



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

U6, U8, & U10 TEAMS GAME FORMATS and LAWS

U6 Coach Only U6 games allow coaches on the field, but please be careful. To keep the game moving, nudge the ball back onto the field if it's heading out. A simple player kick-in restart if the ball goes way out. U6 have kick-ins (when the ball is way out of bounds), goal kicks, and no corners. Substitutions at the quarters and half. No heading. No goalies (e.g. standing in the goal) or sweepers, all players should move with the ball. Keep the ball moving! Coaches quickly reset play and keep the game moving. All players **MUST** have shin guards

U8 will use kick-ins, goal kicks, and corners. For U8 teams, if your team is up by a lot, have the players drop to the midfield, so the opposing team can try and build out. No keepers at U8. Substitutions can be made at the quarters and half. The clock will keep running, so subs should be quick. No heading.

U8 Girls will play 5v5 instead of 4v4 as they will be interscheduling with teams of other clubs, but same rules will apply

U10 offside is called to the best of the ref's ability. There is only one referee, and they are normally our younger referees. Please do not get upset with close calls one way or the other; the referees are learning, too. **Build-out lines** are dashed build-out lines that defending teams drop behind on goal kicks and when the keeper gains possession of the ball. This is also the offside line. Once played, by goal kick or pass, the defending team can advance on the ball. **Substitutions** can be made at each half, and on your possession at the referee's approval. The referee can allow the other team's possession (they will determine that).

Heading: There is NO intentional heading of the ball allowed. If that happens, an indirect free kick will be awarded at the spot of the infraction. If inside the penalty area, the ball is placed at the top of the penalty area in line with the infraction.

U12 Substitutions can be made at each half, and on your possession at the referee's approval. The referee can allow the other team's possession (they will determine that). Goalkeepers are used. Throw Ins, Direct Kicks, and Offside are called to the best of the ref's ability. Any player playing in the goal must get an equal amount of time on the field. All players must play 1/2 of the game. All players must have shin guards.