

- Fall Interplay Leagues 12U/14U & 16U/19U -
- Delmonico Cup / Area 2N Championships -
- Winter Select -

Division Birth Year Age (as of December 31 2019)	Small Sided		Full Sided		
	10U 2009 & 2010 9 & 10	11U & 12U 2007 & 2008 11 & 12	14U 2005 & 2006 13 & 14	16U 2003 & 2004 15 & 16	19U 2000 & 2001 & 2002 17 & 18 & 19
Players					
Maximum Players on Roster (Fall)	10	12	15	22	
Number of players on field	7 v 7	9 v 9	11 v 11		
Minimum number of players	5	6	7		
Substitutions	Players must play at least 1/2 the match. No player will play 4 quarters until all players have played 3 quarters. Players arriving during the 2nd/3rd quarters must play at least 1 quarter.			Players must play 1/2 the match. Players arriving during the 2nd or 3rd quarters are only required to play 1 quarter. Free substitution is allowed (see league rules for details)	
Goalkeeper Playing Time	No player will play as goalkeeper for more than 2 quarters		None required		
Game					
Half	25 min.	30 min.	35 min.	40 min.	45 min.
Ball size	4		5		
Field & goals	Small sided		Regulation (Law I)		
Spectators	All spectators on one side of the field, coaches & players on the other				
Player ID	None required			Region issued Player ID required to play	
Player uniform #'s	No special requirement		Jersey must have a number on the front		
Coaches	Only 2 Qualified Coaches may be in the technical area at any one time.				
	Coaches must wear a Region Issued Coach ID Badge when in the Technical Area				
	10U Coach	12U Coach	Intermediate Coach	Advanced Coach	
Teams	The home team is the one listed first on the schedule and will occupy the left side (when facing the field) technical area.				
Referees	Diagonal system of control only				
	Regional		Regional OK, Intermediate recommended	Intermediate as a minimum, Advanced highly recommended	
Fouls/Misconduct/Restarts					
Free kicks	Laws XIII & XIV				
Offside	Beyond the Build-Out Line	Law XI			
Distance	8 yards	10 yards (Law XIII)			
Misconduct (Cautions & Send-Offs)	Referees should work with the coaches	Law XII			
Play					
Slide tackling	Allowed - Law XII				
Heading the ball	Deliberate Heading of the Ball Results in an IFK Infraction		Allowed		
Goalkeeper Punt	A Punt, Drop Kick or Half Volley Results in an IFK Infraction	Allowed			
Build-Out Line	Yes	No			
Sportsmanship					
Playing down	Coach's discretion - not mandatory				
Running up the score	As soon as a Team is ahead by 3 Goals, Coaches should take immediate corrective action to mitigate the situation. The Largest Acceptable Final Goal Difference is 5 Goals. 2 Points will be deducted for a Final GD of 6 Goals or Higher. The Referee takes no action except to note the circumstances in the match report, and possibly deduct Sportsmanship Points.				