



Field Size:	50 yards x 90 yards
Goal Size:	7 feet x 21 feet
Ball Size:	4
Number of Players:	9 v 9
Duration of Game:	2 x 30 halves
Offside:	Yes
Slide Tackle:	No slide tackles from behind
Kick Off:	Yes / FIFA rules
Free Kicks:	Indirect / Direct. Opposing players are to be 8 yards from ball.
Penalty Kicks	Yes. 10 yards from goal line.
Throw Ins:	Yes / FIFA rules
Goal Kicks:	Yes / FIFA rules
Corner Kicks:	Yes / FIFA rules
Substitution:	On any stoppage
Sideline Protocol:	Coaches and players will be on the same side of the field. Only coaches with official RSC coaching lanyard will be allowed in the coaching area. Parents will be on the opposite side of the field.
Halftime:	Teams should switch sides of the field after halftime.
Playing Time:	Each player is expected to play at least half of each game.
Blowout Policy:	If a team is losing by four goals they may add an additional player.

- Coaching Protocol:** Coaches are expected to remain in their own coaching area. Coaches or parents are not allowed behind either goal.
- Team Promotion:** If a team is dominate in their age group, they will be asked to move up an age group in the Spring season.
- Cigarettes/E-Cigs:** Neither are allowed at any games or practices. This is for the benefit of players and spectators.
- Jewelry Policy:** No jewelry of any type (necklace, earrings, and bracelets other than medical bracelets) should be worn while playing in games or practices. It is a safety issue that can cause serious injury to players. No taping of starter earrings.
- No Heading Rule:** There is to be NO heading of the ball in practice or games as per US Youth Soccer Guidelines