

# 19U COED Division Rules



Revised: March 2025

**Number of Players:** Each team will roster enough players to field 11v11. One player must be a goalkeeper.

- Should there be an extenuating circumstance for single games, the minimum number of players can be reduced to 9v9. One player must be a goalkeeper. This must be agreed upon by each coach prior to the start of the game. The head coaches are to notify the U19 Rec+Director for each club via email after the game. This will enable the clubs to track and address the issue should it become a pattern/problem.
- If a shortage is known in advance, a club pass is acceptable as long as the player is a currently registered player within the U19 Rec+ division and club.
- Substitutions outside of the team roster are not allowed during the tournament.
- Balance play time for each player. All players get equal playing time.
- Each soccer team is required to maintain a co-ed environment where all players, regardless of gender or gender identity are afforded equal opportunities to play. Coaches and team officials must ensure that all players receive fair and equitable playing time during matches, with the objective of promoting inclusivity and fostering a supportive atmosphere for all team members. The players on the field must always reflect the co-ed status of the division and if a team is not able to represent such status, the team must play with one less player to reflect the lack of on-field diversity.

**Registration:** All players must have properly completed registration with their respective clubs.

- No player may be on a U19 Rec+ roster (or club pass) who holds a current player card with a club/travel team.
- The complete team roster of registered players must be available at each game.

## **Equipment:**

- Shin guards are mandatory. Socks over shin guards
- Size 5 ball
- League shirt. During cold weather, jersey must be shown over cold weather gear. Shirt/shorts (or top and bottom) must be always worn.
- Cleats are recommended but must be soccer cleats (no toe cleat). Tennis shoes are allowed.
- No jewelry of any type. Soft (non-metallic) sweatbands, rubber bands, and scrunches are allowed. No metal hair clips.
- Water bottle
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**Field Dimensions:** Length: 100-120 yards. Width: 55-80 yards. Goal Dimensions: 8 ft x 24 ft

**Game Duration:** Two forty (40) minute halves. Five (5) minute half-time

**Game Rules** (all rules will conform to FIFA, except where the league has instituted a change):

- Home club provides game balls.
- **NO PROFANITY**
- Substitutions
  - Unlimited substitution with referee's permission. Players **MUST** be at center line at the time of stoppage of play for substitution.
  - Any substitute must leave the field of play at the nearest sideline point unless the referee determines they can quickly make his way back to the team's designated touchline area.
  - Prior to a throw-in by either team
  - Prior to goal kick by either team
  - After a goal by either team
  - After an injury on either team when referee stops play
  - At half time and/or quarter break
- Throw-ins occur when the ball goes out of play over the touchline. Second tries will be given at the discretion of the referee for the first 2 games.

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## Game Rules (continued)

- **TEN YARD RULE.** Start of play and Free Kicks will take place with all players at least 10 yards (radius of center circle) away from the ball.
- **THERE SHALL BE NO ROUGH AND OUT OF CONTROL PLAY.**
- Regular season games can end in a tie.
- Heading is allowed within ISL guidelines.
- Any player who is red carded does not have to miss the next game.
- Good sportsmanship is expected. Do not run up the score. Utilize the 5/4 and mercy rules as needed.
- **5/4 Rule:** If one team's lead is greater than or equal 5 goals, that team will play down one player until the goal differential has been reduced to 4, at which time the number of players on the field again becomes equal.
  - Mercy Rule: If at any point the match has less than or equal to 15 minutes remaining, and a team is winning by 10 goals, the match shall be stopped and considered final.

## Coaches:

- NO PROFANITY
- Stay off the playing field unless called on by the referee.
- Stay on your half of the sideline.
- NO coaching from behind the goals.
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## Referees:

- Home club will assign and pay referees.
- The center referee and two AR's will be assigned.
- Coaches and assistant coaches may referee their own games if an assigned referee is not available. In the case of no referee, the kickoff team's coach shall do the first half. The receiving team's coach shall do the second half. Assistant Referees may be used If assigned.

## Tournament Rules:

- During tournament each team must play with only original rostered players for that team.
- No overtime periods – All tournament games go to penalty kicks. All players are eligible to take kicks. Follow FIFA rules for penalty kicks.

**Note:** Each player must also abide by the rules and guidelines set forth in their home club player guides/expectations.