

U14 Rules

The Ball

A size #5 ball should be used. Game ball supplied by home team.

Equipment

Team jerseys will be provided by the club and should be worn on game day. Shin-guards are required. No players are allowed to play games or practice without shin-guards. Shoes to be worn are soft shoes (tennis/gym) or soft-cleated soccer shoes. (No toe cleat) . Players cannot wear any type of jewelry (including earrings, hard plastic or metal hair restraining items, rings, bracelets, etc.).

Format

Games are 11v11- including goalie. The teaching of positional play is necessary. Rotate players in positions every half. If possible, no child should play same position more than one half per game. Every child must play at least one half of the game. Plan ahead using rotational roster plan before every game. Coaches are to remain in the coaching box unless invited onto the field by the referee.

Substitute

Avoid frequent substitutions during a half. If you must sub, line subs up at midfield line and ask the referee allow substitution. Note that except in the case of injury, coaches may only sub at specific times during a half: Change of possession opportunities include goal kicks, kick-offs and throw-ins (only if your team is throwing in).

Kickoff

Place kick from center of field. Opponents 8 yards away (outside center circle). Each team must be on their side of the field at moment of the kick. Ball must move forward onto opponent side of the field. Kicker cannot play the ball again until another player has touched it.

Restarts

A ball over the touchline (sideline) shall result in a throw in for the opponent of the team that last touched the ball. A ball over the goal line last touched by an offensive player shall result in a goal kick for the defense with the ball placed on the edge of the goal box. A ball over the goal line last touched by the defense shall result in a corner kick. GOAL KICK: ball placed anywhere inside the goal box with all opposing players outside the penalty area. The ball is not in play until it goes out of penalty area. CORNER KICK: ball place inside corner arc nearest to where ball went out. Opponents must remain 8 yards away from kicker. Kicker cannot play the ball until another player

touches the ball for either goal or corner kick.

Handball

Hands in unnatural position and intent to deflect the ball. Officials are instructed not to call unintentional handballs and handballs as self-defense. Handballs result in direct kicks (inside penalty box, penalty kick)

Offsides rule in effect

A player is in an off-side position if nearer to the opponents goal line than the ball, unless; the player is in his (or her) own half of the field of play, or the player is not nearer to the goal line than at least two of the opponents (including goalie). Offsides should only be judged at the moment when the ball was last touched by a teammate. The player can only be penalized if, in the judgment of the referee, he (or she) is involved in the play, interfering with an opponent, or has gained an advantage by being in that position. A player is not offsides when "even" with second-to-last opponent or last two opponents. A player shall not be penalized if they receive the ball in an offsides position on a throw-in, goal kick, or corner kick. An OFFSIDES Infraction results in an INDIRECT KICK.

Fouls and misconduct.

A Direct Free Kick is a kick from which a goal can be scored without being touched by another player of either team. A direct free kick is awarded for the following rule infractions:

A. Careless, reckless or disproportionately forceful: (1) kicks or attempts to kick an opponent; (2) kicks or attempt to kick the ball in the possession of the goalie; (3) trip or attempt to trip opponent; (4) jump or charge at opponent; (5) strike or attempt to strike opponent (or goal striking opponent with ball or pushing while holding ball); (6) pushing an opponent.

B. (1) Tackling an opponent making contact with the opponent before contact is made with the ball; (2) Tackling from behind; (3) holding opponent; (4) spitting at opponent; (5) handling the ball (except for goalie).

Penalty Kick

A kick with the ball placed on the penalty mark in front of the goal box. All other players except for the kicker and the goalie must be outside the penalty box. The goalie must remain on the goal line between the goal posts. The ball is in play immediately after being kicked but can not be played by the kicker until another player touches the ball. A Penalty Kick results when one of the above infractions occurs within the penalty area (even if the ball is not in the

penalty area).

Indirect Free Kick is a kick from which a goal can not be scored unless the ball has been touched by another player(either team) after the free kick occurs. An indirect kick results from the following infractions:

- A. Dangerous play - (1) raising the foot, in an attempt to play the ball, above the chest or higher; (2) using double kick (scissors, bicycle, etc.) within playing distance of opponent; (3) lowering the head to level of waist or lower when attempting to head the ball in presence of oncoming player; (4) attempting to play the ball while on the ground within playing distance of any other player.
- B. Attempt to slide tackle from behind with no contact.
- C. Charging while not within playing distance of the ball.
- D. Obstruction- Impeding opponents movement when not playing the ball.
- E. Charging a goalkeeper while goalkeeper is in possession of the ball or if goalie is within goal area (whether or not in possession of the ball)
- F. Excessive delay when clearing the ball by goalkeeper.

Yellow Card – caution

Can be given if (1) player enters or leaves the field without permission; (2) a player persistently fouls; (3) dissent is shown by words or action with a decision of the referee; (4) unsporting behavior (i.e. preventing throw-in, interfering with clearing goalkeeper, bad language or gestures); (5) failing to respect the required distance on a restart. * Coaches can be cautioned for entering field of play without the referee's permission.

Red Card - ejection

A player will be ejected from the game for violent conduct or multiple cautions. Violent conduct includes: punching another person, spitting on another person, verbally threatening another person.

CAUTION AND EJECTION RULES APPLY TO COACHES TOO

Coach conduct

Coach box – stay inside your marked off box. Coaches are not permitted on field unless invited by the official during the game. You, your assistant coach and a team mom are the only persons allowed on your side of the field. All parents are to be on the opposite side of the field. No one is allowed by the goal areas. We expect the coaches to

keep their parents under control.

Duration of game

The game will consist of 2 halves, 25 minutes each in duration with a 5 minute halftime. Referees have a duty to keep game schedules on time and may shorten games if they are running late.

Throw-in

At the moment of delivering the ball the player must be facing the field of play with both feet touching the ground on or behind the touchline. Must deliver the ball from behind and over the head using both hands equally. The player delivering the throw-in cannot play the ball again until another player has touched the ball.