



Utah Youth Soccer Association 11U and 12U – Age Specific Rules

Special Rules for 11U-12U:

- 9 players on the field
- No heading (indirect free kick – taken at the top of the penalty area if this happens inside the defensive penalty area)

Field Specifications:

- Field width 45-55 yards / length 70-80 yards
- Free Kicks / corner kicks (8 yards from ball)
- Penalty Spot 10 yards from goal
- Goal size: 6.5 x 18 recommended; 7.5 x 21 allowed
- Penalty area: 36 yards wide and 14 yards into field of play

Game Length:

- Two 30-minute halves, minimum of 5 minutes for half time.