# Interleague Rec (Spring 2025)

## U14 REC SOCCER RULES (NON-RIAS)

The following is a summary of rules for this age group.

- Teams in the U14 age group will be divided into separate leagues for boys and girls.
- Roster Size: 11-18 players.
- Players on field: 11v11 including goalkeepers.
- Ball Size: 5.
- Field Size: Approx 110 yards x 70 yards.
- Goal Size: 8 feet x 24 feet.
- Coaches **ARE REQUIRED** to have game cards. Game cards should be any printed document with first and last names of each player printed. The template for this may be unique to each club. We are not requiring player cards for U14 non-RIAS games or friendlies.
- Coaches may Club Pass players from U12 Rec teams or other U14 Rec teams within the club in the event of a shortage of players for a game; U14 Rec teams within the club for U16 Rec teams.
- Any red cards received, coach ejections, or spectator ejections should be reported to your club's Rec Interleague coordinator who will then report these to the League Administrator (Craig Cunningham). At minimum, the player will receive a one-game ban to be served at the following game in street clothes. Coach or Spectator Ejections will be handled on an individual basis with the club's Rec Interleague administrator and the League Administrator.
- Game Duration: 2 halves, 35 minutes each. 5 minute half-time for U14
  - Free Subs (at GA Soccer regulated stoppage of play; e.g., goal kicks, throw-in's offensive teams may substitute, etc).
  - Players should be at midfield and off the playing surface until the center referee indicates they may enter the field of play. All players must play 50% of each half and preferably ¾ of a game.
- Offside rule will be in effect.
- Penalty kicks will be taken at a spot 10 yards from the goal line.
- Throw-ins will be utilized to restart play when ball goes over touchlines.
- Goal Kicks: placed in goal area.
- One center referee and two assistant referees will be scheduled to officiate each game. Club linesmen may be requested by away team in the event of one or zero AR's.