



Pleasanton RAGE

U14/U16/U19 RULES AND GUIDELINES

Subject	Details
Fielded Players	11 per team (10 field players + goalkeeper)
Field Size	70 x 115 yards, approximate 50 yds min. / 80 yds. Max. x 100 yds. Min. / 120 yds. max.
Ball Size	5
Game Duration	U14: Two 35 minute halves = 70 minutes U16: Two 40 minute halves = 80 minutes Half-Time: 10 minutes U19: Two 45 minute halves = 90 minutes
Overtime	No overtime; Rules are subject to change in tournament play.
Referees	East Bay Referee Association (EBRA) supplied.
Substitution	Unlimited substitutions at any stoppage of play.
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 ● Handball Offence (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 -

	<p>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.</p> <p>Red: Signifies that a player has been ejected from the game.</p>
Offside	<p>Indirect Free Kick Offence Fifa Law 11 - Offside</p>
Pass to Goalie	<p>Indirect Free Kick Offence FIFA Law 12 – Fouls and Misconduct (Offenses by Goalkeepers – p.24) The goalkeeper cannot touch the ball with her hands directly after it has been deliberately kicked or thrown-in to her by a teammate.</p>
Playing Time	<p>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.</p>
Bleeding	<p>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.</p>
Jewelry	<p>No jewelry allowed. Earrings and other piercings cannot be taped over. Medic alert bracelets excepted.</p>
Spectators	<p>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.</p>
Mercy Rule	<p>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.</p>
League Standings	<p>Standings are maintained to determine a League Champion.</p>