

## U14/U19 Simplified Rules

Ball: Size 5.

Coaching: Coaches are not allowed on the field. Coaches are allowed to walk the length of the center circle. Only one coach is allowed on each side of the field.

Number of Players: Maximum of 11v11.

Substitution: Players must play the entire quarter. No player substitution during the quarter. If a player becomes injured during play and is not able to continue play for the quarter, the coach may substitute another player but the substituted player must play for the remainder of the quarter.

Time: Two 35-minute halves (U14)/40-minute halves (U16)/ 45-minute halves (U19) with 2-minute breaks at the end of 1<sup>st</sup> and 3<sup>rd</sup> quarter and a 5-minute break at halftime. The quarter break occurs at any stoppage in play approximately half-way between the beginning and end of the half.

Throw-Ins: Normal. No redo's at this level.

Corner & Goal Kicks: Normal.

Offside: Called at the first game for this level (coaches should be teaching offside as part of their practice).

Penalty Kicks: Awarded as normal. Ball is to be placed at penalty dot.

Fouls: All fouls called as normal (including keeper fouls). DFK & IFK to be awarded as required.

Yellow & Red Cards: May be utilized as appropriate.

Balanced Teams Rule: If one team is up by 4 goals, the team that is down gets to add a player to the field. If the team that is down cannot add a player, the team which is up must remove a player. A one-player advantage is given for every additional goal as necessary. This must be done until the team that is down scores. The highest scoring players must be removed first regardless of the amount of playing time they have in the game. (The Balanced Teams Rule overrides the rule that all players must play at least 3 quarters).

Post-Game: The players and coaches must participate in the handshake ceremony after the game. Failure to participate and shake all players' and coaches' hands will result in a one-game suspension.