14U(Co-ed)

Field: Regulation full-size: 55-75 yards x 100-120 yard rectangle with halfway line and 10 yard radius center circle. Goal area is 20 x 6 yards, with an 8 foot by 24 foot goal. Penalty area is 44 yards by 18 yards, with the spot at 12 yards, and a 10 yard arc.

Ball: Size 5

Players: Maximum roster of 15, 11 vs. 11 on the field. At present this is a Co-ed age group. All players to play half the game, recommend as many as possible play three quarters.

Referees: Certified referees, or volunteer.

Duration: U14: Two 35 minute halves with quarter break at approx. midpoint of both.

Starts and restarts:

Kickoffs from the center circle at the start of each half and after a goal. Direct free kicks after assessment of a penal foul, opposition to give 10 yards until kick is taken. Indirect free kicks after a non-penal foul, opposition to give 10 yards until kick is taken. A corner as normal, opposition to give 10 yards until kick is taken. Goal kicks as normal. Penalty kicks as regulation, taken from 12 yards away. Throw-ins are as normal. Drop balls after stoppage without an infraction (dog, rain, injury etc.)

Cautions and Ejections:

Cautions are signified by a yellow card being shown to the player when they are guilty of being unsporting, show dissent by word or action, persistently breaches the laws, delays a restart, fails to give the required distance at a kick, or enters, leaves, or re-enters the field without the referee's permission. Ejections are signified by showing the player a red card. This occurs after serious foul play or violent conduct, if a player spits at anyone, uses abusive, offensive, or insulting language or gestures, if a player denies a goal or an obvious chance by committing a foul, or when a player gets two yellow cards in the same game. A player who is ejected must leave the vicinity of the field and the coach's area. The referee is the judge of how far is far enough.

Practice duration:

Three hours per week. Split at the coach's discretion.