



INSPIRE

GIRLS ACADEMY INSPIRE

CONSISTENT IN PURPOSE AND STANDARDS.

REFEREE MATCH-DAY QUICK GUIDE

2026-2027 / U11-U12

Use with the full Inspire Referee Field Guide and the applicable Girls Academy-approved conference procedures.

MATCH BASICS

STANDARD	U11	U12
Playing Format	9v9	11v11*
Ball	Size 4	Size 4
Duration	2 x 30 min; 10-min halftime	3 x 25 recommended OR 2 x 35; 10-min halftime*
Game-Day Roster	12 minimum / 16 maximum	11v11: 14 minimum / 18 maximum
Officials	1 center permitted; 3 recommended	3-person crew required at 11v11; recommended at 9v9*
Substitutions	Unlimited; max 3 moments per half	Unlimited; max 3 moments per half/period
Build-Out Line	Recommended	Recommended for 9v9 only*
Heading	Applicable age-specific U.S. Soccer rules	Permitted

* Approved conference playing formats may vary. Confirm the applicable format before kickoff.

9v9 BUILD-OUT LINE + OFFSIDE

- On goal kicks and goalkeeper possession, opponents retreat behind the build-out line.
- Once the ball is put into play, opponents may cross the line and normal play resumes.
- The build-out line also serves as the offside line.
- No offside offense may be called between the halfway line and the build-out line.
- Offside is enforced once the player enters the attacking third beyond the build-out line.

SUBSTITUTIONS — NATIONAL INSPIRE STANDARD

UNLIMITED SUBSTITUTIONS | MAX 3 MOMENTS PER HALF/PERIOD

- Halftime and scheduled period breaks do NOT count as substitution moments.
- Injury substitutions do NOT count as a substitution moment.
- Substitutions remain under referee control and may not be used to intentionally delay the match.
- This standard applies in all Inspire conferences unless Girls Academy expressly approves a substitution-rule variance.

BEFORE KICKOFF

1. Confirm age group + approved conference format.
2. Inspect field, anchored goals and equipment.
3. Confirm Size 4 match balls.
4. Check official match cards; cross off non-participants.
5. Check in eligible players. NO WRITE-INS.
6. For 9v9, confirm build-out line use/location.
7. Confirm applicable referee/payment procedure.

CARDS + POST-MATCH

RED CARD: Player/coach is removed for the remainder of the match.

REPORT: Document yellow/red cards and significant incidents through the applicable process.

ESCALATE: Violent conduct, abusive behavior, serious safety incidents or match abandonment promptly.

REMEMBER: Officials document the incident; Girls Academy administers subsequent suspension/eligibility.

CONFERENCE PROCEDURES

YEAR 1: Competition structure and certain administrative procedures may vary by conference. Confirm approved regional procedures before kickoff.

MID-ATLANTIC: MSYSA/UCL administers referee assignment, payment, match-day administration and referee reporting. Girls Academy Inspire competition rules remain in effect, including the Inspire substitution framework.

Regional administration does not change national Inspire competition rules unless Girls Academy expressly approves a competition-rule variance.

WHEN IN DOUBT → FULL INSPIRE REFEREE FIELD GUIDE | REGIONAL PROCEDURE → APPROVED CONFERENCE PROCEDURES

RULE EXCEPTION → GA APPROVAL REQUIRED