

## **U-13/U-14 Rules**

**Absolutely no one is allowed behind the goal line of the field. All attending fans must remain outside the touchline on the opposite side of the field from the teams.**

### **Law 1 – Field of Play**

Field Markings will be distinctive white lines, clearly marking all boundaries of the field, and including all field markings distinctive to and conforming with all FIFA regulations. Games will only be played on fields where all field markings are clearly visible.

All fields will be clearly marked on each corner with a flag post that conforms to FIFA.

All goals will be anchored securely to the ground or will be a heavy framed non-movable goal.

All fields will be inspected for goal placement and corner flags, by the game referee, before the start of each game.

Game fields will be separated by sides so that spectators are separated from teams side of field, each team will be separated on each half of their side of the field. Team and coaches must stay within the coaches' box on their side of the field.

Each team will be allowed 1 coach and 2 Asst. coaches on the team side of the field. All others must be on the spectator side of the field.

No one is allowed to be behind the goal areas or the end lines of the field during match play.

### **Law 2 – Ball Size**

Ball size for U13/U14 games will be size 5, any ball provided for a game must be approved by the game referee and both team coaches, at the start of each game.

### **Law 3 – Number of Players**

All games will be played with two teams consisting of an equal number of players each, including a goalkeeper.

Substitutions: At any stoppage and is unlimited in numbers, but are only allowed for your team at stop of play to restart game after a scored goal for either team, a restart of game where your team is in possession by throw in or goal kick, or when play has been stopped by a penalty and your team will regain possession at the restart.

A substitution can be made anytime to replace a player injured on the field. A player must be removed from the field, if play is stopped as a result of injury to that player and requiring a coach, asst. coach, referee, or parent to step onto the field to assist that player.

### **Law 4 – Player Equipment**

A player must not use equipment or wear anything that is dangerous to himself or another player, including any kind of jewelry.

All players must wear: A team recognized jersey or shirt and shorts, shinguards, cleats without any toe cleat or spike. Shinguards must be covered by socks.

Non-uniform clothing is allowed based on weather conditions, but uniforms must still be visible to distinguish team players.

Goalkeepers will wear colors that will distinguish them from other players

#### **Law 5 – Referees**

Referees will be GCYS Board approved, all referees will be at least 2-3 years older than the oldest player in the U13/U14 league. All referees will be distinguished from players on the field, will control the game and all coaches and players, and keep all records of games and scores. Referees will get coach or team rep. signature at the end of each game to verify score and any game issue.

Referees have the authority to penalize or eject any player or coach for misconduct.

Referees are responsible for the field of play to be ready prior to each game.

Referees must have a whistle, stop watch, score card or game log, and must wear a shirt or jersey that distinguishes them as the referee.

All decisions or calls of a referee are finale.

Any issue or call made by a referee that is questioned by a coach, will be explained to the coach in a professional manor by all involved.

#### **LAW 6 – Asst. Referees**

All games in U13/U14 league will have 1 field referee and 2 sideline referees, conforming to all rules in law 5.

#### **Law 7 – Match Duration**

The match last two equal periods of 30 minutes. There shall be a half-time of 5 minutes. Time only stops for an extended stoppage of a match.

All matches, regardless of score, will end at the stop of regulation time. Only during tournament play will matches not end in a tied score. If required, an overtime period of ten (10) minutes will be played following a five (5) minute break at the end of regulation play. If the match score is still tied, a shoot out of five players from each team will be played. If the match is still tied at the end of the shoot out, a sudden death shoot out will be played with the first team to score winning.

#### **Law 8 – Start and Restart of play**

A coin toss will decide the team that will have possession of the ball for the first half. The opposing team will start the second half with possession. Teams will change ends of the field for the second half. After a goal is scored the other team takes the kick off. All kickoffs start at the center of the center circle of the field, and the ball must be stationary.

Opponents of the kicking team must be half the distance of the center circle from the ball until in play.

The player cannot touch the ball a second time until touched by another player. This is at the start of any play, including throw-ins, penalty kicks, corner kicks, or goal kicks.

A goal can be scored directly from a kick off.

#### **Law 9 – Ball in and out of play**

The ball is out of play when it wholly crosses the goal line or touch lines either in the air or on the ground.

The ball is out of play when the referees stop play.

The ball is in play at any point that the ball is within the touch lines of the field and the referees have started the match without stop due to penalty or fault.

The ball remains in play including if the ball rebounds off a goalpost, cross bar, or corner flag post and remains within the touch lines of the field.

The ball remains in play if it rebounds off of a referee while on the field of play.

#### **Law 10 – Scoring**

A goal is scored when the whole ball passes over the goal line, between the goal post, and under the cross bar, either on the ground or in the air, provided no infringement of the laws of the game have been committed prior to the team scoring the goal.

