



Rec 14U

Modified Laws of the Game

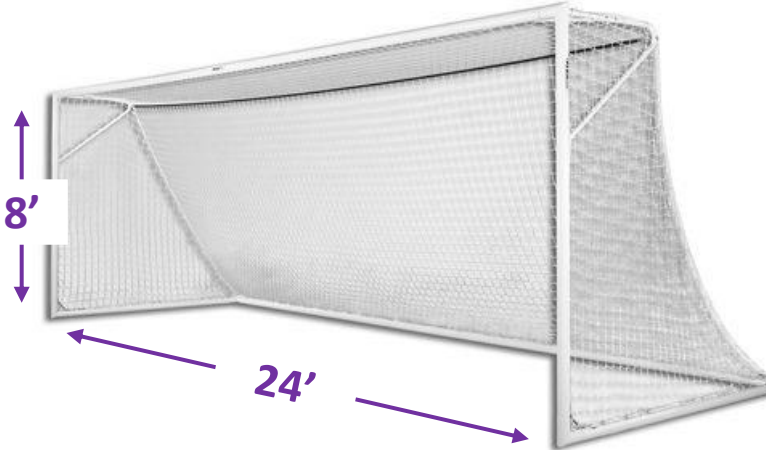
Fall 2020

Northshore Recreational Soccer League



- 14U teams compete in NRSL and follow NRSL which are based on USYS guidance.
- Some guidance in this doc applies specifically to Coquille and it may be slightly different at other parks.
- Coaches must contact opposing coaches prior to each game to confirm team attendance, uniform colors, etc.

Law 1 – The Field



Law 2 – The Ball



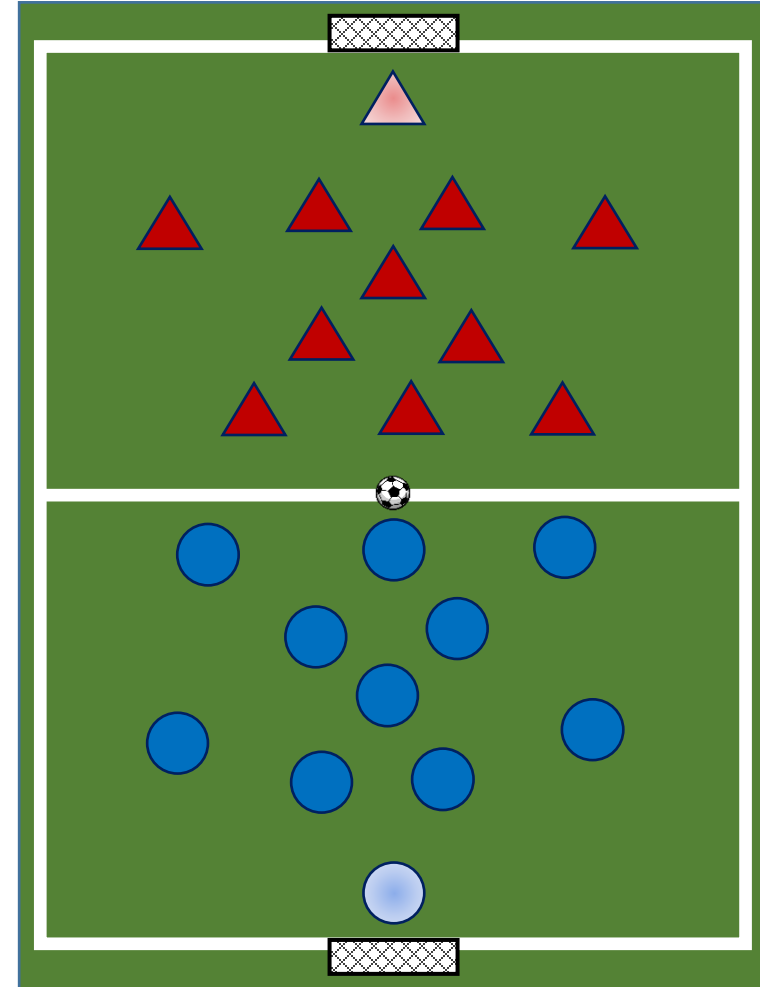
- Size 5
- Properly inflated (8.5lbs)
- Home Team Supplies



