

U11 Official LCSL Guidelines

I. Roster Size

A. Minimum 9 – Maximum 14

II. The Field:

A. Dimensions: The field of play shall be rectangular. The length in all cases shall exceed the width.

- 1.) Length: minimum 70 yards, maximum 80 yards
- 2.) Width: minimum 40 yards, maximum 55 yards
- 3.) Recommendation: Length 70 yards x Width 50 yards

B. Markings shall be:

- 1.) Distinctive lines not more than 5 inches wide.
- 2.) A halfway line shall be marked out across the field.
- 3.) A center circle with an 8 yard radius.
- 4.) Four corner arcs with a 3 ft (1 yard) radius.
- 5.) A penalty arc with an 8 yard radius. (Not required)
- 6.) Goal area: 6 yards from each goal post and 6 yards into the field of play, joined by a line drawn parallel with the goal line.
- 7.) Penalty area: 14 yards from each goal post and 14 yards parallel with the goal line.
- 8.) Goals shall be 7 feet high and 21 feet wide.

III. The Ball:

A. Size four.

IV. Number of Players:

A. Maximum number of players on the field at any one time is nine, one of whom must be a goalkeeper. There may be up to an additional 2 players if there is a lead of 5 or 7 points. See section XXI: Scoring Rule below.

B. Maximum number of players on the roster cannot exceed 14 unless approved of by the league.

C. Substitutions:

- 1.) Prior to a throw-in in your favor.
- 2.) Prior to a goal kick, by either team.
- 3.) Prior to a throw-in by either team if the team with the ball is substituting at the same time.
- 4.) After a goal, by either team.
- 5.) After an injury, by either team, when the referee stops the play.
- 6.) At half time.

7.) Goalie changes are recommended but not mandatory.

8.) All players must play in at least 50% of each game except due to injury, illness, or for disciplinary reasons. Players not eligible to play 50% of a game for disciplinary reasons shall be reported to the referee prior to the start of the game.

V. Player Equipment:

A. A player may not wear anything that is dangerous to themselves or others including any kind of jewelry.

B. Basic equipment includes a uniform, shin guards, and tennis shoes or cleated soccer shoes.

VI. Referee:

A. One Registered Referee. If no referee shows up find someone to referee the game. Both coaches should agree. If the coaches can't agree, use one volunteer for the 1st half and a different volunteer for the 2nd half.

B. All rule infractions shall be briefly explained to the offending player.

VII. Duration of the Game:

A. The game shall be divided into two equal halves of 30 minutes each. With an 5 minute halftime.

VIII. Start or Restart of the Game:

A. Both teams must be on their half of the field to begin the game.

B. A kick-off is used to start a game or second half, or after a goal is scored.

C. A kick-off is a direct kick which may be kicked in any direction.

D. A kicker who touches the ball first during the kick-off may not touch the ball a second time until another player touches the ball.

E. Opponent must be 8 yards from the center mark while the kickoff is in progress.

IX. Ball In and Out Of Play:

A. The ball is out of play if it completely crosses the goal end line or touch line, or if the referee stops the play.

B. The ball is in play all other times when remaining in the field of play.

X. Method of Scoring:

A. A goal is scored when the whole ball passes over the goal line, between the goalposts and under the crossbar.

B. The team with the most goals wins. A tying score ends in a draw.

XI. Off-Side:

A. An offside position is if he/she is closer to their opponent's goal than both the ball and the second last opponent.

B. A player is ruled offside if at the moment the ball is touched or played by one of their teammates, he/she is involved in the play by interfering with the play, interfering with the opponent, or gaining an advantage by being in that position.

C. A player is not offside if he/she is on their own defensive half of the field, level with the second to last opponent, or level with the last two opponents or behind the ball.

D. If the offensive player receives the ball directly, there is no offside on a goal kick, throw in, or corner kick.

E. In the case of an offside call, the opposing team receives an indirect kick from where the infringement occurred.

XII. Misconduct:

A. Referees may card (yellow and red card) coaches in the same manner as players. A card is not required for a referee to dismiss anyone but a player from a game.

B. A player is cautioned and shown a yellow card if he/she is guilty of unsporting behavior, shows dissent by word or action, persistently infringes the laws of the game, delays the restart of a game, fails to respect the required distance when play is restarted, enters or re-enters the game without the referee's approval, or deliberately leaves the field without the referee's approval.

C. A player is sent off and shown a red card if he/she is guilty of a serious foul play, guilty of violent conduct, spits at an opponent or any other person, denies the opposing team an obvious goal scoring opportunity by deliberately handballing the ball or by an offense punishable to a free kick or penalty kick, uses offensive, insulting, or abusive language or gestures, or if a player receives a second caution in the same match.

