

AYSO 1079 U-12 and U-14 Game Guidelines

A. THE FIELD

1. Dimensions: Maximum 130 yards long by 100 yards wide (130 yds x 100 yards)
2. Markings: Distinctive lines recommended.
 - a. Halfway line the width of the field, marked equidistant between the goal lines
 - b. Center circle with a ten (10) yard radius in the center of the field
 - c. Corner arcs with a one (1) yard radius at each corner of the field
 - d. Goal area in front of each goal measuring six (6) yards by 20 yards (6 yds x 20 yds)
 - e. Penalty area in front of each goal measuring 18 yards by 44 yards (18 yds x 44 yds)
 - f. Penalty mark 10 yards from the goal line
 - g. Penalty arc extending in a ten (10) yard radius from the penalty mark
3. Goals: Maximum 8 feet high by 8 yards wide (8 ft x 8yds)

B. THE BALL

U-12 size four (4)
U-14 through U-19 size five (5)

C. NUMBER OF PLAYERS

1. Maximum number of players on the field at any time: eleven (11); one of whom may be a goalkeeper
2. Maximum number of players on roster not to exceed 15
3. Substitutions: Between periods and at halftime or due to injury
4. Playing time: Minimum of 75% of the total playing time for each player, if possible. No one should play four periods until everyone has played three periods
5. No co-ed teams. Separate boys and girls teams should be promoted at this level of play

D. PLAYERS' EQUIPMENT:

Footwear: Tennis shoes or soft-cleated soccer shoes
Shinguards: MANDATORY for both practices and games

E. REFEREE:

1. The referee could be either a:
 - a. registered referee
 - b. trained youth assistant referee
2. Referees should emphasize:
 - a. **fun**
 - b. **fairness**
 - c. **safety**
 - d. **learning**

Referee decisions are final and must not be questioned by coaches

F. ASSISTANT REFEREES

The region will attempt provide to 2 assistant referees for each game. However, if there are no assistant refs, each team shall provide an assistant for the game. Parents may be used.

G. DURATION OF GAME:

1. U12 2 30-minute periods, U14 2 35-minute periods, quarter breaks should be used.
2. Halftime break of five minutes

H. THE START OF PLAY:

No change from regular play.

I. BALL IN AND OUT OF PLAY:

No change from regular play.

J. METHOD OF SCORING

No change from regular play.

K. OFFSIDE

No change from regular play.

L. FOULS & MISCONDUCT

1. No change from regular play
2. Referees will work cooperatively with the coaches and eliminate the need for cautions and send-offs.

M. FREE KICKS

No change from regular.

N. PENALTY KICKS

No change from regular play.

O. THROW-IN

No change from regular play.

P. GOAL KICK

No change from regular play

Q. CORNER KICK

No change from regular play.

08/16/04

AYSO NATIONAL RECOMMENDATIONS

1. Region standings are not recorded
2. Game scores are not recorded
3. Parents, coaches, and players from both teams exchange handshakes before and/or after each game
4. All players receive participation awards
5. No individual should be allowed to run the length of the field except participants of the game
6. Parents and coaches should encourage players, but not coach or instruct during game time
7. Spectators are not allowed behind either goal or within three (3) yards outside the touchline