

**Rochester Soccer Club Recreational Soccer  
11v11 U15-U19 Rules & Guidelines**



**Field of Play**

- Dimensions: Approximately 110 yards length x 70 yards width
- Goal Size: 8 feet height x 24 feet width

**Ball**

- Size 5

**Playing Format**

- 11v11, including a goalkeeper (10 field players)
- Unlimited substitutions; goal kicks, team's throw-in (or if opponent is substituting on their throw), goals, halftime, injuries, cautions (1 for 1); referee informed

**Duration**

- 2 halves x 40 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 in to restart play
- Goalkeeper punting: Permitted
- Corner Kicks: Yes
- Sideline restarts: Throw-in
- Free Kicks: Indirect & direct
- Penalty Kicks: Yes - 12 yards from goal line
- Slide tackling: Yes
- Offside: Yes
- Heading: Yes
- 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