

## **STOKESDALE PARKS & RECREATION UNDER 18 RULES**

### **Sides**

- 8 v 8. 7 field players and GK. Minimum 6 v 6 to start and finish game.
- High School: 11 v 11 if roster permits

### **Ball**

- U11-U12: Size 4- home team provides the game ball
- U13-U18: Size 5- home team provides the game ball

### **Field and Goal Sizes**

- Approximately 50 x 80 yards
- Goal Size: min: 6.5 X 18 feet, max: 8 X 21 feet

### **Game Length/Halftime**

- U11-U12: Two 30-minute halves
- U13-U18: Two 35-minute halves
- 5 minute halftime

### **Officials**

- A Grade 8 or above referee is provided.
- Both coaches can coach from their respective positions from the **team bench and should be the only voice used to coach and facilitate the game.**
- All rules infractions shall be briefly explained to the offending player.

### **Substitutions**

- Each player must play at least one half of the game.
- FIFA Substitution Rules

### **Equipment**

- Shinguards (under socks) are required
- Jewelry is not permitted

### **Uniforms**

- Red jersey for home, black jersey for away.

### **Goalkeepers**

- Coaches must use at least 2 different goalies each game unless there are extenuating circumstances.
- Goalkeepers can punt the ball but should be encouraged to roll (bowl) or pass (feet) the ball out.

### **Age Specific Rules**

- Offside is now called.
- Players do NOT need to back up to midfield on goal kicks any longer.
- All other rules abide by FIFA Laws of the Game.