
SPRING 2024 U14 EAGLES RULES

UPDATED 4/1/2024

1. Games to be played on a similar sized field as the U10 Fields
2. The game will consist of 4 field players & a goalie.
3. Roster size will be a minimum of 6 players & a maximum of 14 players.
4. Games will consist of two 30-minute halves (Quarters may be used if both head coaches agree)
5. Absolutely NO slide tackling will be allowed
6. Off Side Rules apply
7. Dead ball subbing only (at the referee's discretion)
8. The build-out line rules will not be enforced.
9. No goals are allowed to be scored from a team's defensive half of the field.
10. Goal kicks may NOT pass the mid-field line in the air, without contacting the ground. The resulting penalty is an Indirect Free Kick from the midfield line closest to the spot of the foul
11. Absolutely NO punts or drop kicks. The resulting penalty is an indirect Free Kick from the midfield line
12. Goalies are allowed to dribble the ball out of their defensive end.
13. All players will play a minimum of 50% of the game length if roster size permits.
14. Minimum Goal Size is 6.5' x 18'.
15. U12 will use a size 5 ball.
16. All games are to be played on Saturdays.
17. Each team will be allowed one 2-minute timeout per game. Only coaches may request the timeout & subbing is allowed during this time. Timeouts will only be allowed during dead ball situations when your team has possession. Field players MUST stay on the field of play and coaches MUST stay on the sidelines throughout the entire two minutes. Referees will stop their game clock for the two-minute timeout and restart their clock as soon as play resumes. A Timeout may be called at any point throughout the game.
18. A two-referee system shall be used by all clubs (3 referee systems may also be utilized)
19. **New for 2024** Our league is implementing a mercy rule to add an additional player to the team that is trailing by 4 or more goals. This helps balance the game and maintains motivation while providing opportunities for players to continue participating and improving their skills. If the goal differential returns to 3 or less, then the game will return to the starting number of players.

Recommendations:

- *It is recommended that the clubs send a copy of the rules with the referee assignments each week.*
- *The coaches and referees should have a pregame huddle to review these rules to minimize confusion.*
- *Referees should be suggested to call the game similar to a Futsal game with minimal contact.*
- *Clubs are asked to evenly balance their travel players per team to encourage even, competitive games.*