



U14 Rules

1. No coaches will be allowed on the playing field during the game unless called on by the referee. Coaches outside the field of play will be restricted to the coaches' side of the field and may only use their half of the field.
2. The game format will be full-sided, 11v11 – INCLUDING a goalie.
3. A team must have at least 8 players to start the game (must include a goalie) and can finish the game with 7 players. NOTE: 5 minute grace period will be given to allow more players to arrive for the team who doesn't have 8 players to start.
4. Coaches must make an honest effort to have each player on their team play 50 percent of each match, including tournament matches, and have at least one female player on the field at all times.
5. A center referee and 2 assistant referees will officiate the game.
6. All players must make their best effort to keep from falling to the ground. Slide tackles from behind will not be permitted.
7. The game will consist of two (2) 35-minute halves.
8. A size 5 ball will be used.
9. Free kicks will be indirect or direct, according to IYSA rules. Defending players must stand 10 yards away from the ball.
10. There WILL be penalty kicks.
11. Substitutions will be allowed by both teams from the touch line at the middle of the field when play has been stopped due to a dead ball. NOTE – Substitutions are only permitted once the referee has called for them.
12. All players will have 1 chance at a throw-in.
13. Offside rules are in effect.