



**NATIONAL YOUTH SPORTS  
12-14 YR OLD SOCCER RULES  
FALL 2019, WINTER 2020, SPRING 2020**

Ball Size: Size Four (4)

Field Size: 45 yards x 70 yards

Goal Size: 6 to 6.5' Height x 12' Wide

**Number of Players:**

- The maximum number of players on the field per team at any one time is eight (8).
  - The game is played 7 v. 7, with a goalkeeper.
  - The maximum number of players on roster should not exceed sixteen (16), unless approved by head coach.
  - Substitutions are unlimited and allowed during any dead-ball situation and for injuries.
  - Playing Time: Each player shall play a minimum of 50% of the total playing time.
  - All players not playing in the game must be five yards behind the touch lines.
- ❖ For teams with playoffs incorporated, IF a team begins the match with less than 8 players, the score will be reported as a loss for the team with less players, but the match will be played as a scrimmage (with teams sharing players, if needed). Teams without playoffs incorporated, will share players to complete the scheduled match.

**Required Equipment:**

- An NYS administered or approved jersey must be worn during the game.
- Jerseys must be tucked-in to shorts.
- No hats, jewelry, or metal spiked cleats are allowed.
- All players are required to wear shin guards.

**Game-day**

- NYS will provide two officials for each game.
- Each game will consist of four, twelve-minute quarters.
- 2 minutes break between each quarter.
- There will be a 2-minute halftime between the second and third quarters.

**The Start of Play:**

- Play should be started with a kick-off at the center mark of the field.
- Encourage the opposing team to stand 3-5 yards from the ball at each re-start.
- The team listed first on the schedule will start the game with the ball.
- Teams shall rotate kick-offs each quarter.

#### Free Kicks:

- The referee, according to the infraction, will award direct and indirect free kicks.
- Penalty Kicks: Penalty kicks will be placed twelve yards from the goal line.
- All coaches/spectators must remain along the sideline and are prohibited from being near the end lines and behind the goal area.

#### Offside:

The offside rule will be in effect for this age group. However, it will be called at the referee's discretion, for plays in which offside is blatant. It is not the intent to stop plays in which an attacking player who participates in the play is technically in an offside position, though to a relatively small degree. As the offside rule is subject to the referee's discretion and the referee may not have assistant linesmen at the field, criticism directed to the referee is dissent and will not be tolerated. Please recognize this is the most controversial and disagreed upon in the game of soccer at all levels of play and remember to demonstrate sportsmanship at all times.

#### Cards:

The referee will show yellow (caution) and red (sending off) cards in accordance with the laws of the game. A red card results in ejection from the game. Red cards shown for serious infractions may result in ejection for the remainder of the season with reinstatement only with the permission of the league coordinator. Slide Tackling is NEVER allowed!

#### SEASON FORMAT

Teams will all play seven regular season games with the 8th game being a bowl game based on regular season standings. Wins/Losses will be tracked throughout the regular season (points for and points against will not be tracked). Bowl matchups will be determined according to number of teams participating (Seed 1 vs Seed 2, Seed 3 vs Seed 4, etc.).