

U13 & U14

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