



14U Guidelines

The Field: The Field Size for 14U games is 100 yards long and 50 yards wide.

The Markings: No change from Laws of the Game.

The Goals: No change from Laws of the Game.

The Ball: A size 5 ball is used for 14U games.

The Players:

- **Numbers:** No change from Laws of the Game.
- **Substitutions:** Between periods, at halftime and for injuries.
- **Playing Time:** Minimum of 3 periods per game and no player should play four periods until everyone has played three
- **Teams:** Separate girls and boys teams should be promoted at all levels of play.
- **Coach:** The coach must be a certified 14U coach (intermediate).

Player Equipment: Shoes and shin guards, covered by the socks are mandatory at all practice and game activities. Soccer shoes, tennis shoes, or similar type athletic shoes are recommended. The type and condition of cleated shoes must be inspected for safety before use. For safety, no jewelry is allowed including watches, earrings, barrettes, etc. (Medical bracelets are okay).

Duration of Game: Four 17.5-minute periods. Halftime break of 5 minutes as designated by the referee. No other changes from play as specified in FIFA Laws of the Game Printed for the American Youth Soccer Organization.

Referee: The center referee must be a certified Intermediate Referee or above and must have a current AYSO Volunteer application on file with AYSO in addition to current AYSO Safe Haven and Concussion Awareness Certifications.

Fouls: For 10U and older games, all fouls identified in Law 12 apply. Refer to the Laws of the Game for more information. No other changes from play as specified in FIFA Laws of the Game printed for AYSO.