

RDL Rules

| Division | U9 & U10 | U11 & U12 | U13 - U16 | U17 - U19 |
|--|--|---------------------------------------|--|---------------------------------------|
| Law 1 | | | | |
| Field of Play | | | | |
| Field Size | 45x70 | 50x90 | Full Size | Full Size |
| Goal Size | 6.5x18 feet | 7x21 feet | 8 x 24 feet | 8 x 24 feet |
| Law 2 | | | | |
| The Ball | | | | |
| Ball Size | 4 | 4 | 5 | 5 |
| Law 3 | | | | |
| Number of players on the field | | | | |
| Players | 7v7 | 9v9 | 11v11 | 11v11 |
| Co-Ed Teams | | | | 3 girls for U19 3 girls for U17 |
| Substitutions | Unlimited | Unlimited | Unlimited | Unlimited |
| | Any Break in Play | Any Break in Play | Any Break in Play | Any Break in Play |
| Law 4 | | | | |
| Player Equipment | | | | |
| Required | Matching Uniform | Matching Uniform | Matching Uniform | Matching Uniform |
| | Shin Guards & Cleats | Shin Guards & Cleats | Shin Guards & Cleats | Shin Guards & Cleats |
| Goalkeeper | Gloves & Different Jersey Color | Gloves & Different Jersey Color | Gloves & Different Jersey Color | Gloves & Different Jersey Color |
| Cold weather Gear | Under uniform – Same color if possible | Under uniform– Same color if possible | Under uniform– Same color if possible | Under Uniform– Same color if possible |
| Jewelry | No | No | No | No |
| Casts & Splints | Padded – Referee has final say | Padded – Referee has final say | Padded – Referee has final say | Padded – Referee has final say |
| Law 5 & 6 | | | | |
| Referee & Assistant Referee | | | | |
| Referee | Center | Center | Center | Center |
| Assistant Referee | On each touchline | On each touchline | On each touchline | On each touchline |
| Law 7 | | | | |
| Duration of Game | | | | |
| Game Length | 2 x 30 minute halves | 2 x 30 minute halves | U13 / U14 2 x 35 minute halves U15 / U16 2 x 40 minute halves | 2 x 45 minute halves |
| Law 8 & 9 | | | | |
| Start & Restart | | | | |
| Ball can be played in any direction | | | | |
| Law 10 | | | | |
| Method of scoring | | | | |
| Ties | Stand | Stand | Stand | Stand |
| Law 11 | | | | |
| Offside | | | | |
| Enforced? | Beyond dotted line | Standard law | Standard Law | Standard Law |
| Law 12 | | | | |
| Fouls and Misconduct | | | | |
| No Change – Slide tackle are permitted all age groups No heading of the ball until U13 age group | | | | |

| | | | | |
|--|---|-----------------|------------------|------------------|
| Law 13 Free kicks | | | | |
| Direct / Indirect | Both | Both | Both | Both |
| Distance of defending team | Minimum 8 yards | Minimum 8 yards | Minimum 10 yards | Minimum 10 yards |
| Law 14 Penalty Kick | | | | |
| Distance from goal | 8 yards | 10 yards | 12 yards | 12 yards |
| Law 15 Throw in | | | | |
| | Yes | Yes | Yes | Yes |
| Law 16 Goal kick & goalkeeper with the ball in hand (U9 & U10 only) | | | | |
| Defending team | Second player must touch the ball before opponent enters dotted line area | Standard law | Standard law | Standard law |
| Law 17 Corner Kick | | | | |
| Defending distance | 8 yards | 8 yards | 10 yards | 10 yards |

Additional rules and information

1. Home team is listed first in the schedule and will play in white, away team is listed second and plays in blue
2. RDL teams may use "guest players" during the league season, these guest players MUST be registered in the RDL program and CAN NOT be competitive players.
3. RDL U17 & U19 teams are required to provide an official roster to the referee prior to the start of the game.
4. Jersey numbers are not required for RDL program
5. All exceptions MUST be approved by the RDL Director
6. **Heading of the ball IS NOT permitted for U9, U10, U11 or U12 programs.**
7. The goalkeeper may not punt the ball at U9, U10, U11 and U12 age groups.
8. Home team is responsible for providing fully inflated match balls