

# NYSA REC SOCCER RULES

**Rules: All standard FIFA Laws of the Game will apply with the following age division modifications.**

## U11 SPECIFIC RULES (modifications)

- 7v7 – six field players and a goal keeper
- (goal keeper must wear distinguishing color from all other field players)
- 60 minute game played in two 30 minute halves
- If necessary or requested by **ONE** coach, a water break will be taken midway through each half
- Water break (if taken) will be at a natural stoppage of play around the 15 minute mark
- Clock will **STOP** through the water break or extra time added for the stoppage
- Unlimited substitutions with permission of referee (*see below*)
- Coaches/Spectators should remain off the field during the game (unless requested by the referee)
- **NO JEWELRY OF ANY KIND. NO EXCEPTIONS!**
- All players must wear shin guards **INSIDE** their socks
- **NO** intentional heading – treated as dangerous play – award Indirect Free kick to opposing team
- **NO** slide tackling (restart IDFK or DFK depending on if a foul was committed)
- There **WILL** be offside
- Goalie may **NOT** punt the ball
- Build-Out line will be used (see [build-out line page](#) for more details)
- Free kick distance modified for field size: 6 yd distance between defensive players and ball
- Size 4 ball

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### General Rules that pertain to U11

In the interest of fairness and in the spirit of the game if a team shows up short of players, the opposing team either lends players or plays down to even out the game.

**NO JEWELRY OF ANY KIND. NO EXCEPTIONS!** Refer to the Laws of the Game (Law 4.1) for more information.

All players must wear shin guards **INSIDE** their socks. Refer to the Laws of the Game (Law 4) for more information.

There **WILL** be *offsides* for U11.

Intentional Headers are **NOT** allowed in U12 (and below) games.  
One Center Referee will be used for U11.

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### Substitutions:

Substitutions are unlimited and can occur at any stoppage. Normally substitutions should not be allowed on offensive motions (free kicks, corner kicks) unless there is an injury. Allow the substitution if done by the team in possession but advise the coach against substituting on an offensive motion.

Substitutions should be made at the half-way line and with permission of the referee. Refer to the Laws of the Game (Law 3.3) for more information.

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### Kick-Off:

The ball may move in ANY direction. Refer to the Laws of the Game (Law 8.1) for more information.

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### Misconduct:

Misconduct should be rare in U11 games. There is no need for the public cautioning and sending off of young players (leave your red and yellow cards in your bag). Officials should work cooperatively with the coach when a U11 player may need a “time out”. Refer to the Laws of the Game (Law 12).

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### Fouls:

All fouls identified in Law 12 apply. Play should be allowed to continue for trifling contact. It is a contact sport and there will be incidental contact especially at lower levels. An effort will be made to allow play to continue as much as possible unless there is an injury or foul resulting in a change of possession. Refer to the Laws of the Game (Law 12) for more information.

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### Free Kicks:

Opponents must be at least **6 yards** from the ball during free kicks in games. Free kicks may be direct or indirect. Refer to the Laws of the Game (Law 13) for further details.

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## Penalty Kicks:

Penalty kicks may be awarded in U11 (and above) games. A penalty kick results from a player committing one of the ten direct free kick fouls inside his or her own (defending) penalty area. The penalty kick is taken from the penalty mark with all other players outside the penalty area and behind the penalty mark (except the opposing goalkeeper). Refer to the Laws of the Game (Law 14) for further details.

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## Throw-in:

A second attempt should **NOT** be permitted for throw ins at U11 level. If the amount of stoppages due to improper technique become excessive in the opinion of the referee play can be made to continue and proper technique can be reinforced later by the coach. Keep the game moving and minimize interruptions. Can NOT score directly from a throw-in. Refer to the Laws of the Game (Law 15) for further details.

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## Goal Kick (Build out Line):

All goal kicks, opposing players must move out of the build-out area. Opposing players must remain on the other side of the build-out line until the ball is in play and touched by one of the defenders. If encroachment happens, retake the goal kick. The ball is not required to clear the build-out area to be in play. Refer to the Laws of the Game (Law 16) for further details.

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## Corner Kick:

The ball must be placed in the corner area nearest to the point where the ball passed over the goal line or the goalkeeper's position when penalized. (Law 17).

A corner kick is awarded if a goalkeeper, inside their penalty area, controls the ball with their hand(s)/ arm(s) for more than **eight seconds** before releasing it.

The referee will decide when the goalkeeper has control of the ball and the eight seconds begin and will visually **count down the last five seconds** with a raised hand.

A goalkeeper cannot be challenged by an opponent when in control of the ball with their hand(s)/arm(s). (Law 12-3)

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**The Build-Out line** is to be placed halfway between the top of the penalty area and the midfield line

1. The line also is used for the offside line. Players cannot be penalized for an offside offense between the halfway line and the build out line
2. The opposing team must move behind the build out line in the following situations a. On a Goal Kick b. When the goalkeeper has possession of the ball (with their hands)

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Rev 8/05/2025

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3. The goalkeeper may release the ball into play prior to the opposing team reaching the build out line (quick restart). The opposing team may challenge for the ball once the ball has either a. Been touched by a teammate of the goalkeeper b. Goalkeeper has dropped the ball and touched it with their feet
4. Once the opposing team is behind the build out line, the goalkeeper can pass, throw, or roll the ball into play (punting, including drop kicking, is not permitted for U10 and younger matches) \*
5. The opposing team may cross the build out line when: a. The goalkeeper passes, throws, or rolls the ball with their hands to a teammate who then touches the ball (First Touch is Free) Behind the Build-Out Line# b. On a Goal Kick when the ball has been kicked and moved and touched by a teammate Behind the BuildOut Line# c. The Goalkeeper in possession of the ball with their hands drops the ball to the ground then touches it with their feet i. An indirect free kick will be awarded to the opposing team if: a. The GK drops the ball to the ground and does not touch it with their feet within 8 seconds b. The GK releases the ball with their hands and the receiving player chooses not to touch the ball within 8 seconds.
6. If the opposing team crosses the build out line before the above (Point #5, a, b, c) the referee will: a. From Goal Kick – Retake the Goal Kick b. From the Goalkeepers possession – An Indirect Free Kick is awarded to the goalkeepers' team