

U14

11 V 11 OFFICIAL RULES

Ball Size: Size five (5) for U13 and older

Field Size: 110 yds. x 60 yds.

Goal Size: 8' high x 24' wide

Number of Players:

The maximum number of players on the field per team at any one time is eleven (11). The game is played with a goalkeeper.

The maximum number of players on roster should not exceed eighteen (18).

Substitutions

With the permission of the referee, substitutions may be made:

Prior to a throw-in, by the team possessing the ball. If the team in possession makes a substitution, the opposing team may then make substitutions at that time.

By either team prior to a goal kick.

After a goal is scored, by either team, prior to the kick-off.

After an injury when the referee has stopped play, by either team.

When a player has been cautioned. Only the cautioned player may be substituted.

Playing Time: Each player shall play a minimum of 50% of the total playing time regardless of skill level, and, as long as the child arrives prepared to play in the proper uniform and is not under disciplinary suspension.

The Referee:

A DK referee will oversee all games. Two linesmen will also assist the referee.

Duration of the Game:

The game shall be divided into two (2) thirty-five (35) minute halves.

There shall be a half-time break of five (5) minutes.

The Start of Play:

A coin toss will be conducted at the start of the game. The winner of the coin toss chooses the direction of attack. The opposing team kicks off.

Play is started by kick-off at the center of the field. Opponents must be ten (10) yards from the center mark when the kick-off is taken.

To start the second half, the kick-off is taken by the team that did not take the kick-off at the beginning of the game.

Ball In and Out of Play:

Any ball crossing the touch line will result in a throw-in for the opposing team.

Any ball crossing the goal line will result in a goal kick for the defending team or a corner kick for the attacking team.

Free Kicks:

The referee will indicate whether the free kick is a Direct or Indirect Free Kick.

Penalty Kicks shall be awarded as a result of fouls occurring in the penalty area that would otherwise be a Direct Free Kick. Opponents must be ten (10) yards away from all free kicks.

Offside:

The offside rule will be in effect for this age group. Criticism directed to the referee is dissent and will not be tolerated. Please recognize this is the most controversial and disagreed upon in the game of soccer at all levels of play and remember to demonstrate sportsmanship at all times.

Slide Tackling and Dangerous Plays:

No slide tackling. At this age group, heading is allowed.

Misc. Rules:

- DK encourages healthy and positive sports competition and puts a priority on the developmental process and the quality of play instead of the game outcome. It is our desire to foster physical fitness, knowledge of the sport, agility, quick thinking and aggressive offensive and defensive play. Dangerous play and/or abusive language to coaches, players, or referees will not be tolerated.
- Parents/coaches and spectators should be there to enjoy the game, foster a positive sporting environment and to encourage the activity of all the youngsters participating in the game. Please leave the “coaching” to the coaches.
- Parents, spectators and coaches should not keep score. Seek always to build character through soccer by focusing on the long-term developmental process over the short-term result of a game.

COACH CONDUCT RULES & GUIDELINES

- The game is to be played for the enjoyment and safety of the PLAYERS. **U14 is recreational and instructional ONLY.**
- It is expected that coaches, parents and players respect every individual at the field.
- It is expected that there be NO yelling at players, referees or coaches. Positive comments only.
- Coaches and parents must stay off the field during the game unless a child is injured, then the COACH may enter the field.
- Please report to your coach if you witness an unruly person at a game.
- In the case of inclement weather it is the U14 Commissioner’s decision (SAFETY FIRST). The commissioner will alert both coaches and the ref coordinator to notify them of the cancellation. Coaches will alert their players