

2026 Rush Union Adult Soccer League 8v8 League Rules

SUMMARY

- 8-v-8 Coed team
- Two 24-minute halves per game (no overtime during the regular season)
- 2–5-minute half time
- If your team is caught using a Guest Player - Team forfeits current match
- No offside
- All free kicks are direct except on goalie pass back violation (indirect and players must wait for a ref's whistle or gesture when asking for space).
- Slide tackles are illegal and will be called
- All goals count for 1 point, regardless of who scores
- Yellow Card infractions will require immediate substitution and 2-minute cool-off period
- Red Card infractions must leave the field of play and will miss the remainder of that game plus next match
- 8 players on the field maximum - 6 men (maximum) and 2 women (no maximum number of women).
- 5 players, including 1 woman, are required to start a game.
- Refs will keep and report scores, but winning coach should validate score after result
- Academy goals will be used.
- # of regular games will be based on the number of teams playing- usually 8-10
- Champions based on league results or playoffs. Format determined is based on team count
- Female Players can play for two team by registering officially for one of the teams
- Referee and league administrators have absolute discretion on any rule clarifications
- Games played RAIN or SHINE - Lightening will be halted for minimum 30 minutes from last strike before resuming play or rescheduling

TEAM COACHES/CAPTAINS and SAFETY

- Team Coach/Captain will be responsible for ensuring that the official roster is correct with no guest players
- Roster checks will be done periodically of teams; during all playoff rounds - done to ensure no guest players are playing
- Any player with an open cut or wound must come off the field to bandage it up and receive treatment before re-entering the game.
- Reporting Game Scores...Refs will keep the score, and it is the responsibility of the winning team to confirm the score with the Ref following the match...Refs will report the score to league admin directly after the game.

NO GAME CARDS are required.

SOCCER RULES

Referees will have a copy of the rules with them at the field. If you have any questions regarding a call that was made (which is rule-based), please ask the referee to refer to the rules if there is a disagreement. Only captains can discuss a rule with the referee and no judgment calls will be discussed.

PLAYER SHARING

- Women players can register for a Home team and play with them the majority of the time, but they can help any other team provided there is no conflict around the team in need in the playoffs. That player must remain with their home team.
- Players can't play for multiple teams unless they are registered for both teams and the teams must be in different divisions.... i.e. A player playing for the Men's 40+ can play for the Co-Ed 18+

REFUND POLICY

- League policy is once schedules are posted, no individual refunds will be provided.

GAME POINTS

- 3 points for a win
- 1 point for a tie

PLAYOFFS

- Based on team count - either a league champion based on league results or playoffs
- When the league champion is awarded based on points, no playoff will happen

- In Quarterfinals, Semi-Finals or Finals play, if two teams are tied at the end of regular match play, they will go immediately to penalty kicks - 5 v 5 to start and then 1 to 1 sudden death kicks.

TEAM SIZE/COED RULES

- 16 is maximum roster size for any one team
- 8 players (at least 2 women) at any one time on the field, including the goalie.
- A team may use up to 8 women if they choose, but maximum 6 men.
- Teams may play with no less than 5 players (4 men maximum, 1 woman minimum).
- If a team has less than 5 players, a forfeit will be awarded. The teams can scrimmage.
- Teams MUST start at game time if the minimum number of players is present.
- Rosters checks will occur prior to any game or halftime by request of the team coach/captain to the Referee.
 - Rosters will be checked for playoffs and NO guest players are allowed during the season.

UNIFORMS/GEAR

- Shin guards are strongly recommended but not required.
- All players need to wear jerseys or a very close distinct color. It is the referee's discretion if a player's uniform/shirt is causing confusion.

CLOCK/TIME

Two 24-minute running halves with 2–5-minute half time. The clock stops only for official time-outs and injuries. Any delay tactics, such as kicking the ball far out of bounds, will enable the referee (at his/her discretion) to stop the clock and potentially award a yellow card.

SUBSTITUTIONS

- Unlimited substitutions of players are permitted.
- Corner Kicks, Throw-ins, Goal Kicks, after a score, after yellow card, typical
- Play must be stopped and the referee notified for any subs to be made

GOALIES

- Goalies cannot punt or drop kick the ball
- Goalies can slide in their own box

- Goalies must wear a different shirt color than their team and opponents

CARDS/MAJOR INFRACTIONS

Please note that this is a coed league with the primary intent of allowing players to be safe, have fun, be competitive and social. The referee or field site administrator can issue a yellow card, red card and dismiss any player, coach or fan if they deem their actions and activities to be a hazard or overly aggressive play for the coed league.

