

2023 RUSC House League Rule Summary

(see complete rules on the RUSC web site)



U8

- Practice starts at 6:30pm / **Game starts at 7:15pm**;
- 5 players vs 5 players (including the goalkeeper)
- 2 x 20 minute halves;
- **Kick-ins or dribble ins** (no throw-ins);
- Substitutions are allowed on any stoppage or on the fly;
- All free-kicks are indirect (no penalty kicks);
- Retreat line in effect (retreat line is considered to be the halfway line);
- No offside;
- **No corner kicks** (every time the ball crosses the goal line a goal kick is awarded);
- Goalkeepers are allowed to pick-up pass backs.

U10

- Practice starts at 6:30pm / **Game starts at 7:15pm**;
- 7 players vs 7 players (including the goalkeeper)
- 2 x 25 minute halves;
- **Kick-ins or dribble ins** (no throw-ins);
- Substitutions are allowed on any stoppage;
- All free-kicks are indirect (except for penalty kicks);
- Retreat line in effect (retreat line shall be marked at 1/3rd of the field);
- No offside.

U12

- Practice starts at 6:30pm / **Game starts at 7:15pm**;
- 9 players vs 9 players (including the goalkeeper)
- 2 x 30 minute halves;
- Substitutions are allowed on any stoppage;
- Direct and indirect free kicks;
- Retreat line in effect (retreat line shall be marked at 1/3rd of the field);
- Offside in effect.

U16

- Practice starts at 6:30pm / **Game starts at 7:00pm**;
- 11 players vs 11 players (including the goalkeeper)
- 2 x 40 minutes halves;
- Substitutions are allowed on any goal kicks, a team's own throw-in, after a goal is scored and at the beginning of the 2nd half. Once a team is changing the other team may change as well;
- Direct and indirect free kicks;
- Offside in effect.

Adults

- **Game starts at 7:00pm**;
- 11 players vs 11 players (including the goalkeeper)
- 2 x 45 minutes halves;
- Substitutions are allowed on any goal kicks, a team's own throw-in, after a goal is scored and at the beginning of the 2nd half. Once a team is changing the other team may change as well;
- Offside in effect.