Law 3 – The Players



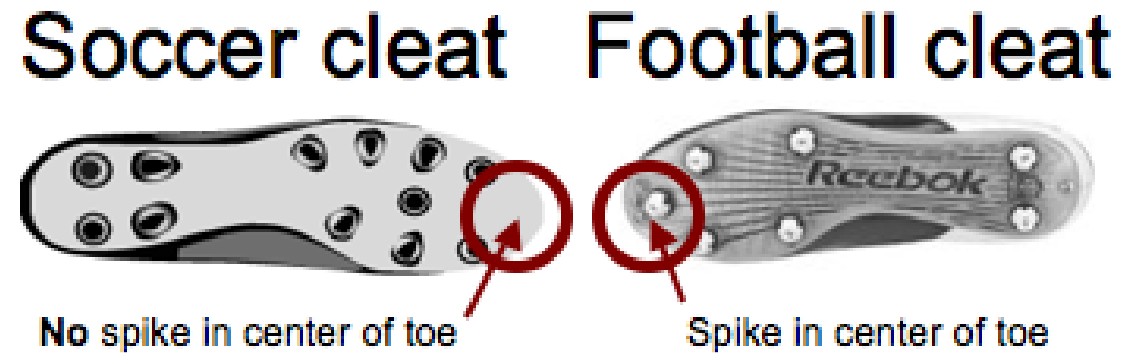
- 11v11
- Max # on Field: 11
- Min # to Start Game: 7
- Includes Goal Keeper
 - Rotate players through GK.
 - Max game time playing keeper = 35 mins
- Substitutions
 - Only when the referee allows (stoppages in play – Ref's discretion)
 - Notify ref you want to sub
 - Subbing player must be standing outside the touch line at the half line.



Law 4 – The Players Equipment



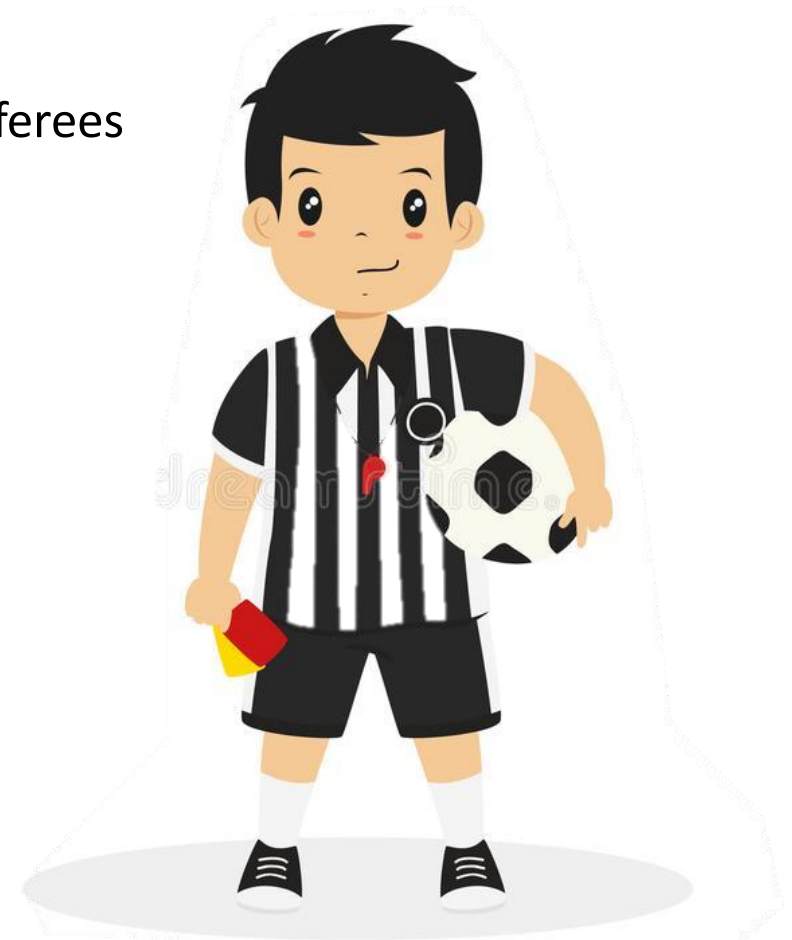
- Home Games – Green Jersey
- Away Team – Grey Jersey
 - Always bring both to change for a color conflict.
- Shin Guards (fully covered by socks)
- Soccer Cleats
 - No Metal Cleats
 - No Football or Baseball Cleats
- No Jewelry
 - Including earrings



