

**WFCU Essex County Soccer League  
Under 13 and 14 (U13 and 14)**

Referee – Parent – Coach Quick Reference Rules

**Section 1.0: The Laws of the Game**

- 1.1: Game format: 11 vs. 11
- 1.2: Game Day Roster: Maximum 18 players on the bench. Minimum 7 players to start game
- 1.3: Game Length: 80 minutes total. Two 40-minute periods.
- 1.4: Game Sheets: Must be given to the referee 15 minutes prior to the beginning of the game.
- 1.5: Reporting: Complete by both teams within 24 hours of the game.
- 1.6: Ball Size: 5

**Section 2.0: Rules and Regulations**

- 2.1: Scores and standings will occur.
- 2.2: Offsides occur. A player will be deemed offside if they are closer to the opponent's goal-line than both the ball and the second-last opponent as per FIFA guidelines.
- 2.3: A throw-in is awarded to the opponents of the player who last touched the ball when the whole of the ball crosses the touch line, either on the ground or in the air as per FIFA guidelines.
- 2.4: All free kicks will be both indirect and direct as per FIFA rules.
- 2.5 Unlimited regular player substitutions may be made as per FIFA laws of the game as well as their own throw in.
- 2.6. Opposing team may "piggy back" on player substitutions if the possession team calls it first.

**Section 3.0: Uniforms and Supplies**

- 3.1: Colours of uniforms must be different in order for game to begin play. If uniforms are too close in colour, then the away team must change. Change of uniform must be supplied by own team.
- 3.2: Home team supplies corner flags and two properly inflated regulation sized balls.