#### **Law 11 – Offside**

It is not an offense in itself to be in an offside position. A player is in an offside position if the player is nearer to his opponent's goal line than the ball and the second to the last opponent player when a teammate passes the ball forward. The player must be active in the play or is interfering with play, interfering with the opponent or is gaining advantage by being in that position at the point the player's team mate touches the ball.

A player is not offside even if in an offside position if he is not active in the play, or interfering with the opposing player, if in that position with their back to the play or ball, Or if they receive the ball in that position from a during a goal kick from the opposing team or a corner kick.

#### **Law 12 – Fouls and Misconduct**

Will be indicated by stop of play and either a direct free kick awarded or a penalty kick awarded to the opponent.

Fouls or misconduct that result in a referee displaying a yellow or red card will result in a direct free kick. Players that receive a yellow card must leave the game for a minimum of 5 minutes of play time before returning. Players receiving a red card must leave the game for the rest of the match and is not eligible for play in the next match played by the team.

Coaches or Asst. Coaches receiving a red card for misconduct must leave the field area for the remainder of the match and will be suspended from coaching the teams next match.

Fouls and misconduct are defined as any of the following offences: Kicks or attempts to kick an opponent, Trips or attempts to trip an opponent, Jumps at an opponent, Charges an opponent, Strikes or attempts to strike an opponent, pushes an opponent in an aggressive manor, Holds an opponent, spits at an opponent, Handles the ball deliberately (except for the goal keepers within the penalty areas), Tackles an opponent to gain possession of the ball if the opponent is touched before the ball, or when a kicker at the start of play or while taking a free kick, goal kick or corner kick touches the ball a second time before being touched by another player.

Fouls are also defined as a player making a throw in or corner kick takes more than six seconds to start play or touches the ball a second time before being touched by a second player, if a goal keeper holds or stops play for more than 6 seconds before throwing the ball in play or making a goal kick or if he touches the ball a second time before being touched by another player, if a goal keeper touches the ball with his hands after being deliberately kick to him by a team mate, or if a goal keeper touches the ball with his hands if it is directly received on a team mates throw in, or if a goal keeper kicks or throws a ball from one penalty area to the penalty area of the opposing team.

Coaches misconduct is defined as the following: yelling or arguing with a referee or opposing teams coach or parent during a match, using inappropriate language to a referee, coach, player, or parent, using any type of aggressive actions or threats to a parent, player, coach or referee.

### **Law 13 – Free Kicks**

All free kicks are direct and opponents are at least 8 yards from the ball until it is in play. The kicker cannot touch the ball a second time until touched by another player.

A goal can be awarded on a free kick.

### **Law 14 – Penalty Kicks**

A penalty kick is awarded against a team that commits one of the offences listed as fouls in law 12 when said fouls happen in the penalty box.

A goal may be scored on a penalty kick, and extra time is allowed for a penalty kick.

When a penalty kick is awarded only the goal keeper can be between the goal and the kicker, and the ball then becomes in play the moment the kicker touches the ball, the kicker cannot touch the ball a second time until touched by another player.

### **Law 15 – Throw-ins**

Throw-ins are awarded when the ball leaves the field of play after passing over a touch line, and is awards to the team that did not last touch the ball.

The thrower must face the field of play, has part of both feet on the ground outside the touch line, uses both hands on the ball, and passes the ball from behind and over the throwers head.

The ball is in play immediately upon crossing the touch line, and cannot be touched again by the thrower until touched by another player.

A foul is committed by the thrower if he touches the ball first after throwing in, if the thrower fails to keep part of both feet on the ground or both hands on the ball, or if the thrower takes more than 6 seconds to release the ball from the time the throw-in has been awarded by the referee.

A goal cannot be scored directly from a throw-in.

#### **Law 16 – Goal Kick**

A goal kick is a method of restarting play. A goal may be scored directly from a goal kick, but only against an opposing team. A goal kick is awarded when the whole ball, having last touched a player of an attacking team, passes over the goal or end lines of the field, either on the ground or in the air, and a goal is not scored.

The ball may be kicked from any point within the goal area by a player of the defending team. Opponents must remain outside the goal area and at least 4 yards from the ball until it is in play. A kicker does not play the ball a second time until touched by another player. The ball is in play when kicked directly beyond the goal area.

A foul is committed if the kicker takes more than 6 seconds to put the ball back in play after the goal kick is awarded, or if the player touched the ball a second time.

#### **Law 17 – Corner Kick**

A corner kick is a method of restarting play. A goal may be scored on a corner kick but only against an opposing team. A corner kick is awarded when the ball, having last touched a player of the defending team, passes over the goal line or end line, either on the ground or in the air, and a goal is not awarded.

The ball is placed inside the corner arc at the nearest corner flagpost. The corner flagpost is not moved. Opponents must remain at least 8 yards from the ball until it is in play. The ball is kicked by a player of the attacking team and the player cannot touch the ball again until touched by another player. The ball is in play when it moves.

A foul is committed if the kicker takes more than 6 seconds to put the ball in play after the kick has been awarded, or if the kicker touches the ball a second time before being touched by another player.