



Field Size:	70 yards x 110 yards
Goal Size:	8 feet x 24 feet
Ball Size:	5
Number of Players:	11 V 11
Duration of Game:	2 x 35 halves
Kick off:	Yes / FIFA rules
Offside:	Yes
Slide Tackles:	No slide tackle from behind
Free Kicks:	Indirect / Direct (opposing players must be 10 yards away from the ball)
Penalty Kicks	Yes
Throw In:	Yes / FIFA rules
Goal Kicks:	Yes / FIFA rules
Corner Kicks:	Yes / FIFA rules
Substitution:	Any Stoppage
Minimum Players:	No less than 7 players to field a team and to play a game to its full length. A team with more than 7 players can choose to play level or play with the maximum of 11 players.
Sideline Protocol:	Coaches and players will be on the same side of the field. Only coaches with an 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:	None
Coaching Protocol:	Coaches are expected to remain in their own coaching area. Coaches or parents are not allowed behind either goal.
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, bracelets other than medical bracelets or earrings) should be worn while playing in games or practices. It is a safety issue that can cause serious injury to players.
Heading Rule:	There is to be limited heading of the ball in practice as per US Youth Soccer Guidelines, but no limit during games.