

# WSA Under 14 Guidelines

## THE FIELD:

- **Dimensions:** 220 feet long by 140 feet wide (220' x 140')
- **Markings:** Distinctive lines recommended.
  - Halfway line the width of the field, marked equidistant between the goal lines
  - Center circle with a twenty one (21) feet radius in the center of the field
  - Corner arcs with a three (3) feet radius at each corner of the field
  - Goal box in front of each goal measuring forty feet wide by fifteen feet (40' x 15')
  - Penalty Area measuring ninety feet wide by forty feet from goal line (90' x 45')
- **Goals:** 14 feet wide by 7 feet high (14' x 7')

## THE BALL:

- Size 5. Teams are responsible for providing game balls.

## NUMBER OF PLAYERS PER TEAM:

- Recommend **EIGHT (8)** players on the field at any time; **one of whom is a goalkeeper.**
- Can also play **SEVEN (7) or NINE (9)** players.
- **Substitutions:** Between periods, at halftime and during any stop of play.
- **Playing time:** Minimum of **50%** of the total playing time for each player. No one should play four periods until everyone has played three periods.

## PLAYERS' EQUIPMENT:

- Soccer cleats and shin guards are **MANDATORY** for both practices and games.

**NOTE:** Players without the proper equipment will not be allowed to play.

## REFEREE:

- The referee will be either a league-assigned referee or coach.
- Referees should emphasize fun, fairness, safety, learning

**NOTE:** Referees should briefly explain any infringements to the player(s) and help players with instructions. All referees must be registered WSA volunteers.

**Referee decisions are final and must not be questioned by coaches.**

## ASSISTANT REFEREES:

- Parents may be used.

## DURATION OF GAME:

- Four (4) periods of twelve (12) minutes.
- Period breaks of **two (2)** minutes.
- Halftime break of **five (5)** minutes

## THE START OF PLAY:

- No change from regular play. Opponents must be **outside the center circle** for the kick-off. The ball can be played in any direction on the kick-off.

## BALL IN AND OUT OF PLAY:

- No change from regular play.

## METHOD OF SCORING:

- No change from regular play. Referees keep official score for "fair play" but **official score is not recorded.**

## OFFSIDE:

- **Offsides are enforced.**

## FOULS & MISCONDUCT:

- **No change from regular play except:**
  - Slide tackling will result in an indirect free kick foul.
  - Referees will work cooperatively with the coaches to try and eliminate the need for cautions and send-offs. If needed, yellow and/or red cards will be shown.

## FREE KICKS:

- No change from regular play.

## PENALTY KICKS:

- No change from regular play.

## THROW-INS:

- A second throw-in may be allowed if the player commits a foul on the initial attempt. The referee should explain the proper method before allowing the player to re-throw. **WSA suggests the re-throw option be only allowed for the first 2 games of the season.**

## GOAL KICKS:

- No change from regular play. May be taken from any point inside the goal box.
- Opponents **must be outside** the penalty area.

## CORNER KICKS:

- No change from regular play, opponents must be **ten (10) yards** from the ball.

## WSA RECOMMENDATIONS:

- 1) Coaches and players from both teams exchange handshakes after each game.
- 2) Coaches and spectators are not allowed to run the length of the field.
- 3) Coaches and spectators should encourage players, but parents/spectators must not coach or instruct players during game time.
- 4) **Spectators are not allowed behind either goal or within two (2) yards outside the touchline.**