**NorthWood Soccer Club Youth Soccer League**

RULES FOR U-14 DIVISION

# General

This is a recreation league, for the enjoyment of the players. All players must at least play half of the game, and no player may play more than three fourths of the game unless unavoidable.

# Rules

As specified in FIFA “Laws of the Game”, with the following exceptions:

**Rule 1** The field of play shall be 80 yds. x 55 yds. Goals shall be 6 yds wide x 6.5 ft high.

Coaches and team members shall be restricted to the team area.

Spectators will remain at least 3 yds. from the sideline on the spectator side.

No one shall be allowed behind either goal.

**Rule 2** The ball shall be size number 5.

**Rule 3** The game shall be played by two teams, each consisting of not more than 9 players, one of whom shall be the goalkeeper.

**Rule 4**  Players will not wear shoes with metal cleats or with a cleat on the toe.

Players shall not wear jewelry.

No player wearing a cast will be allowed to play.

**Rule 7** The game will be two 25minute halves with 5 minutes at the half. (halves may be shortened during extreme heat conditions with the agreement of both coaches) Clock will be stopped only for injury or disqualification or other prolonged delay.

**Rule 8** Teams will exchange goal lines at the half and after each overtime period.

**Rule 12** Any sliding tackle from behind (outside the player’s peripheral vision) shall be ruled dangerous play at a minimum, even if contact is made with the ball. A yellow or red card may be given, based on the referee’s judgment of the severity of the violation.

The goalkeeper shall be considered in procession of the ball when one hand is on the ball.

***No Headers:* No headers will be allowed in any of our practices/games. If a player’s head makes contact with the ball, the whistle will be blown and an indirect kick will be given to the other team.**

**Kickoffs**: Kickoffs ***may*** be kicked directly backwards.

**Substitutions**: Subs are unlimited and may be made at any dead ball except corner kicks and free kicks in the attacking half.