Under 14 through 18, Soccer for Life Rules

Division	Length of Half	# of Players Including Goalie	# of Players to Avoid Forfeit	Ball Size	Field Size
Under 14	35 Minutes	11	7	5	Full- F1, F2, F10, Bain
Under 15	35 Minutes	11	7	5	
Under 16	35 Minutes	11/9	7/5	5	
Under 17	35 Minutes	11/9	7/5	5	
Under 18	35 Minutes	11/9	7/5	5	

EQUAL PLAYING TIME
ALL PLAYERS MUST PLAY AN EQUAL AMOUNT OF TIME IN A GAME.

PLAYING RULES
The playing rules shall be those set out in the latest available edition of the F.I.F.A. Laws of the Game.
NO JEWELRY CAN BE WORN BY PLAYERS AT ANYTIME.

REFEREES
The referee is in complete control of the game and is the sole judge of all calls in the game. Coaches should not approach the referee except after the game. If you feel you need to get the situation clarified, please contact the House League Director.

COACHES
Coaches and players on the bench are not allowed on the field. Coaches must remain on their half of the field. Spectators MUST stay at least two (2) meters back from the sidelines during the game and are not allowed behind the goal. Spectators must be on the opposite side of the field from the player's bench, except for children with high medical needs.

RED CARDS
Any player who is red carded during a game must leave the playing field and will serve an automatic one (1) game suspension unless notified of a longer suspension. The suspension is served at the next scheduled game. The player does not need to be present for the game they are suspended from; however, the coach must notify the referee before the game starts so it can be recorded.

Any coach who is ejected from the game by the official will be subject to discipline by review.

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OUT OF PLAY

The ball is out of play when the whole of the ball has crossed the goal line, or touchline, whether on the ground or in the air.

SUBSTITUTIONS

Substitutions can be requested on goal kicks, after a goal has been scored, for injuries, at half time, or at either team's throw in.

Substitutions are only permitted after the referee has been asked and permission has been granted. Substitutions may be denied to speed the flow of the game or near the end of the half or game. Substitute players are to enter at center only, and only after the referee has acknowledged them.

THROW IN

Normal throw in procedures take place. The player who takes the throw-in, faces the field of play and has both feet on/or behind the touchline. Ensure the child is using the correct form with both hands from behind and over the head. Throw the ball while both feet remain on the ground. A goal may not be scored directly from a throw in. If the player throws the ball into the goalkeeper, the goal keeper cannot pick up the ball.

DIRECT KICK

Direct kicks may be scored directly off the kick.

INDIRECT KICK

Goals cannot be scored on an indirect kick. The ball must come in contact with any player on the field before a goal can be scored. The referee will indicate an indirect kick by holding one arm in the air until a second player has touched the ball.

FOULS

Major fouls are kicking or attempting to kick, tripping, jumping at, charging in any manner, striking or attempting to strike, spitting at, holding or pushing an opponent or touching the ball with hand or arm. Minor fouls are obstruction, dangerous play and unsporting play.

In the event a player commits a major foul, they must leave the field of play so the coach can discuss the foul with the player. They may be substituted back in at the next stoppage of play. Persistent fouls will result in a yellow card. The referee will award the proper card and free kick associated with the type of offence.

CORNER KICK

A corner kick is awarded when the whole of the ball has crossed the goal line, excluding that portion between the goal posts, having last been touched by a member of the defending team. All opponents must be at least six meters from the ball until it has been kicked.

SHORT-HANDED RULE

If one team is playing short-handed, the opposing team will play with only one player more on the field.

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GOALKEEPER

The goalkeeper can leave the goal area but he/she forfeits the right to touch the ball with their hands. Touching the ball outside the goal area with their hand results in a direct free kick from where the offence occurred.

The referee must be informed before the goalkeeper is changed.

The goalkeeper must wear a shirt or pinnie of a different color from the opposition and own team. The keeper may wear gloves. Only the keeper is allowed to wear a hat, soft peak only, on the field due to the sun shining in his/her direction.

SLIDE TACKLING

Slide tackling is not permitted in Quinte West Soccer, and the player will be asked to leave the field to have a discussion with their coach and another player will take their place. The player may return to the field of the player after having a discussion with their coach by means of a substitution. If the player performs another slide tackle at all during the game, the player will be removed from the game and be required to stay on the bench until the end of the game.

OFFSIDE

A player is offside if he is behind the second to last defender and ahead of the ball in the opponent's half of the field. A player in an offside position is penalized if he is involved in the play or gains an advantage from being in an offside position. For more detailed information on offsides, please refer to the FIFA laws of Game.

THREE GOAL MAXIMUM

Each player can score up to three goals in one game. After three, any goals scored by that player do not count and the play resumes with a goal kick.

LOPSIDED RULE

A team BEHIND by four (4) goals may add one player to the field until the score is at a three (3) goal spread to a maximum of three (3) additional players. Once a goal is scored, the team behind must remove the extra player from the field.

4 goals behind = 1 additional player
5 goals behind = 2 additional players
6 goals behind = 3 additional players