Law 5 – The Referee



- The club will try to assign a full crew (center ref and 2 linesmen) to 14U games.
 - This may include in-experienced 12-13 year old kids.
 - Be patient and don't hound referees.
- If a referee is not available, team Coaches or parents act as Referees
 - 1st Half – Home Team Coach is Ref
 - 2nd Half – Away Team Coach is Ref
 - If both teams agree, one team coach may act as ref for entire game
- Required Items:
 - A whistle
 - A watch
 - A good sense of humor
- Player Safety #1 Job
 - Field Safety & Player Equipment Checks



Law 7 – The Duration of the Game

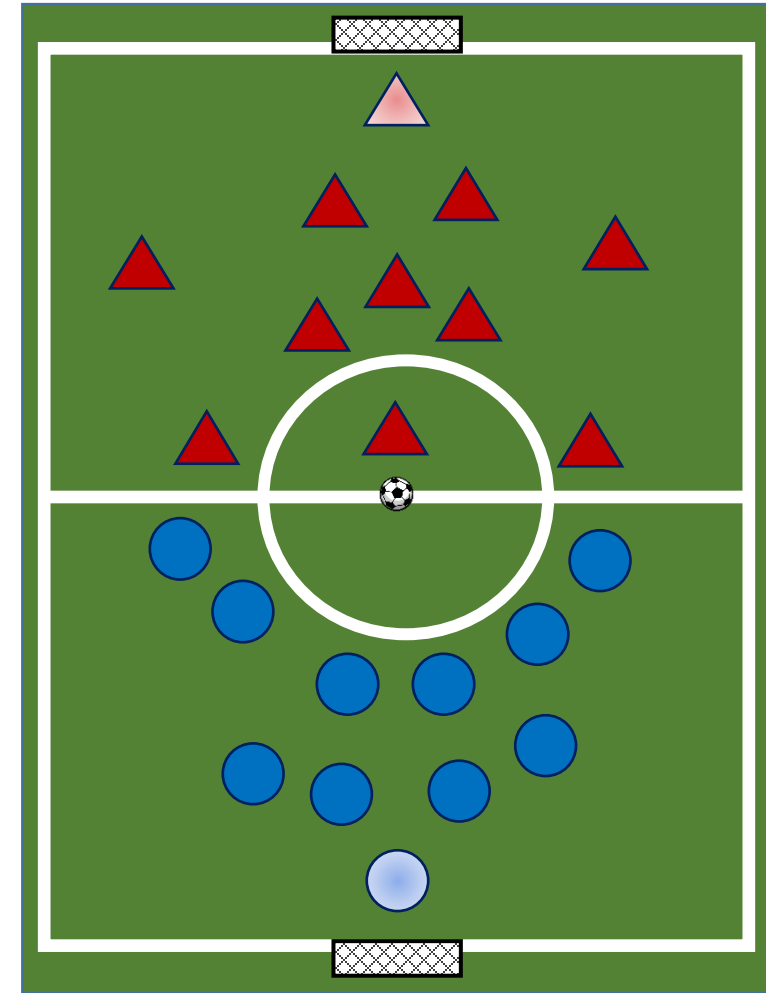


<p>1st Half 35:00</p>	<p>Half Time 10:00</p>	<p>2nd Half 35:00</p>
---	----------------------------	---

