

## **Under 14, Under 16 & Under 19 Small Sided Rules**

### **Law 1 – The Field of Play**

Dimensions: The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.

Length: minimum 70 yards maximum 80 yards

Width: minimum 45 yards maximum 55 yards

Field Markings: Distinctive lines not more than (5) inches wide. The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of eight (8) yards is marked around it.

The Goal area: Conform to FIFA.

The Penalty Area: A penalty area is defined at each end of the field as follows: Two lines are drawn at right angles to the goal line, fourteen (14) yards from the inside of each goalpost. These lines extend into the field of play for a distance of fourteen (14) yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area. Within each penalty area a penalty mark is made ten (10) yards from the midpoint between the goal posts and equidistant to them. An arc of a circle with a radius of eight (8) yards from each penalty mark is drawn outside the penalty area.

Flagposts: Conform to FIFA.

The Corner Arc: Conform to FIFA.

Goals: Conform to FIFA with exception that the maximum distance between the posts is eighteen (18) feet and the maximum distance from the lower edge of the crossbar to the ground is six (6) feet. Sturdy and safe goals must be used to prevent dangerous situations.

**Law 2 – The Ball: Size five (5).**

**Law 3 – The Number of Players: Maximum roster size of 11. A match is played by two teams, each consisting of not more than six players, one of whom is the goalkeeper. The minimum number of players to start the game will be 5.**

Substitutions: As per GDMJSL rules. There shall be no substituting “on the fly” allowed.

**Law 4 – The Players Equipment: Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.**

**Law 5 – There shall be proper assignment of three (3) certified referees who are capable and knowledge of U16/U19 players. GDMJSL rules require three (3) certified officials for U16/U19 matches. GDMJSL rules only require one (1) certified center official for U14 matches.**

**Law 6 – The Assistant Referee: See Law 5. Use U.S.S.F. registered referees or club linesmen/women.**

**Law 7 – The Duration of the Match: Conform to FIFA with the exception for U16 through U19 teams of the match being divided into two (2) halves of forty (40) minutes each. There shall be a half-time interval of five (5) minutes. However, if a team has less**

than two (2) substitutes present for the entire match, permission may be requested of the opponent coach and referee, prior to the start of the match, to play shorter periods – 35 or 30 minute halves – but never less than 30 minute halves. Under 14 matches also conform to FIFA with the exception of the match being divided into two (2) halves of thirty (30) minutes each. There shall be a half time interval of five (5) minutes.

**Law 8 – The Start and Restart of Play:** Conform to FIFA with the exception that opponents of the team taking the kick-off are at least eight (8) yards from the ball until it is in play.

**Law 9 – The Ball In and Out of Play:** Conform to FIFA.

**Law 10 – The Method of Scoring:** Conform to FIFA.

**Law 11 – Offside:** Conform to FIFA.

**Law 12 – Fouls and Misconduct:** Conform to FIFA.

**Law 13 – Free Kicks:** Conform to FIFA with the exception that opponents are at least eight (8) yards from the ball.

**Law 14 – The Penalty Kick:** Conform to FIFA with the exceptions that the penalty mark is at twelve (12) yards and that players other than the kicker and defending goalkeeper are at least eight (8) yards from the penalty mark.

**Law 15 – The Throw-In:** Conform to FIFA.

**Law 16 – The Goal Kick:** Conform to FIFA.

**Law 17 – The Corner Kick:** Conform to FIFA with the exception that opponents remain at least eight (8) yards away from the ball until it is in play.