



Rules for U14 / U19

GWYSL Regional Modifications to the AYSO Rules & Regulations, Abridged
Updated 1/14/2024



U14/19 Game Rules

Matches in the **U14 & U19** Divisions are conducted per the *IFAB Laws of the Game* and the *US Soccer Player Development Initiatives* with the following **exceptions**:

- The U14 team size is 12-15 team members. Each half is 35 minutes long.
- The U19 team size is 12-18 team members. Each half is 45 minutes long.
- Games are played 11 v 11.
- Field size is 100-130 yds long and 50-100 yds wide.
- Ball size is 5.
- Coaches wishing to substitute should make a request of the referee at a stoppage in play. Subbed-in players should enter the field at the centerline as they are tagging the subbed-out player.



Safety

Referees and Coaches are asked to work as a team in order to ensure that player safety is the #1 priority on the field. All incidents, injuries and property damage shall be reported to the regional commissioner or safety director.

The league provides jerseys, shorts, socks, goalie gloves and goalie jerseys. All players should purchase their own shoes, shin guards and ball, sized for their division. BQ Sports offers GWYSL players a 10% discount on equipment.

Equipment & Attire:

- Goalkeeper's shirt must contrast with both team jerseys.
- Shin guards are required and must be completely covered by socks.
- Cleats are not allowed, turf shoes are strongly encouraged.
- Prescription glasses, hearing aids and mouth guards are allowed. Casts or splints are prohibited.
- Hard or metal jewelry is not allowed. For new piercings, silicone "sports studs" are allowable. Taping over non-compliant jewelry is never allowable.
- Long fingernails or extensions should generally be allowed if the referee deems them safe.
- In cold weather, soft hats without brims are allowed.
- Hair control devices, and other adornments, such as beads, worn in the hair must be securely fastened to the head, and must not present an increased risk to the player, teammates, or opponents. Flat clips less than two inches in length may be used to hold the hair in place close to the head so long as their placement on the head does not present an increased risk to the player, teammates, or opponents.



Weather Policy:

Games can be canceled for weather in one of two ways.

- The commissioner may cancel games via email with an hour's notice if the weather forecast indicates to do so. Such a measure will be used sparingly.
- For unforecasted conditions, referees may suspend individual matches.

We do play in moderate rain if the temperature is above 50 degrees and it's not too windy. But we do not play in the presence of thunder or lightning. If thunder is heard during a game, it is within striking distance. Games shall be immediately suspended and everyone should seek shelter immediately. Matches shall be restarted after no thunder or lightning has been detected for 30 minutes.

Good shelter is a genuine building like McCarren Pool or the BIP Fieldhouse. Examples of insufficient shelter include under a tree, or a tent, or storage shed, or near light posts, fences or flag poles.



Code of Conduct

Coaches, Referees, and Parents must collaborate to create a safe haven for players to experience the game of soccer and a place where they can play with freedom, confidence, and enjoyment in order to develop as players and to truly reach their potential. It's the duty of all Coaches, Referees, Players and Parents to:

- Conduct themselves in a manner becoming a member of AYSO and consistent with the AYSO Six Philosophies and the highest standards of conduct.
- Work together as a team in support of the children playing the match.
- Encourage clean competition and good sportsmanship.
- Prohibit and abstain from making negative comments and complaints about officiating.

Coach Conduct:

- Coaches must ensure respect and support for Referees by Players, Parents, and all other Spectators.
- It is the duty of coaches to limit their sideline participation during matches to comments that are positive and/or encouraging, with limited supportive instruction.
- Coaches should remain along the touch line and are prohibited from the area immediately behind the goal line.
- Players should play an equal number of quarters throughout the season if not within each match. Any player arriving on time or within the first quarter shall play a minimum of 2 quarters.

Referee Conduct:

- The application of the Spirit of the Game in youth soccer is far more important than a strict application of the Letter of the Law (see IFAB Laws of the Game). Soccer is a fast-paced sport that should flow with minimal interruptions. Referees have considerable flexibility when determining whether or not to stop play. Violation of the letter of the Law may be overlooked if the Referee deems it to be a trifling or doubtful offense. The Referee may also decide not to stop play when it could be more advantageous for the team that was fouled to continue play.
- Constant whistling for trifling and doubtful breaches produces bad feelings and loss of temper on the part of the players and spoils the pleasure of spectators.
- Referees are responsible for keeping the game safe, fair, and fun. Referees should support, and work with Coaches to manage the behavior of Players and Spectators.

Parent Conduct:

- Parents are expected to respect Coaches, and Referees, and to model positive sporting behavior.
- Fans in AYSO (including parents) are asked to be cheerleaders, not critics or sideline coaches. Soccer is a player's game. Players learn the game by trying new things, making mistakes, and trying again.
- Parents are prohibited from the area immediately behind the goal line.

