



U14 MODIFIED LAWS

Law I – The Field

- A. Field Size: 110 yd x 70 yd
- B. Goal Size: 21' x 7'

Law II – The Ball

- A. Ball Size: Five (5)

Law III – The Number of Players

- A. On Field: 10 players and a goalkeeper (11 v. 11)
- B. The coach must remain on the coach's side of the field. Only the coach and an assistant coach are permitted on the player's bench side of the field during the game.
- C. Coaches should refrain from talking to the referee during the game. If the coach has a question, he/she should wait for half time or the conclusion of the game. The referee will not stop the game or the clock to talk to a coach.
- D. Substitutions should conform to FIFA.
 - 1. A field player may change places with the goalie during the match only after the referee is notified of the requested change.
 - 2. All substitutions must enter from the mid-field line and need to be approved by the referee. Players should not be sent on the field before the referee calls them on.
 - 3. Unlimited substitutions can only be done during the following times:
 - a. Prior to a goal kick (either team)
 - b. After a goal
 - c. Prior to a throw in (possession team only)
 - d. When play is officially stopped for injury. If the team with the injured players subs, the opposing team can substitute an equal number of players.
- E. No substitution is permitted for a player ejected by the referee. The team will play short for the remainder of the game. The player who receives a red card is required to sit out the next official game.
- F. No substitution is permitted for either team during a corner kick.
- G. All players should play at least half the game.

Law IV – Player's Equipment

- A. Footwear: Soccer cleats or tennis shoes (cleats are preferred). Baseball or Football cleats (cleats which contain a single cleat at the toe or very front of the shoe) are not allowed.
- B. Shin guards are required to be worn underneath the sock. The sock must completely cover the shin guards at all times. Players are not permitted to take the field without shin guards (this includes practice).
- C. ALL items of jewelry are strictly forbidden and must be removed prior to game time. Using tape or band-aids to cover jewelry is NOT acceptable – the item must be removed.

Law V – The Referee

- A. Certified or league approved Referee.

Law VI – The Assistant Referees

A. Certified or league approved Referee Linesman.

Law VII – The Duration of the Match

A. Length: The game shall be divided into 2 equal halves of 35 minutes each.

B. Breaks: 5 minute half.

C. Teams shall switch goals at half time.

Law VIII – The Start of Play

A. The referee shall determine the team that kicks off with a coin flip or referee discretion.

B. Opponents must be at least 8 yards from the center mark while the kick-off is in progress. The ball is in play when it is kicked or played forward into the opponent's half of the field.

C. The player kicking the ball on a kick-off must not kick the ball again before another player touches the ball.

Law IX – Ball in and out of play

A. Conform to FIFA law. The ball is out of play when it has wholly crossed the goal line or the touch line. The ball is in play at all other times.

Law X – Method of Scoring

A. Conform to FIFA law.

B. Scores and standings will be kept.

Law XI – Offside

A. Conform to FIFA law.

Law XII – Fouls and Misconduct

A. Conform to FIFA law.

B. In accordance with FIFA laws, yellow cards (warning) and/or red cards (ejection from the game) may be issued to a player by the referee. If a player receives two yellow cards or one red card in a single game, the player will be ejected from the game. The team may not replace the ejected player with a substitute; they must play one player short. If a player receives a red card, he/she will also be required to sit out the next official game played.

Law XIII- Free Kicks

A. Conform to FIFA law.

B. Opponents must be 8 yards away before kick is allowed.

Law XIV – The Penalty Kick

A. Conform to FIFA law.

Law XV – Throw-Ins

A. Conform to FIFA law.

Law XVI – Goal Kick

A. Conform to FIFA law.

Law XVII – Corner Kick

A. Conform to FIFA law.