

U14 Recreation Laws of the Game

*These rules apply if the U14 age group is self-contained within TYSC. Otherwise rules of the governing league (e.g., Carolina Rec Alliance) will apply.

<p>Law I: The Field of Play</p>	<ul style="list-style-type: none"> ➤ Field: 60 yards wide x 100 yards long. ➤ Goal: 8 feet tall x 24 feet wide. ➤ Goal area: 6 yards x 20 yards. ➤ Penalty area: 18 yards x 44 yards. ➤ Midfield circle: 10-yard radius. ➤ 12-yard penalty spot with 10-yard arc. ➤ Corner arc: 3-foot radius. ➤ Coaches and players will occupy one side of the field; fans will be on the opposite side.
<p>Law II: The Ball</p>	<ul style="list-style-type: none"> ➤ Size 5. ➤ The designated home team will supply the game ball.
<p>Law III: Number of Players</p>	<ul style="list-style-type: none"> ➤ 11 including the goalkeeper (9 minimum). ➤ Roster size: 13 – 16 players. 14 is optimum. ➤ Substitutions: Prior to throw-in in your favor, prior to a goal kick for either team, after a goal has been scored, halftime, after referee stops play for an injury by either team. ➤ The referee must be informed before the substitution is made. ➤ All players present must play a minimum of half the game.
<p>Law IV: Player's Equipment</p>	<ul style="list-style-type: none"> ➤ <u>Shinguards are mandatory.</u> Socks must cover the shinguards. ➤ Tennis shoes (sneakers) or soft cleats (no toe cleat). ➤ Supplied jersey. The goalie's jersey must be distinctly different from both teams' jerseys. ➤ Shorts. Undergarments (sweat pants and sweatshirts) may be worn during cold weather. ➤ The goalie may wear goalkeeping gloves.
<p>Law V: Referee</p>	<ul style="list-style-type: none"> ➤ A single certified referee.
<p>Law VI: Asst Referee</p>	<ul style="list-style-type: none"> ➤ 2 assistant referees.
<p>Law VII: Duration of Match</p>	<ul style="list-style-type: none"> ➤ 2 35-minute halves. ➤ 5-minute halftime. ➤ No overtime in regular season games.

<p>Law VIII: Starts and Restarts</p>	<ul style="list-style-type: none"> ➤ Kick-off at the start of the match and second half. Opponents must be 10 yards from the center mark until the ball is in play. ➤ Ball is in play when it is kicked and moves forward. Kicker cannot touch the ball a second time until it has touched another player.
<p>Law IX: Ball In and Out of Play</p>	<ul style="list-style-type: none"> ➤ The ball is out of play when it has completely crossed over the entire line.
<p>Law X: Method of Scoring</p>	<ul style="list-style-type: none"> ➤ A goal is scored when the ball has completely crossed over the goal line between the goal posts and under the crossbar.
<p>Law XI: Offside</p>	<ul style="list-style-type: none"> ➤ A player is in the offside position when s/he is nearer to the opponents' goal line than both the ball and the second last opponent. ➤ A player should be whistled for being offside when the ball is played to him/her by a teammate while in the offside position.
<p>Law XII: Fouls and Misconduct</p>	<ul style="list-style-type: none"> ➤ A direct free kick will be awarded for: kicking an opponent, tripping, jumping or charging at an opponent, striking or attempting to strike an opponent, pushing, spitting, holding, or a handball. ➤ An indirect free kick will be awarded for: dangerous play, obstruction, charging the goalkeeper, delay of game, or the goalkeeper touching the ball with hands after it has been kicked to them by a teammate.
<p>Law XIII: Free-Kicks</p>	<ul style="list-style-type: none"> ➤ For both direct and indirect kicks, the ball must be stationary when the kick is taken and the kicker may not touch the ball a second time until it touches another player. ➤ Opponents must be 10 yards from the ball. ➤ The player kicking the ball may score directly from a direct free kick. ➤ An indirect free kick must touch another player from either team before going into the goal to count. The referee signals indirect free kick by raising his/her arm above head.

<p>Law XIV: Penalty Kick</p>	<ul style="list-style-type: none"> ➤ Awarded when a direct free kick infraction occurs within the penalty area. ➤ The ball is placed on the penalty spot. ➤ All players except the kicker and goalkeeper must be behind the penalty spot, outside the penalty area, and at least 10 yards away ➤ The goalkeeper must remain on the goal line until the ball is kicked. ➤ The shooter must wait for the referee's whistle before proceeding. ➤ After the initial shot, the ball cannot be played by the shooter until it is touched by another player.
<p>Law XV: Throw-In</p>	<ul style="list-style-type: none"> ➤ One attempt allowed. Throw-in is awarded to opponent in the event of a foul throw.
<p>Law XVI: Goal-Kick</p>	<ul style="list-style-type: none"> ➤ Awarded when the attacking team kicks the ball over the goal line outside the goal posts. ➤ Kick is taken from the outer edge of the goal area. ➤ Ball cannot be touched by either team until it goes outside the penalty area.
<p>Law XVII: Corner-Kick</p>	<ul style="list-style-type: none"> ➤ Awarded when the defending team kicks the ball over its own goal line outside the goal posts. ➤ Kick is taken from within the corner arc by the attacking team. ➤ Opponents must be 10 yards from the ball until it is kicked.