



# 14U Guidelines

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## **The Field:**

The Field Size for 14U games is 100 yards long and 50 yards wide.

## **The Markings:**

No change from Laws of the Game.

## **The Goals:**

No change from Laws of the Game.

## **The Ball:**

A size 5 ball is used for 14U games.

## **The Players:**

- **Numbers:** Eleven per team on field, one of which is a goalkeeper. Fifteen maximum on roster.
- **Substitutions:** Between periods, at halftime and for injuries.
- **Playing Time:** Minimum of two periods per game and no player should play four periods until everyone has played three. A goalkeeper may play all four quarters as long as the 3/4 Rule is complied with.
- **Teams:** Separate girls and boys teams should be promoted at all levels of play.
- **Coach:** The Head Coach must be a certified Intermediate Coach. Assistant Coaches may coach with a 12U Coach or higher certification.

## **Player Equipment:**

Shoes and shin guards, covered by the socks are mandatory at all practice and game activities. Soccer shoes, tennis shoes, or similar type athletic shoes are recommended. The type and condition of cleated shoes must be inspected for safety before use. For safety, no jewelry is allowed including watches, earrings, barrettes, etc. (Medical bracelets are okay).

**Duration of Game:**

Four 17.5-minute periods. Halftime break of 5 - 10 minutes as designated by the referee. No other changes from play as specified in FIFA Laws of the Game Printed for the American Youth Soccer Organization.

**Referee:**

The center referee must be a certified Intermediate Referee or above and must have a current AYSO Volunteer application on file with AYSO in addition to current AYSO Safe Haven and Concussion Awareness Certifications.

**Fouls:**

For 10U and older games, all fouls identified in Law 12 apply. Refer to the ***IFAB Laws of the Game*** for more information. Both players and coaches are subject to a warning (by issuance of a Yellow Card) or removal by the referee (by issuance of a Red Card, or upon issuance of a second Yellow Card warning) for their misconduct occurring on or off the field. No other changes from play as specified in FIFA / IFAB Laws of the Game printed for AYSO.

**Hand Ball:**

A hand ball infraction occurs when a player *deliberately* handles the ball. A hand ball infraction occurs when a player deliberately handles the ball. The 'hand' includes the arm up to the bottom of the armpit. Instinctive, self-protective reactions are not penalized at this young age. Accidental contact (ball striking hand or arm with no intent by the player being struck) is not an offense and should not be penalized.

**Coaching Area:**

Coaches may only give instruction from the area within 2 yards of the team's respective Touch Line and 10 yards in each direction from the Half-way Line of the field. Coaches violating this rule are subject to warning and/or removal for misconduct.