

Under 14, Under 16, Under 19 Rules

Balls size:

- Size 5

Number or players:

- 11 Players, but can play with 7.
 - A computer generated team roster must be given to the referee before the game starts listing player names and numbers.

Equipment:

- Like uniforms (shirts, socks, shorts)
 - Home team wears Navy and Visitors wear White.
 - If there is a uniform conflict, Home team is required to change.
- Shoes can be molded cleats or tennis shoes
- Shin guard required
- No casts
- No Jewelry

Duration of game:

- Under 14 - Two 35 minute halves, Under 16 – Two 40 minute halves, Under 19 – Two 45 minute halves.
- 10 minute halftime

Substitution:

- Players should be at half line and ready to sub before calling for subs
 - prior to subbing teams throw-in
 - prior to goal kick by either team
 - after a goal by either team
 - after an injury by either team when referee stops play and calls on the coach to check players condition. Injured player must leave field if coach comes on field except for the goalie
 - halftime
 - after a caution by either team
- Each player listed on the team roster must play a minimum of half of each half (Not referee enforced)

Referee:

- The referee will make final decision as to whether or not to begin the match based on his/her judgment of field condition, the weather, or any other factors considered pertinent.
- The referee is in charge of the field and adjacent area from the time the referee arrives at the game site until the referee departs.
 - The referee is empowered to terminate a game , eject a coach, player or spectator for misconduct. The person ejected must leave the field and adjacent area (out of sight, out of sound)

Start of Play:

- If a team does not have enough players at 5 minutes after the scheduled starting time the game is terminated
- Preliminaries
 - A coin is tossed and the winner of the toss picks which goal it will attack
 - The other team takes the kick off
 - The team that wins the toss takes kick-off the second half
 - The second half the teams change ends

Score:

- Score is kept, but not recorded or post anywhere.

Offside:

- A player is in an offside position if :
 - He/She is on the opponents side of play and nearer to his opponents' goal line than both the ball and the second to last defender.
- A player in an offside position is penalized only if, at the moment the ball is played by one of his team members, he is, in the opinion of the referee, involved in the play by:
 - Interfering with play
 - Interfering with an opponent
 - Gaining an advantage by being in that position
- There is no offside if a player receives the ball directly from a goal kick, a throw-in, a corner kick.

Ball in and out of play

- The ball is out of play when the ball has wholly crossed the goal line or touch line on the ground or in the air

Fouls and Misconduct

Direct Free Kicks:

- Can be kicked directly into an opponent's goal. Awarded to the opponent if a player commits any of the following offenses in a manner considered by the referee to be careless, reckless or using excessive force:
 - 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
 - tackles the opponent to get the ball, making contact with the opponent before touching the ball
 - holds an opponent
 - spits on an opponent
 - handles the ball deliberately

Indirect Free Kicks:

- Kick must touch another person before going in the goal. Referee signals an indirect free kick by raising his arm above his head and holding it there until someone touches the ball.
 - Awarded to the opponent if a player, in the opinion of the referee:
 - plays in a dangerous manner
 - impedes the progress of a player
 - prevents the goalkeeper from releasing the ball
 - If the goalkeeper:
 - takes more than 6 seconds to release the ball
 - touches the ball again with his hands after it has been released from his possession
 - touches the ball after it has been deliberately passed or thrown to him

Cautionable Offenses:

- A player is cautioned and shown a yellow card if in the opinion of the referee he commits any of the following offenses:
 - is guilty of unsporting conduct
 - shows dissent by word or action
 - persistently infringes the Laws of the Game
 - delays the restart of play
 - fails to respect the required distance in restart with a corner kick, throw in, or free kick
 - enters or reenters the field of play without permission
 - deliberately leaves field of play without referees permission

Sending-Off Offenses:

- A player is shown a red card and sent off, if in the opinion of the referee, a player commits one of the following:
 - is guilty of serious foul play
 - is guilty of violent conduct
 - spits at an opponent or any other person
 - deliberately handling the ball to stop an obvious goal scoring opportunity
 - denies an obvious goal scoring opportunity toward a player moving toward the goal by an offense punishable by a free kick or a penalty kick
- A player who has been sent off must leave the vicinity of the field of play and the technical area. Referee must write up offense and turn it into Assignor within 24 hours.

Penalty Kick:

- Ball placed on the penalty mark
- defending goalkeeper remains on the goal line until the ball has been kicked
- players other than the kicker must be:
 - outside the penalty area
 - behind the penalty mark
 - can not come into penalty area until ball is touched

Throw In:

- A goal can not be scored directly from a throw-in
- To be a good throw in the following must happen
 - Some part of both feet must stay on the ground
 - The ball must be pulled back over the head completely
 - The ball must be thrown over the head, not to the side

Goal Kicks:

- Awarded when the ball is kicked over the goal line by the opposing team.
 - ball is placed anywhere inside the goal area
 - ball must leave the penalty area before it can be touched by anyone. Retake kick if anyone touches ball inside penalty area.

Corner Kick:

- A corner kick is awarded when the ball that crosses the end line has been touched last by a defending player

Kick Off's, Goal Kicks, Free Kicks, Throw In:

- Player starting the play can not touch ball again until it has been touched by another player. (Double touch)

