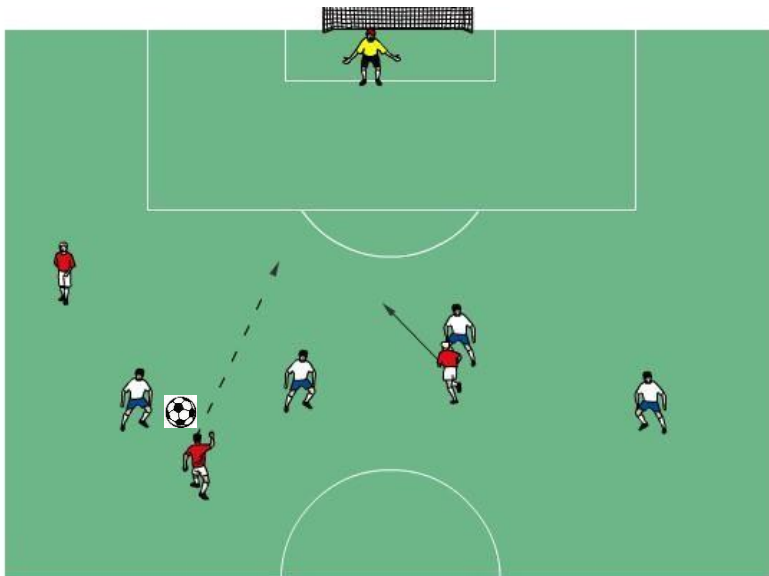
In Diagram 1, the Red player would be **on-side** since he/she is level with the second to last defender (the goalie being the last defender) when the ball is played. Even if Red is behind the second to last defender when he receives the ball he is still considered on-side since he was level when the ball was played!

Diagram 2:



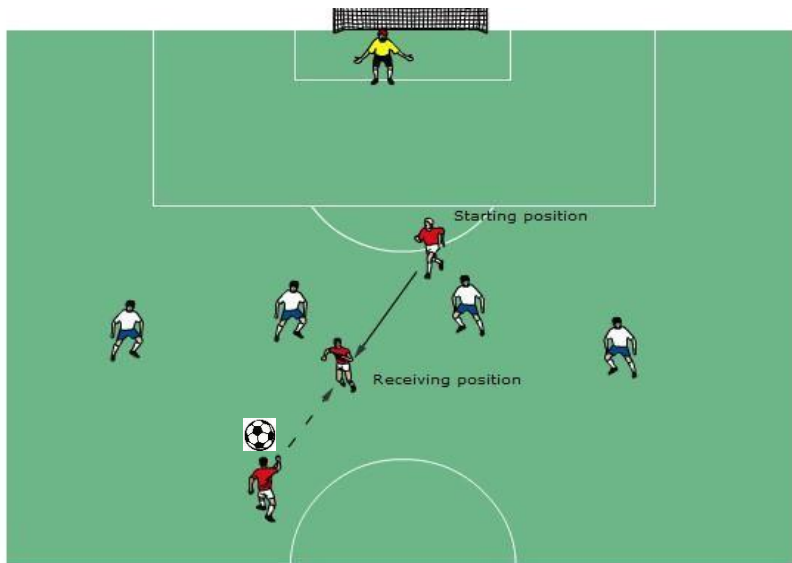
In Diagram 2, the red player would be ruled **off-side**. The red attacker is in advance of the second to last defender when the ball is played.

Diagram 3:



In Diagram 3, Is there a Red Player in an off-side position? Yes. Is the red team in violation of the offside law? No! Although the red left wing is in an off-side position, he/she is not violating the off-side rule since he/she is not interfering with the play or gaining an advantage by being “nearer to his/her opponents’ goal line than both the ball and the second to last opponent”.

Diagram 4:



In Diagram 4, Does Red receive the ball in an on-side position? Yes. Does Red violate the law of Offsides? Yes! The red player should be ruled off-side since he/she was in an off-side position when the ball was played.

Note: Many skilled strikers will deliberately stand in an off-side position to stay out of the defenders sight and try to time their run into an on-side position just before the ball is played. Again, the key phrase is **“when the ball is played”**.

