

# U14 Division Rules



## Playing Time: 2 halves

- Two 35 minute halves (65 Minute Game)

## Number of Players on Field:

- 11v11 Including Goalkeeper
- Minimum: 10 Including Goalkeeper

## Ball Size: 5

## Field Dimensions: Approx. 90y x 65y

## Team Areas: Player & Coach Sideline

- ONLY rostered players and officials allowed

## Throw-ins: Yes

## Heading: Allowed per USSF mandate

## Referees: Volunteer Referees

## Playing Time

- Practice attendance will determine eligibility to play in games.
- Coaches MUST make every effort to field all practicing players at game.

## The Field

- Dimensions: field size 90 yards long and 65 yards wide, center circle and goal box
- Goals: 2 goals.

## Number of Players

- Maximum number of players per team on the field at one time is eleven (11).
- Minimum number of Players: per team on the field to start or continue the game is ten (10).
- Coaches should loan players to a team that is short handed to allow all children to play and have fun!
- Substitutions can be made on any dead ball possession such as a throw-in, kickoff, or when team in possession subs.

## Players' Equipment

- Uniforms: All Players are required to wear the issued GLAYSO jerseys at all games.
- The team listed first on the schedule shall be the home team.
- Players must not use equipment or wear anything dangerous to themselves or another player (No jewelry of any kind).
- Shin guards: Players must wear shin guards covered by long socks.
- Footwear: Soccer cleats mandatory.

## Referees

- 3 referees provided.
- Both coaches work with referees to ensure all players are safe and enjoying the game.

## Duration of the Game

- Two 35 minute halves
- Half-time must be ten (10) minutes.
- Teams switch goals at half-time.
- The referees shall allow for time lost through injury (only when a player is replaced) or accident but not allow the half to run longer than 35 mins.

## Starting the Game

- The game begins with a kickoff in the center circle, by Home team, to start the first half. Away team will kick off to start the second half. Teams change sides at halftime.
- The opposing team must be outside the center circle on their own half of the field.
- Kickoff occurs after each goal. The player taking the kickoff cannot touch the ball a second time before it has been touched by another player. For a violation of this rule, the kick shall be retaken.
- Kickoff- ball is in play when it is kicked and clearly moves in any direction, including backwards.

## Ball In and Out of Play

- The ball is out of play when it has entirely crossed over the touchline resulting in throw-in for the other team. Opposing players must be 2 yards away.

## Method of Scoring

- The ball must completely travel over the goal line, inside of the goal.

## Off-Side

- Offside will be called per USSF mandate.
- No offside directly from a throw in.

## Fouls and Misconduct

- All fouls will result in direct or indirect free kick with opponents 10 yards away.
- The referee will explain ALL infractions to the offending player(s).
- No slide tackling.
- Heading permitted.

## Free Kick

- Indirect and direct free kicks to be given in accordance with the laws of game.
- All opponents must be 10 yards away until the ball is in play.

## Penalty Kick

- Will be taken at PK mark.

## Goal Kick

- Ball is no longer required to leave the penalty area to be considered in play.
- Opposition players must remain outside the penalty area until the ball is kicked.
- Ball can be placed anywhere within the goal box.

## Corner Kick

- Awarded when ball crosses goal line, except through the goal and was last played or touched by a defending player. Attacking team to take corner from same side of the goal on which it went across the goal line.
- Opponents must be 10 yards from the ball

**Practices:** Two Mandatory per week one optional