| The Field (Law 1) | The field size is $80-130$ yards long, $50-100$ yards wide. Refer to Full-Sided 11v11 Field Diagram (pg. 7) |
| :---: | :---: |
| Field Markings (Law 1) | Halfway Line - width of field, marked equidistant between Goal Lines <br> Center Circle - 10 -yard radius <br> Goal Area - $6 \times 20$ yards <br> Penalty Area - $18 \times 44$ yards <br> Penalty Mark - 12 -yards from Goal Line <br> Penalty Arc - extends 10 -yard radius from Penalty Mark |
| Corner Flags (Law 1) | Corner Flags - at least five feet high and at least one (1) inch in diameter having a nonpointed top. |
| Goals (Law 1) | 8 feet high and 24 feet wide; must be securely anchored before beginning play. |
| Ball (Law 2) | Size 5 ball |
| Number of Players (Law 3) | Eleven (11) per team on field, one of which is goalkeeper; minimum of seven (7) players to continue. |
| Substitutions (Law 3) | Unlimited for both teams between periods, on goal kicks, after a goal, extended time-out (e.g., injury, cautions, send-offs). No substitutions on corner kicks. Unlimited for team taking throw-in; opponents may only substitute (unlimited) if team taking throw-in substitutes. |
| Playing Time (Law 3) | All players to play a minimum of half of the game. Preferably all players play equal amount of time. |
| Player Equipment (Law 4) | Shirts, shorts, shin-guards, socks, shoes. <br> Same color shirts (except goalkeeper). Socks to cover shin-guards. No jewelry/earrings and nothing dangerous |
| Duration of Game (Law 7) | Two 30-minute halves or four 15-minute periods; halftime interval 5 -minutes; 1-minute interval between other periods (teams to just change direction). Teams switch sides each period. |
| Referees (Law 5) | As per SAYArea directives, top priority is player safety. <br> Every effort should be made to keep the game moving and free from stoppages for doubtful infractions. |
| Ball Out-of-Play (Law 9) | Ball is out-of-play when it completely leaves the field-of-play over the Touchline or Goal Line, either on the ground or in the air. <br> Ball is also considered to be out of play and the game is stopped, whenever the whistle is blown. |
| Restarts <br> (Laws 8, 13, 15, 16 \& 17) | Player may not touch the ball again at the taking of a free kick, goal kick, corner kick, kick-off or throw-in until it has touched another player (restart is an IFK to opponents). |
| Kick-Off (Law 8) | Kicker may stand in opponent's half of field. <br> All other players on both teams must be in own half of field and opponents must be outside the Center Circle. <br> Ball in play when kicked and clearly moves in any direction. |
| Dropped Ball (Law 8) | Restart when referee stops games for an injury, outside interference, weather or accidental whistle. <br> Only one player may take part in the dropped ball. All other players to be at least 4-yards away. <br> Ball in play when it makes contact with the ground. <br> Requires touch by two different players for a goal to be awarded. |
| Corner Kicks (Law 17) | Restart when ball goes over Goal Line (End Line) last touched by a defending player. Opponents must remain 10-yards from the Corner Area. <br> Ball in play when kicked and clearly moves. <br> Goal may be scored directly from a corner kick. |


|  | Restart when ball goes over Goal Line (End Line) last touched by an attacking team player. <br> Ball in play when kicked and clearly moves. <br> All opposing players must remain outside the Penalty Area until the ball is in play. <br> If opposing player(s) enters Penalty Area too early, the goal kick is to be retaken. <br> Goal may be scored directly from a goal kick, but only against the opposing team. |
| :--- | :--- |
| Opponents must be at least 10-yards from the ball or on Goal Line between the goal posts. |  |
| Ball in play when kicked and clearly moves. |  |
| Direct Free Kick (DFK) - a goal may be scored on the first touch, but only against the |  |
| opposing team. |  |
| Indirect Free Kick (IFK) - two touches required for a goal to be allowed. |  |
| Results when a DFK offense is committed inside a player's own Penalty Area. |  |
| All players (except kicker and goalkeeper) to be outside Penalty Area, Penalty Arc and |  |
| behind the ball. |  |
| Ball must be clearly kicked in a forward direction. |  |
| Goalkeeper must have at least part of one foot on or directly above the Goal Line at the time |  |
| the ball is kicked. |  |

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