

## U13 & U14

<b>Ball Size:</b>	5
<b>Field Size:</b>	120 yd x 75 yd (TYP)
<b>Time Periods:</b>	2 x 35 Minute Halves
<b>Rest Periods:</b>	5 minutes at halftime
<b>Substitutions:</b>	<ul style="list-style-type: none"><li>- At possession throw in</li><li>- At opponent throw-in, only if your opponent is making a substitution</li><li>- Any goal kick</li><li>- Any kick off</li><li>- For injured player (opponent may substitute)</li><li>- Player receiving a yellow card</li><li>- Discretion of the referee</li></ul>
<b>Total Players:</b>	11 (May play with 7)
<b>Goalkeeper:</b>	Yes
<b>Throw-Ins:</b>	Yes
<b>Throw-In Attempts:</b>	1
<b>Direct Free Kicks:</b>	Yes (Goal <b>may</b> be scored directly from free kick)
<b>Indirect Free Kicks:</b>	Yes (Goal <b>may not</b> be scored directly from free kick)
<b>Free Kick Distance:</b>	10
<b>Offside:</b>	Yes
<b>Misconduct:</b>	Yes (Yellow and Red Cards)
<b>Notes:</b>	<ul style="list-style-type: none"><li>• Player passes may be checked against roster</li></ul>