

Sporting Columbia Recreational Rules 11v11 U13 & U14/HS Coed

Players on the Field	10 plus a goalkeeper
Roster Maximum	18
Duration of Match	2 x 30 minute halves / 5 minute halftime
Ball Size	5
Throw-ins	No second chance. Explanation for infraction.
Corner kicks	Corner kicks taken within 1 yard spot of corner.
Goal kicks	Goal kicks taken within the 6 yard box.
Free kicks	All opponents must be at least 10 yards from the ball.
Offside	Yes, will be called.
Restart	Indirect free kick for opposing team.
Substitutions	Any stoppage of play (ball out of bounds, foul, kick-off), time keeps running.
Playing time	Every player shall play a minimum of 50% of the total playing time.
Referee	One official per game, more if available.
Slide tackling	No slide tackling. Players are permitted to slide to play a ball provided they are NOT in proximity to any other player.
Field	110x75
Coaches on the field	Coaches on the sideline unless acting as the referee
Fouls	Pushing, pulling, kicking opponent, handing the ball, and dangerous play (ex: high kick with opponent nearby). Fouls result in an indirect free kick or direct free kick for the opposing team (referee to signal). A goal can be scored from an indirect free kick if the ball is touched by another player (teammate or opponent) after the kicker before it enters the goal. Direct free kicks do not need to touch another player for a goal to be scored. A penalty kick is awarded if a player commits a direct free kick offense inside their penalty area.
Practice	Two 60-90 minute sessions per week
Heading the ball	HEADERS ALLOWED

**Recreational Program/Game Day Contact:
Sarah Schneider, Assistant Director
rec@sportingcolumbia.net 573-673-1509**

SportingColumbia.net / @SportingCSC / [facebook.com/SportingColumbiaSC](https://www.facebook.com/SportingColumbiaSC)