Law 8 – The Start & Restart of Play



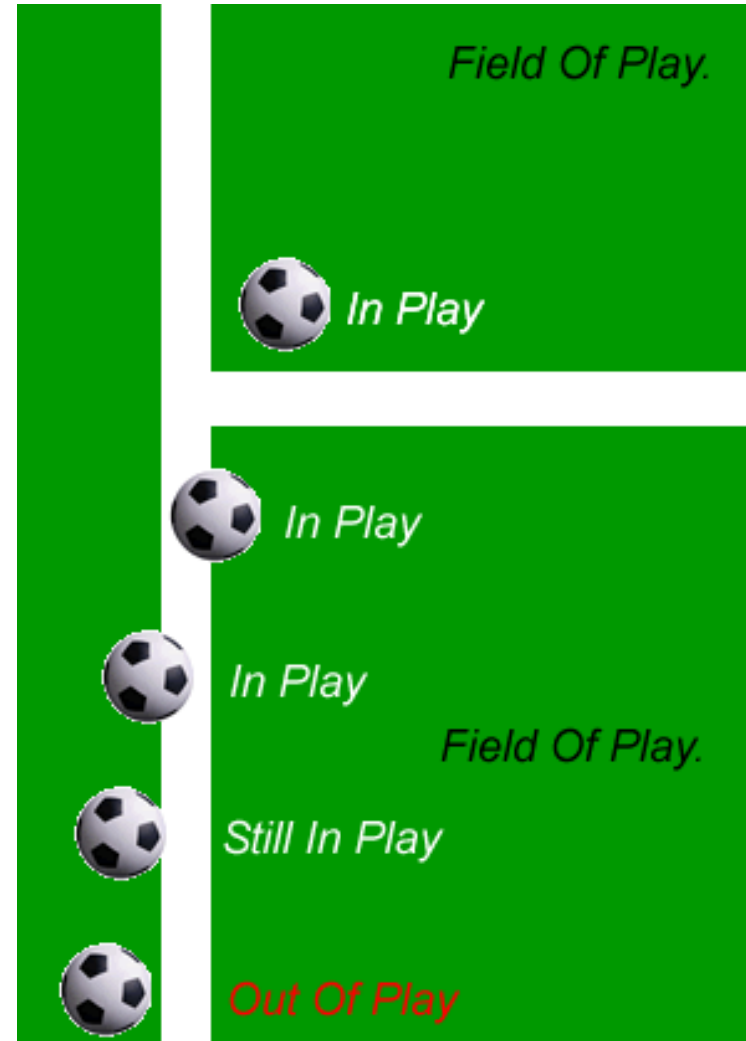
- Kickoff
 - Start the game with a kickoff from the half line (mid-field)
 - Attacking team may line up on (or behind) the half line.
 - Defending team must be behind half line, outside center circle.
 - Ref sounds whistle to start play.
 - Ball can be played in any direction from kickoff.
 - Kickoffs are 1-touch only.
 - The player taking kickoff can not touch the ball a 2nd time until another play has touched the ball.
 - Can score a goal directly from a kickoff.
 - After a goal is scored, use a kickoff to restart play.
 - The team that surrendered the goal takes the kickoff.



Law 9 – Ball In and Out of Play



- Ball is out of play when:
 - It has entirely crossed the goal line or touch line
 - on the ground or in the air
 - When the referee stops the game (e.g. for a foul)



Law 11 – Offside

- For an explanation of offside, watch [this video](#)



Law 12 – Fouls & Misconduct

- Follow FIFA law at this age





US. Soccer's Concussion Initiative

- If a player is suspected to have a head injury, the referee must stop play to allow for treatment/evaluation.
- The player with the suspected head injury may not return to the game until cleared by:
 - a Health Care Professional
 - or a Certified Athletic Trainer
- The referee can end the game if any coach or parent insists on returning the player without approved clearance.

