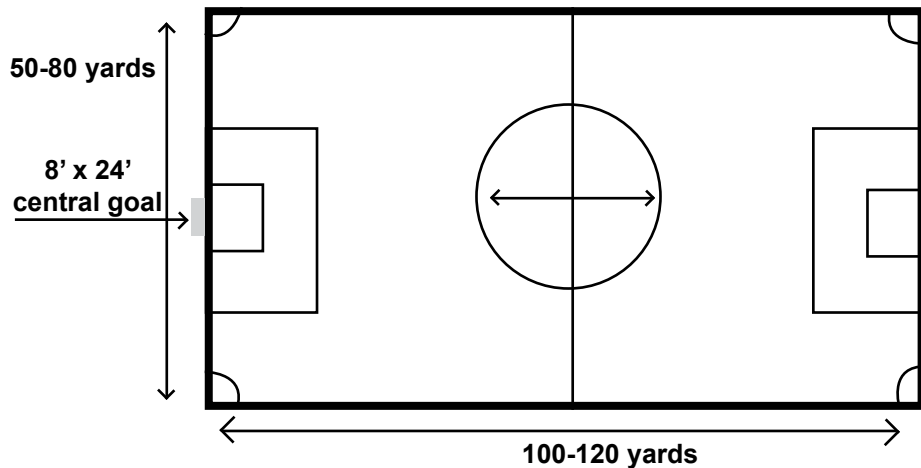


# U13-U19 RECREATION AND CHALLENGE



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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