**14U – 19U RULES OF PLAY**

1. Opposing coaches and players should meet halfway from the sideline and the center mark to clap in a show of sportsmanship.
2. Awards: 1st and 2nd place tournament standings. The 1st place team will advance to the 2nd round automatically.

If the tournament is canceled awards for 1st and 2nd place regular standings only.

1. No individual should run the field except for participants of the game
2. Parents, coaches, non-playing players, and spectators should be located 3 yards from the outside touchline.
3. Absolutely, under no circumstances, should a coach, parent, or spectator give instruction from behind or beside the goal.

**GAME TIME**

1. Size 5 ball for games
2. The number of players on the field should not exceed 22. (11v11) Max rostered is 18.
3. Each player should play 50% of the game
4. Opponents must be 8 yards away from the center mark while the kickoff is in progress, or not inside the middle circle.
5. Each game will be divided into 2 equal 25 minute quarters
6. There will be a half time break of 5 minutes
7. There will be 1 referee on the field who will keep official time, and score.
8. Each game may have 2-3 referees
9. Fouls will be a direct or indirect free kick with the opponent 10 yards away
10. Free kicks are based on the type of foul, and part of the field. A foul inside the keeper box will result in a direct kick.
11. An indirect kick, a goal my not be scored until a second player on either team has touched the ball
12. The ref must explain all infractions to the offender
13. A goal kick may be taken anywhere inside the 1st box
14. The opposing team must be outside of the box before play resumes
15. Players will receive 1 attempt to do a legal throw in
16. Goal Keepers must wear a different color top than their own team and the other team.
17. There is offsides
18. Substitutions: thrown in, team of possession, either team at a goal kick, either team when a goal is scored, either team at halftime, or either team at an injury, when the ref stops play. When a caution is given (yellow card), the player must be substituted

**SAFETY OF THE PLAYERS**

**Your player will not be able to play if these rules are not followed**

1. No earrings or jewelry should be worn during play
2. Only soccer cleats or tennis shoes are allowed. Baseball/Softball cleats are not allowed for play.
3. Shin guards must be worn, and cannot be on the outside of the socks
4. There is no slide tackling, no acceptations
5. U13 players, heading training should be limited to a maximum of 30 minutes per week with no more than 15-20 headers per player, per week.
6. Substituting players on the sideline should wear a mask until it is time for play.