

9V9 RULES & GUIDELINES



U11 Rules:

1. No Punting: Goal Keepers are not allowed to punt the ball. This includes drop kicking or bouncing the ball and kicking it. If the keeper puts the ball on the ground to kick it themselves, players can immediately press the keeper. Violation of the rule will result in an indirect free kick on the restraining line.
2. No heading. An indirect free kick will be awarded to the team who did not head the ball. If the ball is headed by the defending team in their own penalty box, the ball will be moved to the nearest restraining line (Colored line).
3. Off-sides will be called in the final 25 yards of the field only. The blue restraining line will act as the start of the off-sides line.
4. Kick-ins instead of throw-ins. The ball cannot be played above knee height. The Off-sides rule is the same as if it was a throw-in. Punishment: opposing team gets to take a kick-in if the team violates the rule.
5. Corner Kicks cannot go above knee height.
6. Restraining line: When a restraining line is utilized, players must drop behind the restraining line any time the keeper has the ball (Goal Kick or ball in Keeper's hand). The defending team can press the ball once the keeper releases the ball from their hand or plays the ball with their foot. The defending team does not have to wait until the second player touches the ball. If someone other than the keeper takes a goal kick, the defending team can press the ball once the ball is played. Keepers are not required to wait until the players drop to their restraining line. The opposing team must be dropping but can change directions to press the ball once the ball is passed, thrown, or dribbled by the keeper. Violation of the rule: Indirect free kick if they do not drop from the point of the infraction.

Once the keeper has the ball in their hands or is taking a goal kick, the opposing team must drop to the restraining line.



The keeper does not have to wait until the players get back behind the restraining line. Defending players must move back to the restraining line and cannot turn and pressure the attacking team until one of the following happens:

1. The keeper releases the ball from his/her hands and puts it on the ground at his/her feet.
2. The keeper throws the ball out or kicks it on a goal kick.
3. The keeper makes a long throw or goal kick that crosses the restraining line.

Keeper plays quickly. Players should be running to their restraining line, but they can turn and press once the ball is passed, dribbled, or thrown by the keeper.



U12 Modification from normal rules of play:

- 1.** No Punting: Goal Keepers are not allowed to punt the ball. This includes drop kicking or bouncing the ball and kicking it. If the keeper puts the ball on the ground to kick it themselves, players can immediately press the keeper. Violation of the rule will result in an indirect free kick on the restraining line.
- 2.** Off-sides will be called in the final 25 yards of the field only. The blue restraining line will act as the start of the off-sides line.
- 3.** Throw-ins are allowed. The Off-sides rule is the same as if it was a throw-in.
- 4.** Corner kicks can go above knee height.
- 5.** Heading is allowed.
- 6.** Restraining line: Same as U11 rules.

FIELD STANDARDS (9V9).

- Length 75 to 80 yards long.
- Width 45 to 55 yards wide.
- Blue offside line 25 yards from end line.
- Goals: Recommended 6.5 x 18.5. 7 x 21 are acceptable.