

**Rochester Soccer Club Recreational Soccer
5v5 U7/U8 Rules & Guidelines**



Field of Play

- Dimensions: 50 yards length x 30 yards width
- Goal Size: 6.5 feet height x 12 feet width

Ball

- Size 3

Playing Format

- 5v5, including a goalkeeper (4 field players)
 - Teams with large rosters may agree to 5v5+GK's with consent of both coaches & referee. 4v4+GK's is preferred.
- Unlimited substitutions at any stoppage of play

Duration

- 2 halves x 25 minutes, continuous clock stopping only for 5 minute halftime

Player's Equipment

- Shinguards are required; socks over shinguards
- Molded cleats (recommended) or flat-soled shoes; no metal cleats

Rules

- Referee: Yes
- Start of each half: Kick-off
- Goal scored: Kick-off to restart play
- Goal kicks: Yes, passed or thrown to restart play
- Goalkeeper punting: No (including drop-kicks)
- Corner Kicks: Yes
- Sideline restarts: Throw-in to restart play
- Free Kicks: All are indirect
- Penalty Kicks: No - indirect free kick
- Slide tackling: No
- Offside: No
- Heading: No
- All other rules conform to the FIFA Laws of the Game

Playing Time

- Each player is expected to play a minimum of half of the game

Competitive Balance

- Standings are not recorded
- A team losing by 4 or more goals may add an additional field player
- If a team is winning by 10 goals or more at half time, mix together the teams and complete the second half

Sideline Protocols

- Coaches and players are on the same side of the field
- Parents are on the opposite sideline - not behind either goal
- Only official RSC Recreation Coaches are permitted on player's sideline (must be credentialed with Background Check, SafeSport Training and Heads Up Concussion Training)
- Positive words of encouragement from all coaches and spectators
- Congratulate the opponent in a show of good sporting behavior after each game