



Field Size:	30 yards x 50 yards
Goal Size:	6 feet x 12 feet
Ball Size:	3
Number of Players:	5 v 5
Duration of Game:	2 x 25 halves
Offside:	No
Slide tackle:	None
Kick-Off:	Yes / FIFA
Free Kicks:	All indirect
Penalty Kicks	No
Kick Ins/Throw Ins:	Players can either dribble or pass the ball into play.
Goal Kicks:	Players can throw, dribble or pass the ball into play. They are not allowed to punt.
Corner Kicks:	Yes
Goalkeeper:	Yes. NOBODY is allowed to stand near or behind the goal. Goalies are not ALLOWED to PUNT or DROP KICK.
Passback to GK:	Allowed. The goalkeeper may pick up all balls passed to them from their teammate.
Substitutions:	At any stoppage.
Sideline Protocol:	Coaches and players are on the same side of the field. Only coaches with official RSC coaching lanyards 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 at halftime.

- Playing Time:** Each player is expected to play at least half of each game.
- Referee:** Yes.
- Blowout Policy:** If a team is losing by four goals they may add an additional player.
- Mercy Rule:** If a team is leading by 10 or more at Half time, game should be abandoned. Teams are allowed to mix up teams and scrimmage or use the field for a practice.
- 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