Diagram 5:

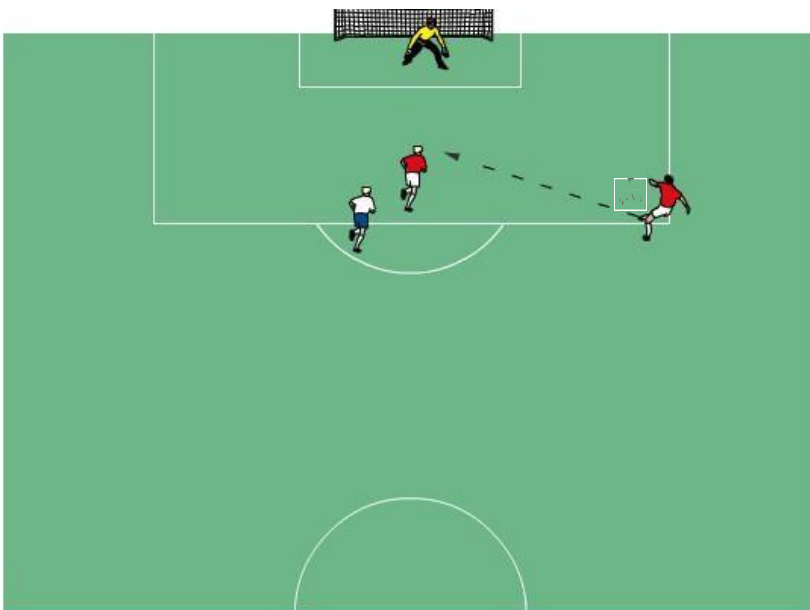
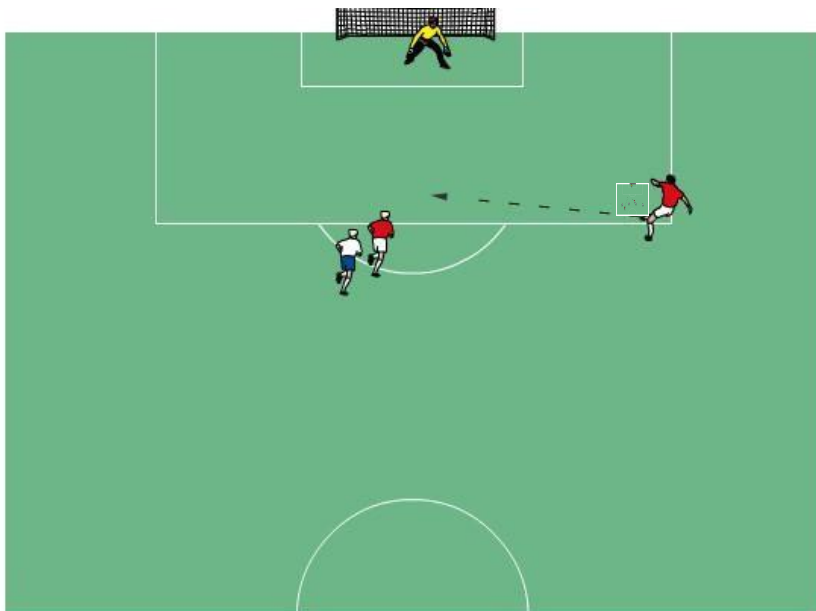
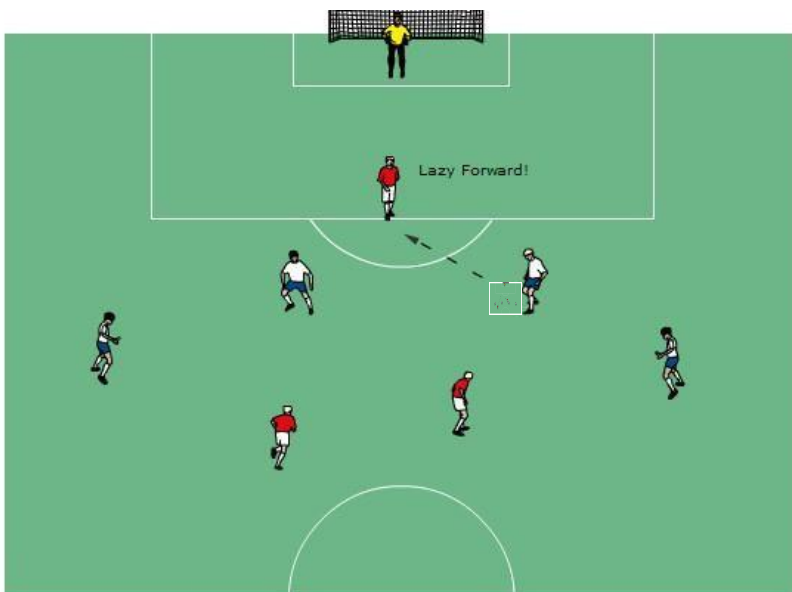


Diagram 6:



