

# DLSO U14 Rules

1. Games will be played 8v8.
2. Game ball is a size 5 and should be provided by the home team.
3. Games will consist of two 35-minute halves with a 5-minute half-time break.
4. Substitutions can be requested during any stoppage of play but may only take place when direct permission from the referee is given.
5. The “home” team will kick off at the start of the game. The “visitor” team will kick off to start the second half. Teams will switch playing sides for the second half.
6. All players must wear shin guards and they must be covered completely by long soccer socks.
7. No jewelry is permitted – this includes watches, wristbands, necklaces, rings and earrings. Earrings may not be taped over or covered with a band-aid; they must be removed.
8. Toe cleats, metal cleats or any footwear considered dangerous by the referee is not permitted.
9. Kick-offs: The ball must be passed in any direction and opponents are not to encroach until the ball is played. The ball must be passed to another player before scoring. A goal may not be scored directly from the kick-off.
10. Fouls: Both indirect and direct free kick fouls will be enforced, including penalty kicks.
11. Throw-ins: Improper throw-ins will result in a change in possession and a throw-in by the opposing team.
12. Off-side will be enforced at this age level.
13. Legal slide-tackling is allowed.
14. Goal kicks are taken from the edge of the 6yd box (small box). During a goal kick, opponents must be outside the penalty area until the ball is kicked. Defending players (the team taking the kick) may be inside the penalty area and are permitted to play the ball inside the penalty area once the kick is taken.
15. Corner kicks should be taken as normal. Opponent must be at least 8 yds away.
16. Heading: Headers are permitted at this age level.