

SPIRIT OF THE GAME

At U11 & U12 we continue to add more game elements by removing the Build-out line and making the offside call from the center line to the goal line. Keepers are now allowed to punt the ball but heading the ball is still not allowed at U11 or U12 in recreational play.

U11 & U12

Ball Size:	4
Field Size:	80 yd x 50 yd (TYP)
Time Periods:	2 x 30 Minute Halves
Rest Periods:	5 minutes at halftime
Substitutions:	<ul style="list-style-type: none">- At possession throw in - At opponent throw-in, only if your opponent is making a substitution- Any goal kick- Any kick off- For injured player (opponent may substitute)

	<ul style="list-style-type: none">- Player receiving a yellow card- Discretion of the referee
Total Players:	9 (May play with 6)
Goalkeeper:	Yes
Throw-Ins:	Yes
Throw-In Attempts:	1
Direct Free Kicks:	Yes (Goal may be scored directly from free kick)
Indirect Free Kicks:	Yes (Goal may not be scored directly from free kick)
Free Kick Distance:	10
Offside:	Yes
Misconduct:	Yes (Yellow and Red Cards)

Notes:

There is **NO HEADING** in Recreational soccer at U11 or U12.