



## U16 League Rules

### **THE DURATION OF THE GAME**

The game consists of two equal halves of 40 minutes.

### **THE NUMBER OF PLAYERS**

The maximum number of players per team is 11 (including one goalkeeper). The minimum number of players is 7.

### **PLAYER EQUIPMENT**

Players shall not wear anything that endangers themselves or other players. Players are not permitted to wear any jewelry, including earrings.

Basic compulsory equipment shall consist of:

- A jersey, shirt with sleeves or colored bib
- Shorts
- Soccer socks
- Shin guards—must be completely covered by sock
- Appropriate footwear

Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

Jewelry is not permitted and cannot be taped. Medic Alert bracelets and necklaces are the exception provided that they are fastened securely so as not to bring danger to any other player. The referee should be aware of any player that is wearing one of these.

Any hair apparel must be of soft fabric, no plastic or metal items are to be worn.

Sports hijabs / headscarves are permitted.

Referees have the final say on the safety of equipment

### **THE BALL IN AND OUT OF PLAY**

The ball is OUT of play when:

- It has wholly crossed the field markings (lines/cones), whether on the ground or in the air

- Play has been stopped by the Referee

The ball is IN play at other times, including when:

- It rebounds into play from a goal-post, a crossbar, or a corner flag post, and remains in the field of play.
- It rebounds off the Referee

## **OFFSIDE**

There IS offside.

## **FREE KICKS**

Free kicks are direct or indirect, as per IFAB rules.

## **PENALTY KICKS**

A penalty kick is awarded if certain offences are committed by a player inside his own penalty area and shall be taken from the 11-metre (12 yards) penalty mark.

Defending goalkeeper:

- must be on his goal line, facing the kicker, between the posts until the ball has been kicked
- is allowed to move sideways but can't move forward until the ball has been kicked

The players other than the goalkeeper must be located **at least 9 metres (10 yards) from the penalty mark.**

## **THROW-INS**

There ARE throw-ins.

## **THE GOAL KICK**

A goal kick is awarded when the whole of the ball passes over the goal line either on the ground or in the air, having last touched a player of either team, and a goal has not been scored.

Retreat Line:

There is **no** retreat line.

A goal **may** be scored directly from a goal kick, but only against the opponents.

## **THE CORNER KICK**

A corner kick is awarded when the whole of the ball passes over the goal line either on the ground or in the air, having last touched a player of the defending team, and a goal has not been scored.

**A goal may be scored directly from a corner kick.**

## **SUBSTITUTIONS**

Unlimited substitutions may be made throughout the game. All substitutions are only allowed at the discretion of the Referee and the Referee shall be advised of all substitutions. Substitutions are allowed on any goal kicks, a team's own throw-in, after a goal is scored and at the beginning of the 2nd half. Once a team is changing the other team may change as well.

## **CARDS**

Yellow AND Red cards can be awarded.