



AYSO 1408 SUMTER COUNTY YOUTH SOCCER CLUB



U14+ Guidelines

The Field:

The recommended field size for U14+ games ranges from 100 yards to maximum 130 yards x 50 yards to maximum 100 yards

The Goals:

Goal size is 8' high x 24' wide

The Ball:

A size 5 ball is utilized for U14+ games.

The Players:

18 maximum on a roster, playing a minimum of 9v9(including a goalkeeper) with a maximum 11 v11 (including a goalkeeper).

Substitutions:

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

- At any time on hot days, per referee discretion
- 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 stopped play, by either team.
- When a player has been cautioned. Only the cautioned player may be substituted.

Playing Time:

Minimum of two quarters per game; no player may play all four quarters until everyone has played three. (Do not let a dominant player play a full game)

Player Equipment:

Shin guards must be covered by socks, and are mandatory for all practice and games. Players must wear cleats or tennis shoes.

Game Duration:

Four 17.5 minute quarters with a 5 minute halftime break and 1-minute quarter breaks for substitutions/water. All rules follow FIFA Laws of the Game as printed by the American Youth Soccer Organization.

Referee:

A certified regional referee or higher is required.

Assistant Referees/Club Linesmen:

If available, qualified assistant referees who have completed Assistant Referee Certification may assist the referee. This allows new assistant referees to gain experience. If qualified assistant referees are not available, Club Linesmen (untrained volunteers who may be affiliated with one of the teams/clubs) can be recruited from the spectators to assist the referee in calling the ball in and out of play only. This provides an opportunity for parents to participate.



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The Kick-off:

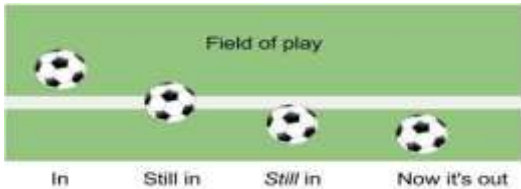
The game begins with a kick-off in the middle of the field. A coin toss decides which team kicks off to start the game, while the other team kicks off at the beginning of the second half. Opponents must stand eight yards from the center mark during kick-off. Kick-offs occur at the start of both the first and third quarters, as well as after each goal is scored. Teams switch sides of the field at the end of the first half. Kick-offs are taken from the midfield line at the center of the field. Defenders must keep a distance 20 feet. Each team must remain in their own half of the field until the kicked ball moves forward into the opposing team's half.

Ball In and Out of Play:

The ball is out of play when it completely crosses the touchline or goal line, on the ground or in the air.

Method of Scoring:

A goal is awarded when the ball fully crosses the goal line into the net.



Misconduct:

Misconduct should be rare in U14 games. Coaches can call players to the touchline for positive instruction.

A player is cautioned and shown the yellow card when committing one of the following six offenses.

1. Unsporting behavior.
2. Dissent by word or action.
3. Persistent infringement of the Laws of the Game.
4. Delaying the restart of play.
5. Failure to respect the required distance when play is restarted with a corner kick, free kick or throw-in.
6. Entering, re-entering, or deliberately leaving the field of play without the referee's permission.

Fouls:

A foul is an unsafe and/or unfair act...committed by a player, against an opponent, and while the ball is in play. There are two types of fouls, Direct Free Kick Fouls and Indirect Free Kick Fouls:

Indirect:

The first 4 apply to Goalkeepers:

1. takes more than six seconds while controlling the ball with their hands, before releasing it from his/her possession.
2. touches the ball with their hands after it has been released from their possession and has not touched any other player
3. touches the ball with their hands after it has been deliberately kicked to them by a team-mate
4. touches the ball with their hands after they have received it directly from a throw-in taken by a team-mate.

The following IFK Fouls will apply:

- Plays in a dangerous manner
- Impedes the progress of an opponent without contact
- Prevents the goalkeeper from releasing the ball from his/her hands
- A player deliberately touches the ball with his/her head during a match.



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Direct:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Strikes or attempts to strike an opponent
- Jumps at an opponent
- Charges an opponent
- Pushes an opponent
- Tackles/challenges an opponent.
- Holds an opponent
- Spits at an opponent
- Hand Ball: A handling infraction occurs when a player deliberately handles the ball. The term 'hand' includes the entire arm up to the top of the shoulder. Instinctive, self-protective reactions are not penalized at this young age. Accidental contact (where the ball strikes the hand or arm without any intent from the player) is not considered an offense and should not be penalized.
- Impedes an opponent with contact
- Throws an object at the ball, opponent or match official, or makes contact with the ball with a held object.

Free Kicks:

Free kicks can be direct (score directly) or indirect (another player must touch it before scoring).

Opponents need to be at least eight yards from the ball or on the goal line between the posts during free kicks.

Penalty Kicks:

Penalty kicks may be awarded for one of ten direct free kick fouls committed inside a player's own penalty area. The kick is taken from the penalty mark with all players, except the opposing goalkeeper, outside the penalty area.

Throw-Ins:

Throw-ins are taken from the point on the touchline where the ball left the field. The player performing the throw-in must keep both feet on the ground and deliver the ball overhead into play. Opposing players are required to remain at least ten feet away. An improper throw-in leads to a throw-in for the other team. If a player has possession of the out-of-play ball but does not perform the throw-in and instead hands it to another player, the ball is considered "in play" and the opposing team is awarded a direct kick. Players should place the ball on the ground if they choose to allow another teammate to handle the throw-in.

Goal Kick:

A goal kick is awarded to the opposing team, when the attacking team is the last to touch the ball before it crosses out of bounds between the goal post and corner post. The kick can be taken from anywhere inside the goal area. The opposing team must be at least ten feet away when the kick is taken.

Goalkeeper Punts:

Goalkeeper punts are permissible following missed goals but are not allowed for goal kicks.

Corner Kick:

A corner kick is awarded to the opposing team when the defending team is the last to touch the ball before it crosses out of bounds between the goal post and corner post. The opposing team must be at least ten feet from the ball when the corner kick is taken. If a team scores an own goal, a corner kick is awarded to the opposing team.



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Offsides:

Three conditions must be met:

- The offensive player must be in the offensive half of the field AND
- The offensive player must be closer to the opponent's goal line than the ball AND
- The offensive player must be closer to the opponent's goal line than the next to last defender

For an offside penalty to be called, these conditions must be met and the player in the offside position must gain an advantage by being in that position when the ball is played to them by a teammate. If the player is even with or behind the next to last defender when the ball is played and then moves past the defender to get to the ball, no offside is called. A player in the offside position cannot move back onside to receive a ball played to them by a teammate. When offside is called, an indirect free kick (IFK) is awarded to the defending team at the location of the infraction.

Handling "Hand Ball":

A handling infraction occurs when a player deliberately handles the ball. The 'hand' includes the entire arm up to the top of the shoulder. Accidental contact, where the ball strikes the hand or arm without intent by the player, is not considered an offense and should not be penalized.

Heading:

At this age group, heading is allowed (but limited to 15 heads per game)

