

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 **ELEVEN (11)** players on the field at any time; **one of whom is a goalkeeper.**
- Can also play **TEN (10)** 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 can play 100% of the game if there are substitutes.**

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.**