

U14/U16/U19 Rules and Guidelines



Fielded Players	11 per team (10 field players + goalkeeper)
Field Size	70 x 115 yards approximate
Ball Size	5
Game Duration	U14: Two 35 minute halves = 70 minutes U16: Two 40 minute halves = 80 minutes U19: Two 45 minute halves = 90 minutes
Overtime	No overtime Rules subject to change in tournament play
Referees	Pleasanton Soccer Referee Association (PSRA) supplied
Substitution	Unlimited substitutions: <ul style="list-style-type: none"> • Prior to own team's throw-in • Prior to either team's goal kick • After a goal is made by either team • During injury time-out by either team • At halftime by either team
Throw-in	Yes
Goal Kick	Yes
Corner Kick	Yes
Indirect Free Kick	Awarded for an Indirect Kick Offense Ball must be touched by a second player for a goal to be scored
Direct Free Kick	Awarded for a Direct Kick Offense A goal may be scored directly from this kick
Penalty Kick	Awarded when a Direct Kick Offense is committed by a player in their own penalty area
Fouls / Misconduct	FIFA Law 12 – Fouls and Misconduct Direct Kick Offenses: <ul style="list-style-type: none"> • Kicks or attempts to kick an opponent • Trips or attempts to trip an opponent • Jumps at an opponent • Charges opponent • Strikes or attempts to strike an opponent • Pushes an opponent • Tackles an opponent • Holds an opponent • Spits at an opponent • Handles the ball deliberately (except the goalkeeper within her own penalty area) Indirect Kick Offenses: Goalkeeper, inside her own penalty area: <ul style="list-style-type: none"> • Controls ball with hands more than 6 seconds before releasing it • Touches ball with hands after releasing it & before it has touched another player • Touches the ball with hands after it has been deliberately kicked to her by a teammate • Touches the ball with hands directly from a throw-in taken by a teammate Any player on the field: <ul style="list-style-type: none"> • Plays in dangerous manner • Impedes the progress of an opponent • Prevents the goalkeeper from releasing the ball • Commits any other offense for which play is stopped to caution or send off a player. Cards -

	<ul style="list-style-type: none"> • Yellow: Signifies that a player has received a formal caution. If a player receives 2 yellow cards in one game then they shall be ejected from the game. • Red: Signifies that a player has been ejected from the game.
Offside	Indirect Kick Offense FIFA Law 11 – Offside
Pass to Goalie	Indirect Kick Offense Ball placement depends on location of violation FIFA Law 13 – Free Kicks
Playing Time	Every player must see equal amount of playing time, unless player is injured or sick. Playing time may be affected by Yellow or Red cards.
Bleeding	Player must leave the field of play until bleeding has stopped or is contained in a way that reasonably eliminates possibility of blood exposure to other players
Jewelry	No jewelry allowed Medic Alert bracelets excepted
Spectators	Must sit/stand on the opposite side of the field from players. Cannot sit/stand behind goal lines. Must not coach players from the sideline. Are encouraged to give positive feedback to all players.
Mercy Rule	Players on a team with a 4 goal lead must be encouraged to utilize their non-dominant foot and make a specified number (as determined by the coach) of passes, moves, and/or touches on the ball before going to goal.
League Standings	Standings are maintained to determine a League Champion.