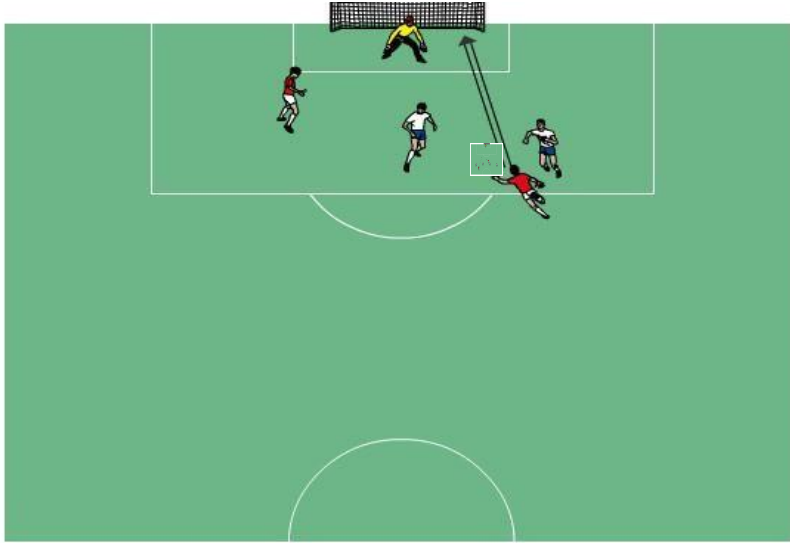
In Diagrams 5 and 6 a nearly identical situation unfolds. In both cases the player receiving the ball is nearer to his/her opponents' goal line than the second to last opponent. However, in Diagram 5 the player receiving the ball is off-side, while in Diagram 6 the attacker is on-side. Why? In Diagram 6 the player receiving the ball is behind the ball when it was played. **You cannot be in an off-side position if you are behind the ball at the moment it is played!** Although the difference of the attacking player receiving the ball in diagrams 5 & 6 is only a yard or two, that can be the difference between being offside or on-side.

Diagram 7:



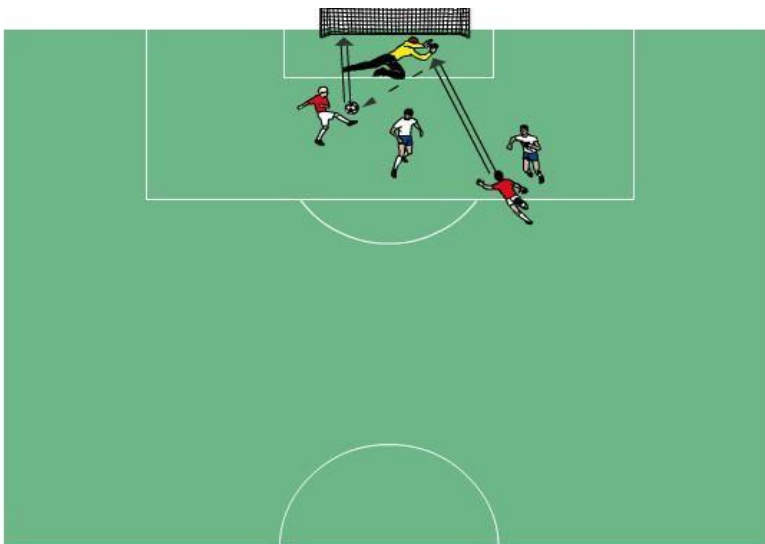
In Diagram 7, The red attacking player labeled the “lazy forward” is in an off-side position, receives the ball in an off-side position, but is not in violation of the off-side law. The reason being; A player in an off-side position is only penalized if, at the moment the ball touches or is **played by one of his team** he is, in the opinion of the referee, involved in active play.

Diagram 8:



In Diagram 8, There is a red attacker standing in an off-side position, but he/she is not in violation of the off-sides law. **Note:** this is open to a referee’s interpretation, but since the shot is taken directly, the player in the off-side position should be deemed “not interfering with the play”. In diagram 9, you’ll see how a player can go from not violating the off-side law to violating the law without changing his/her position.

Diagram 9:



In diagram 9, the red attacker goes from being in an off-side position to violating the off-side law. Once the goalkeeper gives up a rebound, the second red attacker goes from a passive off-side position to violating the off-side law due to the fact that his/her position “**gains an advantage**” by being positioned in such a manner.

In Conclusion: The off-side law is one of the most difficult rules to enforce for an official. With the law being open to interpretation and having many nuances, it leaves an officials’ decision open to debate. It’s important to understand that, whether a player is on-side or off-side can change in a matter of seconds. Games at the highest level are often decided by forwards timing their runs or defenders mistiming an “off-sides trap”. At the youth level, particularly with games officiated without assistant referee’s, coaches and parents would be better served by acknowledging that mistakes will be made and it makes no sense to shout out claims of “off-sides”. In many instances, these claims are incorrect and even when they are correct the officials’ decision is final!