

COMPETITIVE

WHAT IT LOOKS LIKE NEXT SEASON

FAIR PLAY. COMPETE. ACHIEVE.



AFFILIATED LEAGUE PLAYERS

Affiliated League Players can play in Competitive division – only **one** on pitch at any one time.



U30s CAN PLAY

U30s can play – only **two** on pitch at any one time.

If a league player is on the pitch then only **one** U30 can be on the pitch at the same time.



MATCH LENGTH

Match length will be **40 minutes** each way standard.

If there is an external factor on that day that means 40 minutes will not be possible then the referee and both teams will agree to play a minimum of **35 minutes** each way.



LEAGUE DECIDING FACTORS

Removal of goal difference as deciding factor – instead it will come down to **head to head results** or if both teams are still equal a **one off play off game** to determine result.



MULTIPLE TEAMS IN SAME COMPETITION

It was agreed that you can enter two teams into the same competition but emphasis on players being registered to **one** of the teams only.



LEAGUE TABLE

There will be a league table and this will be **published**.



FAIR, COMPETITIVE & RESPECTFUL

We expect all players, officials and clubs to uphold the values of respect, teamwork and sportsmanship.

11v11 FOOTBALL GUIDE

FUN, DEVELOPMENT, TEAMWORK



EXAMPLE FORMATIONS

1-5-3-2



1-3-4-3



These are just examples. Be flexible and adapt to your players and the game.

EQUIPMENT FOR 11v11



Recommended pitch size: 100 x 64m.
Minimum pitch size: 91 x 46m.
Maximum pitch size: 118 x 91m.



Recommended goal size: 24 x 8ft.



Ball: Size Five.



Pitch sizes can vary depending on the venue available. Always mark the pitch clearly and ensure player and spectator safety.

BASIC RULES FOR 11v11



Match officials
needed:
Yes.



Substitutes:
Rolling
substitutes.



Goalkeepers:
Yes.



Retreat line:
No.



Powerplay:
No.



Heading:
Heading
allowed.



Sideline restarts:
Throw-ins.



Offside:
Yes.

HOW TO MANAGE 11v11 ON MATCHDAY



BE POSITIVE

Create the right environment. Focus on fun, development and helping players fall in love with the game.



ENCOURAGE FREEDOM

Give players freedom to express themselves.
Offer plenty of encouragement.
Let them learn and make decisions.



BE RESPECTFUL

Encourage respect from everyone – players, coaches, officials and spectators.



USE ROLLING SUBS

Use rolling substitutes effectively to give players equal game time. Best practice: each player gets to play at least 50% of the game.



FOCUS ON DEVELOPMENT

At this format, think more about styles of play, tactics, strategies and systems. Consider your players' strengths and how to help them develop further.



BALANCE GAME TIME

In the open-age game, use subs wisely and balance playing time across the season.