D. In the event of a red card, the player must leave the field and may not return or be substituted for, and the player's team must play short. The disqualified player is restricted to the team area. Disqualified team members who are not players are restricted to the team area and may not enter the game.

XIII. Free Kicks:

A. A player may receive either a direct or indirect kick and must be taken where the foul occurred. The ball must be stationary, and the player cannot touch the ball twice in a row without another player touching the ball.

B. In the case of either a direct or indirect kick, the opposing team must stand at least 8 yards away from the ball.

C. A direct kick is awarded to the opposing team if a player commits a careless, reckless act, or uses excessive force.

D. A Penalty kick is awarded to the opposing team if a goalie, inside his/her own penalty box commits a foul, or if a player plays in a dangerous manner.

E. A direct kick is put into play once one player touches the ball.

F. An indirect kick cannot be scored unless two players touch the ball before entering the goal or if the ball goes out of play.

XIV. Penalty Kicks:

A. The penalty kick is taken 10 yards from the goal line.

- B. A penalty kick is awarded to a team if a player on the opposing team commits a foul worthy of a direct kick in their own defensive box.
- C. A penalty kick is a direct kick with all players, except for the goalie, standing outside the box and eight yards away from the player who is kicking the ball.
- D. The defending goalie must remain on the goal line, and between the goalposts until the ball is kicked.
- E. A player taking the penalty kick cannot kick the ball a second time until another player touches the ball.

XV. Throw-in:

- A. A throw-in is awarded if the ball passes over the touch lines on either side of the field. The throw must be taken from where the ball went out of play and is taken by the team in which their opponents touched the ball last before going out of play.
- B. A throw must be taken facing the field, part of each foot on the ground, outside the touch line, using both hands, and delivering the ball over and directly behind their head.
- C. A same player throwing the ball in play cannot touch the ball a second time until another player touches the ball.
- D. A goal cannot be scored directly from a throw-in.

XVI. Heading:

- A. Any purposeful header within the game shall result in an indirect kick from the spot of the infraction.
- B. A purposeful header denying a scoring opportunity will result in a Penalty kick awarded to the opposing team.
- C. This heading rule does not apply to U12. U12 is permitted to head the ball.
 - 1.) Heading is allowed pursuant to FIFA guidelines.
 - 2.) Any dangerous play will result in an indirect kick for the opposing team.

XVII. Goalie Punts and Drop Kicks:

- A. Goalkeepers can punt or drop kick.
- B. The opposing team must retreat behind the penalty area once the goalkeeper has possession of the ball in his or her hands. The opposing team must remain behind the penalty area line until the ball is played from the goalkeeper.
- C. Passbacks to the goalkeeper are not allowed at all ages with goalkeepers. An indirect free kick shall be awarded at the spot of the foul, per FIFA rules. The passback itself is legal, the penalty comes into play if the goalkeeper handles the pass with his or her hands. If the goalkeeper plays the passback with his or her feet, there is no penalty.

XVIII. Goal Kick:

- A. A goal kick is awarded if the ball, having last touched by the opposing team, passes over the goal line except for if a goal is scored.
- B. A goal kick is taken within the goal area by a player or goalie of the defending team.

C. Opponents must remain outside the penalty area until the ball is in play. Once the ball is kicked and moves, the ball is an in play live ball.

D. A player taking the goal kick cannot touch the ball a second time until it is touched by another player.

XIX. Corner Kick:

A. A corner kick is awarded when the whole ball, having last been touched by the defending team, passes over the goal line and a goal is not scored.

B. The ball is placed next to the nearest corner flag without removing the flag and is kicked by a player on the attacking team.

C. Opponents must remain ten yards away from the ball until it is in play.

D. A ball is in play once it is kicked or moved, and the player taking the corner kick may not touch the ball a second time until another player touches the ball.

XX. Sliding:

A. Sliding is **not** allowed at this age. Sliding consists of sliding, slide kicking, and slide tackling.

B. Result of sliding will result in a yellow card for player commits the slide and indirect kick from spot of the infraction is awarded to the opposing team.

XXI. Scoring Rule:

A. When a team has a 5 goal lead, the losing team may add a player. If the losing team scores a goal to bringing the lead down to 4, you must remove the add player.

B. When a team has a 7 goal lead losing team may add a second player, or the winning team can remove a player. If the losing team scores a goal bringing the down to 6, you must remove the second player, or the winning team can add the player that was removed.

C. Winning by 10 or more goals will results in the coach get an emailed warning for first offense. Second offense will result in email and only 1pt for the win.

Coach must report a loss by 10 points to their community's LCSL Rep. The LCSL Rep will report the 10 or more point loss to LCSL Board.

XXII. Score Reporting:

A. The score should be reported on LCSL Website by the HOME team within 48 hours of the game.

B. If the score is not reported by the home team within 48 hours of the game, the away team can report the score.