



# Recreation Rules by Age Group

	U6	U7/U8	U9/U10	U11/U12	U13/U14	U15+
Ball size	3	3	4	4	5	5
Field size (approx yds)	35x25	50x30	60x45	70x50	110x70	110x70
Goal size (feet)	4x6	6.5x12	6x18	9x21	8x24	8x24
Playing format	4v4	5v5	7v7	9v9	11v11	11v11
Goalkeeper	No	Yes	Yes	Yes	Yes	Yes
Roster maximum	8	10	14	16	18	22
Game length	2x25 min halves	2x25 min halves	2x30 min halves	2x30 min halves	2x35 min halves	2x40 min halves
Halftime length	5 minutes					
Referees	no - coaches oversee the game	yes	yes	yes	yes	yes
Substitutions	unlimited at any stoppage	unlimited at stoppages at referee's discretion	unlimited at stoppages at referee's discretion	unlimited at stoppages at referee's discretion	unlimited at stoppages at referee's discretion	unlimited at stoppages at referee's discretion
Restarts	dribble or pass into play	throw-in	throw-in	throw-in	throw-in	throw-in
Offside	not enforced	not enforced	yes, at build out line	yes	yes	yes
Heading	no - intentional header results in an indirect kick	no - intentional header results in an indirect kick	no - intentional header results in an indirect kick	no - intentional header results in an indirect kick	yes	yes
Slide tackling	not permitted - dangerous play	not permitted - dangerous play	not permitted - dangerous play	yes - but not from behind	yes	yes
Free kicks	all indirect	all indirect	direct or indirect	direct or indirect	direct or indirect	direct or indirect
Penalty kicks	no - indirect free kick	no - indirect free kick	yes - 8 yards from goal	yes - 10 yards from goal	yes - 12 yards from goal	yes - 12 yards from goal
Goal kicks	yes - pass or throw	yes - pass or throw	yes - pass or throw	yes - pass to restart	yes - pass to restart	yes - pass to restart
GK punting	no (including drop-kicks)	no (including drop-kicks)	yes - in own half   opponent's throw-in at midfield if punt crosses midfield	yes	yes	yes
	no	yes	yes	N/A	N/A	N/A
Build out line	When the goal keeper has possession of the ball in their hands, on a goal kick or free kick, the players on the opposite team must retreat beyond the build out line until the goal keeper releases the ball. The attackers can cross the build out line when the ball is kicked and moves from a goal kick, free kick in the penalty area or when goalie gives up possession from the hands. Players on the same team as the goal keeper are allowed within the area of the build out line.					
Equipment	shinguards, socks over shin guards, RSC jersey, molded cleats (no metal) or tennis shoes					
Jewelry	none allowed   exception: medical bracelets / necklaces					
Seating	<ul style="list-style-type: none"> <li>- Coaches &amp; players are on same sideline, parents are on the opposite sideline</li> <li>- Only credentialed RSC coaches are permitted on the players sideline (those who have completed Risk Management background check, HeadsUp Concussion training and SafeSport modules)</li> <li>- Spectators or coaches cannot sit or stand behind either goal line area during the game</li> </ul>					
Playing time	All players are expected to play a minimum of half the game					
Competitive balance	<ul style="list-style-type: none"> <li>A team losing by four or more goals may add one additional field player</li> <li>Teams should be mixed if/when a goal difference becomes +10 and/or sooner at both coach's discretion</li> <li>Standings are not recorded</li> </ul>					
Miscellaneous	<ul style="list-style-type: none"> <li>All other rules conform to the FIFA Laws of the Game</li> <li>Only positive words and encouragement from coaches, players and spectators</li> <li>Teams congratulate each other after the game</li> </ul>					