



Field Size:	45 yards x 60 yards
Goal Size:	6 feet x 18 feet
Ball Size:	4
Number of Players:	7 v 7
Duration of Game:	2 x 25 halves
Offside:	No
Slide tackle:	None
Kick Off:	Yes / FIFA rules
Free Kicks:	All indirect. Opposing players are to be 8 yards from the ball.
Penalty Kicks:	Yes. 8 yards from goal line.
Throw Ins:	Yes / FIFA rules
Goal Kicks:	Yes. All are performed by the GK in the form of a punt, drop kick, kick or a throw. If the ball crosses the midfield line in the air from a punt or drop kick , a throw in is given to the opposing team at the intersection of the midfield line and the sideline.
Corner Kicks:	Yes / FIFA rules
Passback to GK:	Allowed. The goalkeeper may pick up all balls passed back to them from their teammates.
Substitutions:	At any stoppage.
Sideline Protocol:	Coaches and players are 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.
- 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