

U14 & U16 Rules

Rule 1:

Teams will play on a full field.
Ball size: 5

Rule 2:

U14 games will consist of two 40 minute halves with a 5 minute break.

U16 games will consist of two 45 minute halves with a 5 minute break.

Rule 3:

Standard team size will be 11 players per side, one of these 11 will be the goalkeeper.

Rule 4:

When playing with fewer players per side, teams **must** match number of players.

Rule 5:

Players must wear shin guards (covered by socks), and soccer cleats.
No jewelry of any kind (earrings, necklaces, bracelets, etc) allowed.

Rule 6:

Players will have fair playing time in all positions. Substitutions will be allowed at the following stoppages of the game:

- on the team's own throw in,
- on any goal kick
- when the opposition is substituting
- at half time
- injury stoppage
- after a goal has been scored

Rule 7: OFFSIDE

Offside rules apply.

Rule 8: THROW INS & CORNER KICKS

Throw ins and corner kicks are allowed.
Foul throw rule is to be enforced.

Rule 9: Pass Backs

The pass back rule (to the goal keeper) is to be enforced.

Rule 10:

All players and coaches should exchange handshakes at end of game.

Rule 11:

Calls and decisions made by referees must be respected. Unless continuing to play is deemed unsafe, the only appropriate time to discuss calls with a referee is either at half-time or after the game, with both coaches present.