

Fact Sheet

U14 Co-Ed

Field:

Dimensions: 80 yds x 50 yds

Goal: 6.5 x 18.5

Game:

Format: 9 v 9, co-ed

Ball: Size 5

Players: 14-15 players per team

Substitutions: legal substitutions/on injury

Teams: Only players should be allowed on the field.

Referees: One center referee. Offside rule enforced, slide tackling allowed but not encouraged, follows normal "laws of the game".

Duration: Two 30 minute halves.

Practice: Suggested 1:15-1:30 minutes one to two times per week.

Players Equipment:

Foot wear: Soccer shoes, tennis shoes or similar type athletic shoes are recommended.

Shin guards: Mandatory, must be covered entirely by socks.

Uniform: Standard PCSL uniform, go to PCSL website's uniform page for more info.