

<b>Guidelines</b>	<b>U12/14 Girls</b>	<b>U19</b>			
<b>Game Length</b>	30-minute halves (2)	30-minute halves (2)			
<b>Referees</b>	1 referee from the club	1 referee from the club			
<b>Scoring</b>	5-goal rule: If a team beats another team by more than 5 goals, consequences will be issued to the coach No Overtime is played	6-goal rule: If a team beats another team by more than 6 goals, consequences will be issued. No Overtime is played.			
<b>Ball Size</b>	5	5			
<b>Size of Goals</b>	6' x 18'	6' x 18' larger if available			
<b>Corner Kicks</b>	YES	YES			
<b>Offside / Penalty Kicks /Free Kicks</b>	Offside- YES Attacking side of mid-field line Penalty Kicks - YES Free Kicks both direct & indirect	Offside- YES Attacking side of mid-field line Penalty Kicks - YES Free Kicks both direct & indirect			
<b>Players on the Field Per team</b>	6 (including goalkeeper) 5 minimum to start May play 7v7 if both teams approve	8 (including a goalie) 5 minimum to start			
<b>Players</b>	Must be born in 2014 to 2011.  Can only play for one soccer club program per season	Must be born in 2009 to 2006.  Can only play for one soccer club program per season			
<b>Uniforms</b>	Gray (Home) Blue (Away) Shin guards Proper Footwear	Gray (Home) Blue (Away) Shin guards Proper Footwear			

<b>Playing Time</b>	Each player must play at least 30 minutes per game	Each player must play at least 30 minutes per game			
<b>Substitutions</b>	Unlimited substitutions on all throw-ins, goal kicks, following a goal or injury	Unlimited substitutions on all throw-ins, goal kicks, following a goal or injury			
<b>Location of Coaches &amp; Parents</b>	Coaches & players on one side of the field, parents/spectators on the opposite side.	Coaches and players on one side of the field, parents/spectators on the opposite side.			
<b>Goal Kicks/GK Possession</b>	No restrictions apply  Ignore the dashed line on the field used for younger ages.	No restrictions apply  Ignore the dashed line on the field used for younger ages.			
<b>Heading/Punting</b>	HEADING IS PERMITTED PUNTING IS PERMITTED  US Soccer applies the rules of the oldest age in the division (U14)	HEADING IS PERMITTED  PUNTING IS PERMITTED			