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| --- | --- | --- | --- | --- | --- |
| **Guidelines** | **15 Girls** | **U19** |  |  |  |
| **Game Length** | 25-minute halves (2) | 30-minute halves (2) |  |  |  |
| **Referees** | 1 referee from the club | 1 referee from the club |  |  |  |
| **Scoring** | 6-goal rule: If a team beats another team by more than 6 goals, consequences will be issued to the coach  No Overtime is played | 6-goal rule: If a team beats another team by more than 6 goals, consequences will be issued.  No Overtime is played. |  |  |  |
| **Ball Size** | 5 | 5 |  |  |  |
| **Size of Goals** | 6’ x 18’ | 6’ x 18’ larger if available |  |  |  |
| **Corner Kicks** | YES | YES |  |  |  |
| **Offside / Penalty Kicks /Free Kicks** | Offside- YES  Attacking side of mid-field line  Penalty Kicks - YES  Free Kicks both direct & indirect | Offside- YES  Attacking side of mid-field line  Penalty Kicks - YES  Free Kicks both direct & indirect |  |  |  |
| **Players on the Field**  **Per team** | 6 (including goalkeeper)  5 minimum to start | 8 (including a goalie)  6 minimum to start |  |  |  |
| **Players** | Can only play for one soccer club program per season | Can only play for one soccer club program per season |  |  |  |
| **Uniforms** | Gray (Home) Blue (Away)  Shin guards  Proper Footwear | Gray (Home) Blue (Away)  Shin guards  Proper Footwear |  |  |  |
| **Playing Time** | Each player must play at least 25 minutes per game | Each player must play at least 30 minutes per game |  |  |  |
| **Substitutions** | Unlimited substitutions on all throw-ins, goal kicks, following a  goal or injury | Unlimited substitutions on all throw-ins, goal kicks, following a  goal or injury |  |  |  |
| **Location of Coaches & Parents** | Coaches & players on one  side of the field, parents/spectators on the opposite side.  No coaches on the field | Coaches and players on one  side of the field, parents/spectators on the opposite side.  No coaches on the field |  | . |  |
| **Goal Kicks/GK Possession** | No restrictions apply  Ignore the dashed line on the field used for younger ages. | No restrictions apply |  |  |  |
| **Heading/Punting** | HEADING IS PERMITTED  PUNTING IS PERMITTED but IT MAY NOT CROSS MID-FIELD | HEADING IS PERMITTED  PUNTING IS PERMITTED but IT MAY NOT CROSS MID-FIELD |  |  |  |

