



Rochester Soccer Club Recreational Soccer 7v7 U9/U10 Rules & Guidelines

Field of Play

- Dimensions: 60 yards length 45 yards width
- Goal Size: 6 feet height x 18 feet width

Ball

- Size 4

Playing Format

- 7v7, including a goalkeeper (6 field players)
- 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 (or punted - see below) to restart play
- Goalkeeper punting: Permitted; opponent's throw-in at midfield if punt crosses midfield
- Corner Kicks: Yes
- Sideline restarts: Throw-in
- Free Kicks: All are indirect
- Penalty Kicks: Yes - 8 yards from goal line
- 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