

U13+ Boys and Girls

Sides

- 9 v 9. 8 field players and GK. Minimum 6 v 6 to start and finish game.

Ball

- U13-U18: Size 5- home team provides the game ball

Field and Goal Sizes

- Approximately 50 x 80 yards
- Goal Size: min: 6.5 X 18 feet, max: 7 X 21 feet

Game Length/Halftime

- U13-U18: Two 30-minute halves
- 5 minute halftime

Officials

- A referee is provided. When available, 3 will be provided.
- In the event a referee does not arrive the coach from each team will officiate and will be responsible for calls within their team's defensive half of the field.
- Both coaches can coach from their respective positions from the **team bench and should be the only voice used to coach and facilitate the game.**
- All rules infractions shall be briefly explained to the offending player.

Substitutions

- Each player should play at least one half of the game.
- There are free substitutions in this age group.

Equipment

- Shinguards (under socks) are required
- Jewelry is not permitted

Uniforms

- Names or other enhancements to shirts are not allowed.
- The home team wears white. The away team wears navy.
- Coaches may specify the color of shorts or socks.

Goalkeepers

- Players should be encouraged to play multiple positions throughout the season.
- Coaches should use at least 2 different goalies each game unless there are extenuating circumstances.
- Goalkeepers can punt the ball but should be encouraged to roll (bowl) or pass (feet) the ball out.
- Goalkeeper may NOT punt the ball past midfield. Should the goalkeeper punt the ball past midfield, an indirect free kick to the opposing team will be the restart

Age Specific Rules

- Offside is now called.
- Players do NOT need to back up to midfield on goal kicks any longer.
- All other rules abide by FIFA Laws of the Game.