



# NATIONAL YOUTH SPORTS RULES SOCCER: 12-14 YEAR-OLDS

*Applies to both practices and games.*

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## GAME PLAY

NYS is a developmental league. Please make sure to remember it is about the kids. Many times in youth sports coaches and parents will make the game about winning and forget the big picture is to help them improve and build teamwork skills. There will be no scouts and winning a tournament should not be your main focus. NYS is designed to allow all skill levels the opportunity to play year round at a recreational level. We enjoy some competition, but if winning becomes the focus we will pull tournaments. All teams should be focused on developing and not the score. Three things to focus on are listed below.

1. **Teamwork:** Please focus on working as a team and learning the fundamentals.
  2. **Positions:** All players should have the opportunity to play all positions.
  3. **Playing Time:** All players should play equal time.
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1. The player must also be listed on the official season roster to be eligible to play.
  2. The game will be played with as few as seven to as many as eleven players on a side with one player distinguished as the goalkeeper. Each team will have a maximum of eighteen players allowed on their roster. Each player must play at least half of every game and play in both halves.
  3. The field size shall be approximately fifty yards wide and one hundred yards long. Spectators must be a minimum of ten yards behind the touch lines (side lines), and at least ten yards away from the goal lines. The goal size will be six feet high by twelve feet wide.
  4. The game will consist of two twenty-five minute halves with a three-minute halftime.
  5. The size of the soccer ball is size five.
  6. Shin guards are mandatory and must be worn under socks.
  7. Every team must have matching uniforms. The team uniforms must be pre-approved by NYS or be the provided NYS jerseys. No exceptions!
  8. Jerseys must be tucked in to shorts. No hats, jewelry, or metal spiked cleats are allowed.
  9. All players not playing in the game must be five yards behind the touch lines. Players should remain in one area designated by the coach so they can be seen and be given equal playing time.
  10. Substitution will be allowed during the following breaks in play for either team: kickoffs (including after a goal has been scored), throw-ins, goal kicks, corner kicks, and injury. Substitutions may only be made with the referee's acknowledgment.
  11. The referee, according to the infraction, will award direct and indirect free kicks.
  12. Penalty kicks will be placed twelve yards from the goal line.
  13. Absolutely no slide tackling.



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14. The referee will show yellow (caution) and red (sending off) cards in accordance with the laws of the game. A red card results in ejection from the game. Red cards shown for serious infractions may result in ejection for the remainder of the season with reinstatement only with the permission of the league coordinator.
15. No Forfeits! If the game cannot be played eight on eight then it will be played seven on seven or six on six depending on the smallest team size.