The following are fouls or misconduct and can result in penalties depending on the level of aggressiveness or danger of the foul committed:

Yellow Card:

- Swearing, gesturing at, or arguing with any player
- Arguing with the referee
- An intentional (in the eyes of the referee) kick, trip, jump at, strike, hold, push, or charge from behind or violently charge an opponent
- Overly aggressive play
- Slide tackling - If a player receives a yellow card (warning) for any reason, he/she will be required to sit out of the game for four minutes. The team will be able to substitute a player for the yellow card recipient. If a team is short of players, they will have to play down a player until the penalty expires. The only exception to this rule is the goalie. The goalie may stay on the field unless the referee decides that the goalie must come off. If a player receives two yellow cards in one game, they will be ejected, and their team will need to play one player short for the remainder of the game. If a player is ejected from each team (8 v 8 turns into 7 v 7) or both teams can elect to go back to 8 v 8 to maximize playing time for the remainder of the players.

Red Card: A second yellow offense or flagrant foul or a fight as examples...referee will be the final judge of Red Card offenses

- Referee given Yellow Card has 4 minute minimum cool off period on the sideline (even if the team has only the required 8 players to field a team) or process time on the sideline
- Referee captures the First and Last Name of offender for all cards ((if player is unwilling to provide first and last name that player is suspended for the remaining part of the current game) and provides those to the Club Administrator when reporting scores

- Referee should issue Yellow Cards for all slide tackles or aggressive fouls or behavior that does not represent conduct we want to promote in the league (including foul language to someone or the referee)
- Two Yellows in the same match equals player is removed from the current game and serves the next game suspension
- Three Games with Yellow Cards equals player is suspended for the next game (includes Playoffs)
- Straight Red Card equals next two match Suspension (including Playoffs)
- After Second Red Card in a season equals player is suspended for the remaining part of the season including playoffs
- Suspensions of games for card accumulations will be communicated with offending Player and Team Captain prior to next scheduled match

Blue Card:

- REFEREE ALSO HAS THE ABILITY TO PROVIDE A BLUE CARD - THIS SUSPENDS THE PLAYER FOR THE REMAINDER OF THE MATCH. THAT PLAYER HAS A YELLOW CURRENTLY. DUE TO CONDUCT NOT REPRESENTING THE LEAGUE IN MORE THAN TWO SITUATIONS OR MORE. THE PLAYER WHO IS TOLD THAT YOU ARE GIVEN A BLUE CARD, HAS AN AUTOMATIC SUSPENSION FOR THE GAME - THE REFEREE WILL COLLECT THE FIRST AND LAST NAME AND OF THIS PLAYER. THIS IS NOT A RED CARD AND THE PENALTY IS ONLY ON THE PLAYER NOT ON THE TEAM, SO A TEAM MAY SUBSTITUTE A NEW PLAYER....PLAYER SUSPENDED CAN PLAY THE NEXT MATCH.
- Just Like how Yellow and Red cards accumulate, so do Blue Cards. Two Blue Cards equals a Red Card (not a straight but like receiving two yellows)...so this would be a one game suspension

FREE KICKS/FOULS

- Teams must wait for a ref's whistle when they ask for distance between the ball and the defenders
- 10 yards for wall formation
- All free kicks are Direct

FORFEITS FOR Non-Registered PLAYERS

If your team uses a non registered player and it comes to the attention of any staff or referees, that Team will forfeit the current match. Regular Season or Playoff Matches.

FORFEITS/GAME TIME

Please don't forfeit. Your teammates and opponents count on you to have a full team and competitive game. Each team must have at least 5 players including 1 woman to start a game. Game time is forfeit time. Due to the extremely tight schedule, games must start on time in order to end on time.

Game is an official forfeit when one team has:

- 0 women on roster show up (for Coed)
- Fewer than 5 roster players show up

FORFEIT NOTIFICATION

If you know in advance that your team is going to forfeit a game, you **MUST** contact the Club Admin by 3pm on the day before your game.

It is not considered notification unless you receive a reply.

FORFEIT PENALTIES

First Offense: Loss of game with 4-0 result, warning issued

Second Offense: Loss of game and removal from the playoffs

Third Offense: Removal from the rest of the schedule

FREE AGENTS

- We will be providing Free Agents to each team in an equal divided number before the start of the season.
- If by one week before the season, your team has not maxed out your roster size, then we will provide each team with an even mix of free agents.
- After the Free Agents have divided up for the season, Free Agents will not be removed for the season from a team. Your team can reevaluate the relationship before the end of the season and communicate that to the League Admin for removal of a free agent for next season.

REFEREEING

The league will provide a referee for each match. We default to the most recent IFAB Laws of the Game with the above noted modifications. Any rules not discussed here will follow the latest version of IFAB. <https://www.theifab.com/laws>