

## AYSO Section 7 U14-U19 Winter Season – Small-Sided Guidelines

<b>FIELD DIMENSIONS</b>	Field size should be approximately 80 X 50. All field markings (penalty area, goal area, penalty mark, and center circle), would be the same as a standard U12 field. Standard regulation goals is the preference.
<b>DURATION OF GAME</b>	7 v 7 format, 30 minute halves with a running clock. Half-time 5 to 10 minutes.
<b>ROSTER SIZE</b>	Recommended roster size is 10 – 12 players
<b>SEASON DATES</b>	Start Date – January 13, 2018 End Date – March 10, 2018 We are scheduling games for
<b>REFEREE ASSIGNMENTS</b>	Every team is expected to provide a Center Referee for half of their own game. However it is an option for teams/coaches to arrange a switch in assignments with other teams. Optional: 2 man system for the entire game, 1 from each team.
<b>COACH CERTIFICATION</b>	U14 – Intermediate Coach U16-U19 – Advance Coach
<b>SMALL SIDED RULES</b>	<p>All FIFA rules are in place with the following exceptions.</p> <ol style="list-style-type: none"> <li>1. <b>On Goalkeeper possessions, the goalkeeper must play the ball to a teammate within their half of the field.</b> If the goalkeeper breaks this rule, the restart is an Indirect Kick from mid-field.</li> <li>2. The Offside Rule will be enforced at the discretion of the Center Referee. We are hopeful that coaches and players will help minimize the need for the Offside Rule to be enforced.</li> <li>3. No corner kicks, throw-in from the corner.</li> <li>4. Shots are <b>not</b> allowed from the defending half of the field. Restart is an Indirect kick from the spot of the foul.</li> <li>5. <b>Playing time:</b> Each player SHALL play a minimum of 50% of the total playing time.</li> <li>6. Teams are allowed free substitutions. Substitution Procedure:             <ol style="list-style-type: none"> <li>a. A coach may substitute an unlimited number of players on any throw in or goal kick by either team provided that the players are ready to enter the field of play at <b>midfield</b>.</li> <li>b. A coach may substitute an unlimited number of players after a goal has been scored by either team, between quarters, or during an injury from the player/coaching area.</li> <li>c. No substitutions on in-direct or direct kicks.</li> <li>d. A goalkeeper change must be made during a stoppage in play, and the referee must be made aware of the change.</li> <li>e. Prior to any and all substitutions the referee must be notified. The substitutes must wait for the referee to acknowledge them.</li> </ol> </li> </ol>