

**Rochester Soccer Club Recreational Soccer
11v11 U13/U14 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 35 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