SOUTH BALDWIN COUNTY LEAGUES

2025 14U Soccer Rules

1. Girls will play 7v7 and Boys will play 9v9. Registration numbers directly affect game format.

2. Shin guards & cleats (rubber soled only) are to be worn at all times. NO metal, football, softball/baseball cleats allowed.

3. Play two 30 min halves with 5 minute half.

4. A goal-kick is no longer required to leave the penalty area before a teammate touches the ball, meaning once the goalkeeper touches the ball for the kick, it is immediately considered in play. Opponents must remain outside the penalty area when a goal-kick takes place.

5. Goal Kicks may not go across mid-field without being played by a player on the field other than the player kicking the ball.

6. Goalies are not allowed to punt, kick or throw the ball across mid-field. The ball must touch a player on the field before crossing mid-field line. If the goalie punts, kicks or throws the ball across mid-field without touching a player on the field, an indirect free kick will be awarded to the opposing team from the spot where the ball crosses half-field.

7. If a goalie handles the ball, they have the option to pass the ball to a teammate on the same side of the field or they may take the ball across mid-field themselves. Goalies are not allowed to pass the ball across mid-field without the ball being played by another player on the field.

8. Begin each half with a kick-off at mid-field.

9. Swap sides of the field at half time.

10. Penalty kicks use FIFA Laws/Rules.

11. Goalkeepers may now come slightly closer while defending a penalty, only required to have one foot on the goal line instead of required to stand completely on it.

12. An attacker who required medical treatment may now be allowed to take a penalty once treatment is concluded.

13. **Free Kicks**

    a. During a free-kick – direct or indirect – the attacking team may NOT have a player within one yard of the wall. If they do, the referee can penalize the attacking team with a free-kick in the other direction.

   b. Quick free-kicks can now be taken before a referee shows a yellow card, and the referee is allowed to wait before showing his yellow card until the next stoppage in play. However, the rule still stands where a referee distracted by already beginning to display a caution may halt a quick free-kick until he finishes the action. In addition, if the referee was going to show a red card for denying an obvious goal scoring opportunity, the attacking team still may take a quick free-kick, but the punishment automatically reverts from a red card into a yellow as the attacking team is considered to have restarted its course of play.

14. **Drop Ball:** A drop ball will now be awarded if a ball strikes a referee and falls in possession of the opposition side, or if the ball strikes the referee and ends up in the back of the net. Drop balls can no longer be contested. However, along with that, drop balls can be taken by an attacking team wherever they possessed the ball when play was stopped, meaning an attacking team can continue from the point at which the attack was stopped. Drop balls are only awarded from a referee.

    a. Any play stopped in the penalty area will be returned to the goalkeeper no matter who possessed the ball at the stoppage.

15. **Offside is in effect.** We will continue to utilize a one-two referee system (depends on availability) and the referee will call clear and obvious offside infractions. Very close potential offside situations will be considered onside unless the referee has a good vantage point to make the call.

16. Goals cannot be scored from kick-off.

17. Goalkeeper cannot score by throwing the ball into the opponents' goal

18. Headers are permitted for players 12 and older only. (14U Only)

19. Slide tackling is permitted.

20. Substitute (UNLIMITED) at referee's discretion. 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.

21. All fouls will be IAW FIFA Laws/Rules.

22. **Mercy Rule:** If a team has a significant lead, the coach is encouraged to substitute players to avoid the mercy rule. If a team is ahead by 10 points or more after the 1st half, a mercy rule will be declared and the game shall end.

23. **Game Forfeiture:** Is declared if a coach or team refuses to start or restart game, and if a team is unable to field two less players than the number indicated to be on the field within 10 minutes after the scheduled starting time.

	5U COED	7U COED	9U Boys	9U Girls	11U Boys	11U Girls	14U Boys	14U Girls
# of Players	4 vs 4	5 vs 5	7 vs 7	7 vs 7	9 vs 9	9 vs 9	9 vs 9	7 vs 7
Field Size (yards)	20 X 30	25 X 35	40 X 60	40 X 60	50 X 80	50 X 80	50 X 80	40 X 60
Goal Size	4 X 6	4 X 6 or 5 x 10	6 X 18 or 7 x 21	6 X 18 or 7 x 21	6 X 18 or 7 x 21	6 X 18 or 7 x 21	Regulation 8 x 24	Regulation or 7 x 21
Ball Size	3	3	4	4	4	4	5	5
Offsides	NO	NO	YES	YES	YES	YES	YES	YES
Headers	NO	NO	NO	NO	NO	NO	YES	YES
Punting or Drop Kicks	NO	NO	NO	NO	YES	YES	YES	YES
Game Time	4 X 8 minutes (3 min half)	4 X 10 minutes (3 min half)	2 X 25 minutes (5 min half)	2 X 25 minutes (5 min half)	2 X 30 minutes (5 min half)	2 X 30 minutes (5 min half)	2 X 30 minutes (5 min half)	2 X 30 minutes (5 min half)
Goal Keeper	NO	NO	YES	YES	YES	YES	YES	YES
Slide Tackling	NO	NO	NO	NO	YES	YES	YES	YES
Referees	1	2 preferred 1 accepted	2 preferred 1 accepted	2 preferred 1 accepted	2	2	2	2
Build-Out Line	YES	YES	YES	YES	NO	NO	NO	NO
Penalty/Direct Kicks	NO	NO	YES	YES	YES	YES	YES	YES
Indirect Kicks	YES	YES	YES	YES	YES	YES	YES	YES
Handball Violation	Intentional only	Intentional only	Intentional only	Intentional only	YES	YES	YES	YES
Changing Sides at Half	NO	NO	YES	YES	YES	YES	YES	YES
Coaches on Field	YES 1 only per team	NO	NO	NO	NO	NO	NO	NO