



DIVISION TRANSITION GUIDE

WELCOME TO U14+!

This is the last step up in the Rec Plus progression, and it's the one that finally looks like the adult game.

WHAT'S NEW

- **Full-sided soccer:** 9v9 becomes 11v11.
- **Regulation ball:** size 4 becomes size 5.
- **Longer halves:** 30 minutes becomes 35.
- **Heading is introduced:** purposeful heading is now allowed.
- **Bigger roster minimum:** at least 7 players needed to start, up from 6.

WHAT STAYS THE SAME

- **Coaches** stay on the sideline.
- **Keepers** still have no listed time-share cap and full distribution options.
- **Goal kicks and throw-ins** stay standard, no restrictions.
- **Scoring** is still capped at a +4 differential.
- **Same officiating crew:** center referee plus two assistants.
- **No slide tackles.**
- **Same gear basics.**