**16U/19U Division Rules**

1. The ball is a size five (5).

2. Duration of game is (2) 40 or 45 minute halves with substitutions at the halfway point of each half.

3. Number of players on the field is eleven (11) with a minimum of seven (7) players including the goalkeeper.

4. Goalkeeper rules:

a. The same player is permitted to play goalkeeper for the entire game if player wishes to do so.

b. Players on the field may change places with the keeper ONLY during a stoppage in play AND providing the referee is informed.

5. Substitutions are permitted at four different times during the course of the game – halfway through the first and second half (approximate three (3) minute break), at half time (half time period is five (5) minute minimum), and for an injured player. An injured player, once substituted, is not permitted to reenter the game until the next quarter unless the team opts to play down a player. They can then reenter the game during the next stoppage allowed by the referee.

**6. Every player must play at least half of the game and no player can play four periods until everyone has played three.**

**7. Coaches are to fill out an incident form for any injuries that may occur during any game/practice, especially injuries that occur to a players head/neck area.**

**8. Heading the ball and Slide Tackling IS PERMITTED in this age group.**

9. Yellow or Red cards can be issued for penal fouls.

10. Free kicks in this division shall not vary from the laws. Both direct and indirect kicks will be taken with the opponents 10 yards away.

11. Offside in this division **WILL** be enforced. Restart of the game will be an indirect free kick.

12. Throw-ins in this division will not vary from the laws of the game. If a player makes an improper throw-in, the referee will call the improper throw-in and award the throw-in to the opposing team.

13. Coaches shall remain in the coaching area (within 10 yards of the halfway line on one half of the field). Teams must be on the opposite side of the field from spectators.

14. **Referees will be required for all games. Home team listed on the schedule is responsible for supplying the referee.**  A coach who is a certified referee may serve in the role as the referee but must actively participate as the referee. If no referee is present, the match shall be cancelled.

15.**Every effort should be made to prevent anything more than a 3-4 goal differential in any game.** (Incorporate another level of challenge if your team scores too easily: no one can score unless 3 touches on ball by 3 different people; team goal is to set up individual who has not yet scored, etc. Be creative.)

**SEE Additional Rules When Playing Inter-Regional Games.**