

U-16 Girls Division

A. THE FIELD

- Dimensions: Maximum 80 yards long by 40 yards wide (80 yds x 40 yards)
- Markings: Distinctive lines recommended.
- Halfway line the width of the field, marked equidistant between the goal lines
- Center circle with a eight (8) yard radius in the center of the field
- Corner arcs with a one (1) yard radius at each corner of the field
- Goal area in front of each goal measuring six (6) yards by 15 yards (6 yds x 15 yds)
- Penalty area in front of each goal measuring 14 yards by 36 yards (14 yds x 36 yds)
- Penalty mark 10 yards from the goal line
- Penalty arc extending in an eight (8) yard radius from the penalty mark
- Goals: Maximum 7 feet high by 7 yards wide (7 ft x 7yds)

B. THE BALL

- Size FIVE (5)

C. NUMBER OF PLAYERS

- Maximum number of players on the field at any time: up to eleven (11); one of whom may be a goalkeeper
- Maximum number of players on roster not to exceed 14
- Substitutions: Between periods and at halftime
- Playing time: Minimum of 50% of the total playing time for each player, if possible. No one should play four periods until everyone has played three periods
- No co-ed teams. Separate boys teams should be promoted at this level of play

D. PLAYERS' EQUIPMENT:

- Footwear: Tennis shoes or soft-cleated soccer shoes
- Shinguards: **MANDATORY** for both practices and games

E. REFEREE:

The referee could be either a:

- registered referee
- trained youth referee

Referees should emphasize:

- fun
- fairness
- safety
- learning

Referee decisions are final and must not be questioned by coaches

F. ASSISTANT REFEREES

- Certified Parents may be used

G. DURATION OF GAME:

- Four 18-minute periods
- Halftime break of five minutes

H. THE START OF PLAY:

- No change from regular play except that opponents must be eight (8) yards from the center mark while kick-off is in progress.

I. BALL IN AND OUT OF PLAY:

- No change from regular play

J. METHOD OF SCORING

- No change from regular play

K. OFFSIDE

L. FOULS & MISCONDUCT

- No change from regular play
- Referees will work cooperatively with the coaches and eliminate the need for cautions and send-offs. Do not show yellow or red cards

M. FREE KICKS

- No change from regular play except that opponents must retreat eight (8) yards from the ball during opponents' free kicks

N. PENALTY KICKS

- No change from regular play except that opponents must be outside the penalty area and eight (8) yards from the ball before a kick is allowed

O. THROW-IN

- No change from regular play

P. GOAL KICK

- No change from regular play

Q. CORNER KICK

- No change from regular play, except that opponents must be eight (8) yards from the ball

AYSO RECOMMENDATIONS

- Parents, coaches, and players from both teams exchange handshakes before and/or after each game
- All players receive participation awards
- No individual should be allowed to run the length of the field except participants of the game
- Parents and coaches should encourage players, but not coach or instruct during game time
- Spectators are not allowed behind either goal or within three (3) yards outside the touchline