Law 13 – Free Kicks



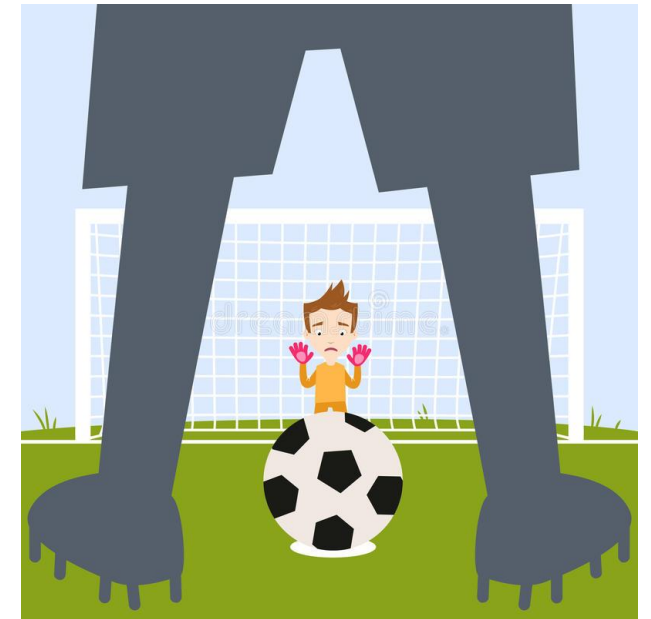
- Defenders must be at least 10 yards from the ball.
- Ball must be at least 8 yards from goal.
- Can not score a goal directly from an IFK
 - 2nd player must touch the ball before scoring.
- 1-touch rule – like the Kickoff



Law 14 – The Penalty Kick



- A foul committed in the penalty box, by the defending team, results in a Penalty Kick for the attacking team.



Law 15 – Throw-Ins



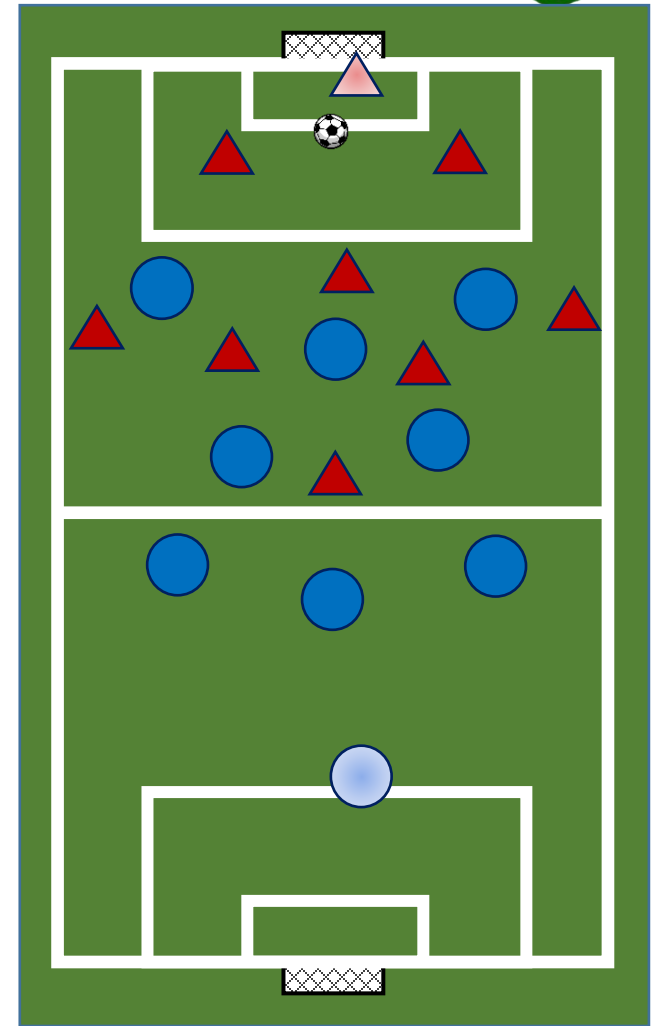
- If ball goes out of play over the touchline (side line), restart with a throw-in
- At the moment of delivering the ball, the thrower:
 - faces the field
 - has part of each foot on the touchline or on the ground outside the touchline
 - uses both hands
 - delivers the ball from behind and over his head
- Opponents must stand at least 3 yds from ball
- Can't score a goal directly from a throw-in
 - Ball in the net results in a goal kick for the opposing team.



