

Playing Rules: Under 13-19 (11 v 11)

1. **The Ball** – Size 5.
2. **The Players** – 11 on a side, one of which must be a goalkeeper. A game may not start if either team has fewer than 7 players.
3. **Coed rules**- Out of the 11 players on the field, 2 players must be female at all times..
4. **Players Equipment** – Shin guards **MUST** be worn.
5. **Referee** – See General Rules section.
6. **Assistant Referees** – Assistant referees are assigned. In case there are no available, the center referee may, at his/her discretion, designate “club” linesmen who will assist the referee by indicating when the ball goes out of play.
7. **Duration of the Game**
 - a) U13-14 - The game shall consist of two 35 minute halves.
 - b) U15-19 - The game shall consist of two 40 minute halves.
 - c) The half-time break should not exceed **10** minutes.
 - d) Time shall not be stopped except for serious injury.
8. **Substitutions** – See General Rules section.
9. **Start of Play – Kick-off** - See General Rules section.
10. **Method of Scoring** – See General Rules section.

An official score is kept. A goal is worth 1 point. The team getting the most goals shall be declared the winner.
11. **Ball In and Out of Play** – See General Rules section.
12. **Throw-in** – See General Rules section.
13. **Fouls and Misconduct** - (See “The TEN Major Fouls” section.)
14. **Free Kick Play** – See General Rules section.

As a penalty for the commission of a foul **Direct and Indirect** free kicks are awarded. (See “The TEN Major Fouls” section.)
15. **Penalty Kick** – – See General Rules section.

The penalty mark inside the box is at **12 yards** from the goal line.
16. **Goal Kick** – The ball is in play as soon as it is touched. Opposing players must remain out of the penalty box until the ball is played. The kicking team may touch the ball inside the box.
17. **Common Requirements for KICK-OFFS, CORNER KICKS, GOAL KICKS and FREE KICKS** – See General Rules section.
 - a) Opponents may not be within **10 yards** of the ball until it is put in play.
18. **Drop ball** – Ball is dropped for one team to play the ball. The other team must remain 4 yards away.
19. **Offside** – The offside law is enforced.