



RUSH UNION REC GAME FORMATS							
AGE	FORMAT	GAME LENGTH	OFFSIDES	REFEREE	BALL SIZE	HEADING	PUNTING
U5/U6	3v3	Four, 8 minute qtrs.	NO	NO	3	NO	NO
U8	4v4	Four, 10 minute qtrs.	NO	YES	3	NO	NO
U10	7v7	Two 25 minute halves	YES	YES	4	NO	NO
U12	9v9	Two 30 minute halves	YES	YES	4	YES	YES
U14	11v11	Two 35 minute halves	YES	YES	5	YES	YES
U16	11v11	Two 40 minute halves	YES	YES	5	YES	YES

## U5, U6, U8, & U10 TEAMS GAME FORMATS and LAWS

### U5 / U6 – Coach on the Field

At U5/U6, **coaches are allowed on the field** to support learning. Please do so **carefully and positively**, helping children stay engaged and safe.

- If the ball is about to roll out, **gently nudge it back into play** to keep the game flowing.
- If the ball goes well out of play, restart with a **simple kick-in**. Or new ball restart.
- Match restarts include:
  - Kick-ins (when the ball goes clearly out)
  - Goal kicks
  - **No corners**
- **Rolling substitutions** can be made at any time to support involvement and energy levels.
- **No heading** is permitted.

*Focus: fun, confidence, lots of touches, and keeping the game moving.*

### U8 – Building Confidence & Understanding

- Match restarts include:
  - Throw-ins
  - Goal kicks
  - Corners
- **No goalkeepers** at U8.
- **No heading** is permitted.

- Substitutions may be made **with the referee's approval**.
- If your team is winning by a clear margin, please:
  - **Drop players back to the halfway line** to allow the opposition time and space to build out. *This supports learning, fairness, and enjoyment for all players.*

## U10 – Learning the Game

- **Offside** is applied to the **best of the referee's ability**.
- There is usually **one referee**, often a **young referee who is still learning**.
  - Please be patient and supportive — mistakes are part of development.
- **Build-out lines:**
  - Defending teams must drop behind the dashed build-out line on:
    - Goal kicks
    - When the goalkeeper gains possession
  - The build-out line also acts as the **offside line**.
  - Once the ball is played (kick or pass), defenders may advance.
- Substitutions:
  - At half-time
  - On your team's possession, with referee approval
  - The referee may allow changes on the opposing team's possession if appropriate.
- **No heading** is permitted.

## Heading Policy

There is **NO intentional heading** allowed.

- If intentional heading occurs:
  - An **indirect free kick** is awarded at the point of the infringement.
  - If inside the penalty area, the ball is placed **on the top of the penalty area**, in line with the offence.

## Rush Union Match Day Respect Code

**HOME TEAM WEARS BLUE JERSEY**

**AWAY TEAM WEARS WHITE JERSEY**

*\*HOME TEAM IS LISTED FIRST IN THE SCHEDULE*

***Players who have not yet received their uniform orders, please wear black shorts, black or blue socks, and a blue shirt if the Home Team and a white shirt if the away team until your uniform arrives.***

**BLUE SHIRT if they are the HOME TEAM**

## **WHITE SHIRT if they are the AWAY TEAM**

**Let the children play, the coaches coach and the refs ref.**

### **Referees**

- Our referees — often **young and learning** — deserve **support and encouragement**.
- Coaches should:
  - Introduce themselves before the game
  - Thank the referee before and after the match
- Mistakes will happen — **that's how everyone learns**.

### **Coaches**

- Let the referee referee and **let the children play**.
- Support **all players**, not just your own.
- Avoid constant instruction, especially to the player on the ball.
- **Serve • Develop • Inspire**  
You are role models at all times.

### **Parents & Spectators**

- Cheer, clap, and encourage positively.
- Do **not** shout instructions or question referee decisions.
- Be a role model — children copy what they see and hear.
- Let the coach do their job.

### **Players**

- Play fair, play with a smile, and respect the referee's decisions.
- Win or lose, **shake hands** and show good sportsmanship.

### **Our Shared Commitment**

Together, we create a **safe, fun, and respectful environment** where children can:

- enjoy soccer
- learn through play
- grow in confidence
- and develop a lifelong love of the game

**Helpful Resources:**

**FIFA Laws of the Game:** <https://downloads.theifab.com/downloads/laws-of-the-game-2023-24?!=en>

**Parent Expectations:** Here is a [Parents at Rush Union – Parent Video Rush Union - 8 minute](#) - Passcode: z^y!?!%5Q

Here is a brief [one-pager](#) for volunteer coach expectations and a [6:55 Video Volunteer Coach Expectations](#). Passcode: 9c7R6O.3

Here is a [Cheat Sheet for u5/6 Coaches and Parents](#) and [2:45 minute video on U5/6](#) Passcode: a^ah8!bh

Here is a [Cheat Sheet for U7/8 Coaches and Parents](#) and [3 minute Video for U7/8](#) Passcode: k?Qy&Dm1

Here is a [Cheat Sheet for U9/10 Coaches and Parents](#) and [4 minute video for U9/10](#) Passcode: m6+\$a9Lw