

14U General Rules of Play (Modified)

Rule 1

5 v 5 play on the field. One of the 5 players must be goalkeeper. Adjustments to this line up must be discussed and agreed upon BEFORE kickoff.

Rule 2

Game ball for this age group is Size 5. The game ball shall be provided by the HOME team. Both teams shall deliver a game report to the commissioner after the end of the match.

Rule 3

Games will consist of 2 twenty minute halves a 6-minute water break between quarters. Any request for shorter quarters or water breaks must be agreed by both coaches and approved by referee BEFORE kickoff.

Rule 4

Initial kick-off will be conducted by the VISITOR team and HOME team will choose sides. Kick-offs and sides thereafter will alternate every quarter. No coin toss.

Rule 5

On throw-ins, players are allowed to drag a foot. If player fails to execute throw-in correctly the first time, the opposing team is awarded the throw-in.

Rule 6

Goalkeepers may handle the ball within the goal-box only. Fouling the goalkeeper within the goal box will result with a warning and opposing team will be awarded a free kick.

Rule 7

The Blue (three line) rule is in effect for this style in lieu of off sides. If a player executes a move that results in the ball crossing both blue lines and the center line (three lines). The opposing team will be awarded a free kick at the center of the first blue line crossed.

Rule 8

No playing from the ground is allowed in this age group. Any player that is down on the ground cannot make any form of attempt at the ball. Slide tackles will be considered a flagrant foul and the player committing the offense will be given a yellow card and the other team will be awarded a direct free kick.

Rule 9

All fouls are restarted with free kick. If a foul or a handball occurs inside the goal or penalty box, opposing team will be awarded a penalty kick from the penalty mark at the top of the box.

Rule 10

Headers ARE allowed in this age group.

Rule 11

Substitutions are made only with permission of the referee at kick-offs, between halves, at goal kicks, or throw-ins.

Rule 12

Goal Keepers must wear a jersey that differs in color from either team

Rule 13

All players must wear team matching uniforms. Shin guards must be worn with socks completely covering shin guards.

Rule 14

In case of inclement weather, long pants or long sleeves may be worn under the uniform shirts. Knit hats and gloves may be worn. Players may not wear any type of jewelry.

Rule 15

Spectators must be at least 3 yards away from the pitch. Coaches will be ejected with a parent that violates code of civil conduct.