Law 16 – The Goal Kick



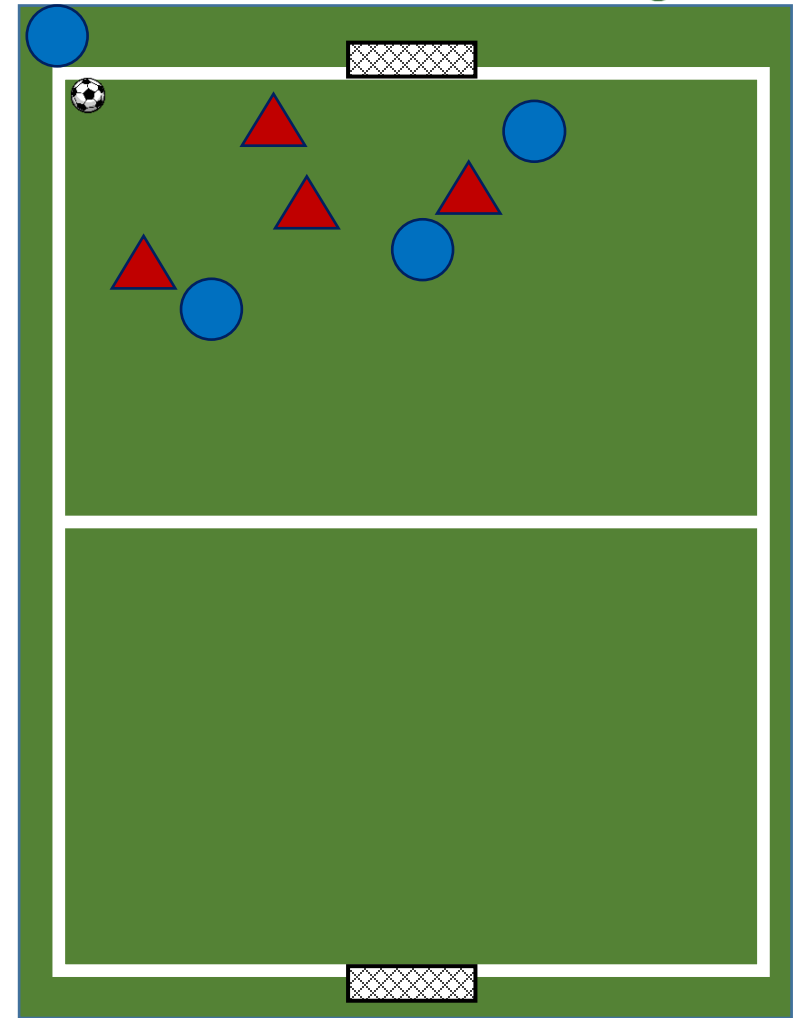
- Goal Kick awarded if:
 - Ball goes out of play over the goal line
 - and was last touched by the *attacking* team
- Goal Kick taken from anywhere in the goal box
- All opposing team players must move outside the penalty area and can not enter the penalty area until ball is put in play by the keeper.



Law 17 – The Corner Kick



- Corner Kick awarded if:
 - Ball goes out of play over the goal line
 - and was last touched by the *defending* team
- Kick taken from the corner of the field nearest where ball crossed the goal line.
 - 1-touch rule like the Kickoff
- Opposing players:
 - must be 3 yards from the ball



Ending the Game

- Coach/Ref sounds the whistle 3x
- Teams line up and shake hands

