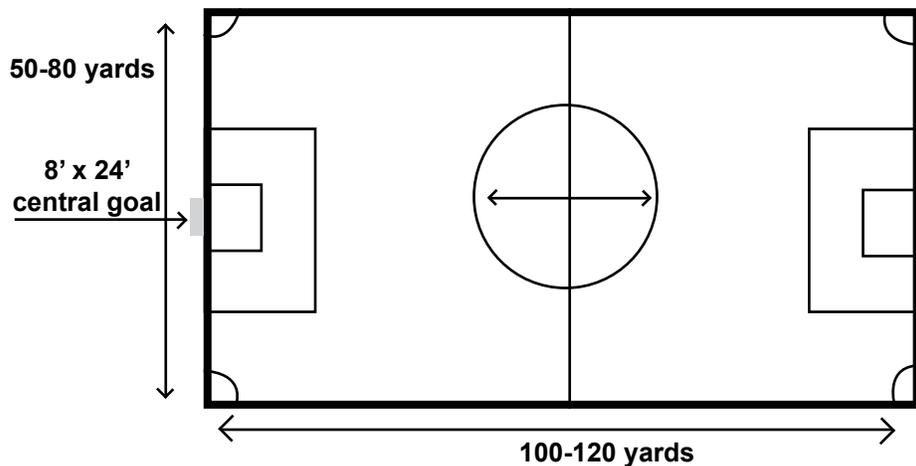


# U13-U19 RECREATION AND CHALLENGE



Soccer Ball: Size 5



Time: 2 halves

U13-U14: 35 minute halves

U16: 40 minute halves

U18-U19: 45 minute halves



**11v11:** 11 players (maximum) on the field for each team

Home Jersey: Navy

Revised: 2-25-19

## Rule 1 - The Field

A. Dimensions: The field of play should be approximately 70 x 100 yards minimum.

## Rule 2 - The Ball Size 5.

## Rule 3 - Number of Players

A. Maximum number of players on the field at any one time is 11 including the goalkeeper. 10 Field Players, 1 Goalkeeper.

B. Maximum number of players on the roster should not exceed 22 (only 18 should be dressed for each game).

C: The minimum number of players required to begin and keep playing the match is 7 players one of which must be the goalkeeper.

D. Substitutions: Any goal kick, kick off, your team's throw-in, and injuries (referee's discretion). If the team in possession of the throw-in is substituting, the referee may allow the opposing team to also substitute.

E. Playing Time:

1. Recreation: Coaches **MUST** make every effort to balance playing time equally among all players. Each player **MUST** play a minimum or as close to 50% of the total playing time.

2.Challenge: Refer to Challenge Playing time policy

F. No player can play more than 50% of the game as goalkeeper unless they are a full time goalkeeper.

G. Teams and games may be co-ed except in the All-Girls U13-U19 League.

H. Players with visible blood on their uniforms or body must be substituted.

## Rule 4 - Players' Equipment:

Conform to FIFA with the following exceptions:

A. Footwear: Athletic shoes or soft-cleated soccer shoes. Soccer cleats are highly recommended.

B. Shin Guards: MANDATORY.

C. Numbered Uniforms: Jerseys must have numbers

D. Jewelry: Players are not permitted to wear any kind of jewelry (including earrings). Tape over earrings is not acceptable. More detail

can be found on the Referee Page at <http://NCFCYouth.com/Referees>.

## Rule 5 - Referee

A. Registered referee/new referee program.

B. Parent/coach or assistant.

C. All rule infractions shall be briefly explained to the offending player.

**Rule 6 - Linesmen** Teams will be assigned two neutral assistant referees, if none are available they can use club linesmen (i.e. parent volunteers).

## Rule 7 - Duration of the Game

A. The game shall be divided into 2 equal halves of 35 minutes for U13-U14 teams, 2 halves of 40 minutes for U16 teams, and 2 halves of 45 minutes for U18-U19 teams.

B. Half-time break of 5-10 minutes.

## Rule 8 - Start of Play

Conform to FIFA.

## Rule 9 - Ball In and Out of Play

Conform to FIFA.

## Rule 10 - Method of Scoring

Conform to FIFA.

**Rule 11 - Off-Side** Off-side will be called by the referee.

## Rule 12 - Fouls and Misconduct

A. In order for a player to serve a one game suspension for a red card, they must be present for an entire game sitting on the sidelines in street clothes. They are not allowed to play in a game (regular season, tournament, or next season) until the above action has been completed. Further punishment can be applied at the Director's discretion.

## Rule 13 - Free Kick

Conform to FIFA.

## Rule 14 - Penalty Kick

Conform to FIFA.

## Rule 15 - Throw-In

Conform to FIFA.

## Rule 16 - Goal Kick Conform to FIFA.

## Rule 17 - Corner Kick

Conform to FIFA.

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