



U14 Division Guidelines

Practices will take place at Paloma Creek Park. There will be 2 fields at this location, one U14 field and one U12 field. Games may be played at Paloma, Templeton, and South Bay.

Player Equipment: Soccer cleats(recommended), closed toed shoes and shin guards covered by the sock are mandatory at all practice and game activities. The type and condition of cleats must be inspected for safety before use. *(Note: They can not have a toe spike - like baseball or football cleats.)*

Field Setup:

- 100 yards long by 60 yards wide. All equipment will be located in the shed at the north end of the parking lot.

(The Markings:)

- Halfway line
- Center circle
- Corner arcs
- Goal area
- Penalty area
- Penalty mark
- Penalty arc

The Goals: 8 feet high and 24 feet wide.

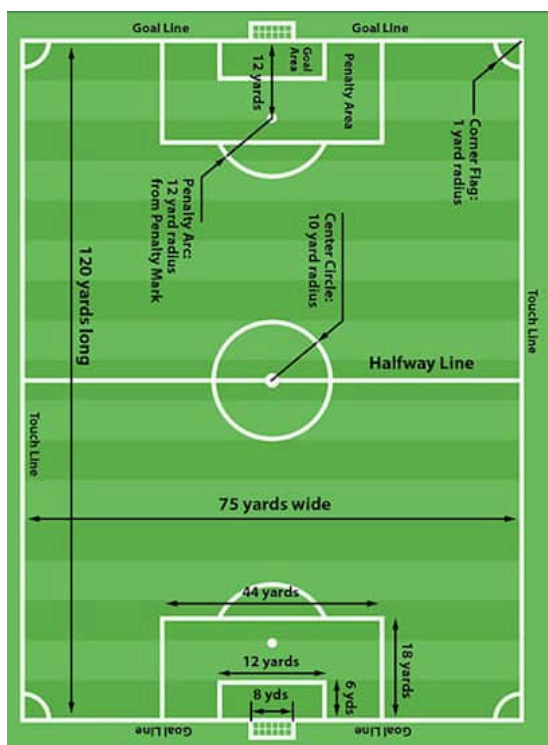
The Ball: A size 5 ball.

Players:

- Numbers: 11 v 11 (10 field players and 1 goalkeeper). Sixteen maximum on roster.
- Games may not start or continue if there are less than 7 players on a team.
- Substitutions are unlimited and can occur at any stoppage at the discretion of the referee.

Game Time:

- Two (35) minute halves. 15-minute halftime.
- Playtime should be distributed as equally as possible. Each player should participate for a minimum of 50% of the time.



Number of Players	Playtime	Subs
12	@ 64 min	
13	@ 59 min	
14	@ 55 min	
15	@ 51 min	
16	@ 48 Min	

**The Start of Play:**

The game should be started with a kick-off in the middle of the field.

The Kick-off:

Visitor will kick off the first half and the home team will kick off the second half. The kick off is taken from the center of the field with each team in their own half and the team not kicking off at least ten feet from the ball (*outside the center circle*). The ball does not need to roll forward upon kick-off. Remember, let them play and do not interfere for technicalities.

U14 Officials:

Cal South certified referees.

Fouls:

For U14 and older games, all fouls identified in Law 12 apply. Refer to the *Laws of the Game* for more information.

Free Kicks:

Free kicks, in U14 and older games, may be either direct (may score directly), or indirect (must be touched or played by another player before a goal can be scored). Opponents must be at least eight yards from the ball or on the goal line between the goal posts during free kicks.

Penalty Kicks:

Penalty kicks may be awarded in U14 and older games. A penalty kick results from a player committing one of the ten direct free kick fouls inside his/her own penalty area. The penalty kick is taken from the penalty mark with all other players outside the penalty area except the opposing team's goalkeeper.

Throw-In:

Second chances are not given for improper throw-ins for U14 and older players. An improper throw-in results in a throw-in for the opposing team.

Goal Kick:

A goal kick is awarded to the opposing team, in U14 and older, when the attacking team is last to touch the ball before it crosses the goal line but without scoring a goal. The goal kick may be taken from any point inside the goal area. The ball is in play when it is kicked and clearly moves.

Corner Kick:

A corner kick is awarded to the opposing team when the defending team is last to touch the ball before it crosses the goal line but not scoring a goal. The opposing team must be at least eight yards from the ball when the corner kick is taken in U14 games.

Handball:

A handball infraction occurs when a player handles the ball deliberately. The 'hand' includes the entire arm up to the top of the shoulder. Instinctive, self-protective reactions are not penalized. Accidental contact (ball striking hand or arm with no intent by the player) is not an offense and should not be penalized. Let the players know to "Play on"

**Field Striping:**

Coaches please help us secure 1 or 2 individuals who will be striping fields for the season - it will take about an hour a week to stripe both fields and if you practice on Thursday or Friday this can be done during practices. Please coordinate this through Ryan.

Division Contacts:

- Ryan Hayes- U14 division coordinator - 12udc@atascaderosoccer.org