



# 2026 8 on 8 Adult Co-Ed Soccer Rules

2025 Changes in YELLOW; updated 6/6/25

2026 Changes in Green; updated 8/5/25

## I. EQUIPMENT & FIELD

1. Metal spikes are prohibited.
2. Shin guards required.
3. Shirts/Jerseys must be the same color with a player number legible to the referee.
  - a. The goalie jersey must be a contrasting color.
  - b. The visiting team is responsible for providing contrasting jerseys.
4. Official FIFA Size 5 ball – provided by each team.
5. Field dimensions.
  - a. Length: 80 yards. Goals are placed on the football 10-yard line.
  - b. Width: 80 yards. Use the high school touch lines.
  - c. Penalty Box:
    - i. Width: football outer edge of hashes (approx. 13 yards)
    - ii. Depth: 10 yards
  - d. Penalty Spot: Approx 8 yards from goal line on center, using referee discretion.
  - e. ~~Matches will be played on a U12-U13 sized field.~~
  - f. ~~If a U12-U13 field is unavailable, a comparable sized field will be used.~~

## II. SEASON ROSTER

1. Teams must be primarily composed of adults 18 years old or older.
  - a. A maximum of 35 youth players may be used, aged 15-17.
2. A maximum of 1620 players may be registered for a team. Substitutions must be made no later than the third week of the season. Exceptions are made on a case-by-case basis and must be approved by the Recreation Director.
3. All players must be registered and have signed the BFRD Liability Waiver form to be eligible to play. Non-compliance will result in a forfeit of the game.
4. Players are only allowed be on one roster during the season. "Borrowing" players from another team is not allowed and will result in a forfeit.
  - a. Players in violation will be disqualified from all play that day.
  - b. All teams the player participated on that day, including their official rostered team, will forfeit their match.

- c. Exception: Regular season only - a team may lend a player(s) to their opposing team to meet minimum player requirements. This action must be agreed to by both team captains and the referee.
- 5. The team captain is responsible for maintaining their roster for accuracy AND monitor their competitor's roster. The referee(s), league organizer, and opposing team captain reserve the right to challenge a roster.
  - a. *Note: Active rosters are maintained online and are accessible to team captains.*
- 6. Designated team captains may challenge their competitor's roster to the referee at only two times: a) prior to the game; b) half time. After the start of the second half, all other challenges are invalid.

### **III. PLAYERS**

- 1. 8 players including the goal keeper
  - a. A minimum of 2 women are required on the field at all times.
  - b. No more than 2 U18 players may be on the field at a time.
- 2. A minimum of seven players are needed to start and finish the game.
  - a. LATE START: One goal will be awarded to the opposing team for each 4-minute increment past the scheduled game time, up to two goals.
  - b. If the minimum number of players are not present 10 minutes after game time, the team forfeits. See FORFEIT RULES.
    - i. *Exception:* The opponent may waive this rule at their discretion. By the end of the first half, if a minimum of eight **seven** players are not reached, the game will be recorded as a forfeit.

~~Player passes will be required.~~
- 3. Using unauthorized players not appearing on the team roster is forbidden and will result in forfeit.

### **IV. SUBSTITUTES**

- 1. Substitutes are allowed on any dead ball.
  - a. Referee's permission is required
  - b. No substitutes "on the fly"
- 2. An unlimited number of substitutes are allowed during the game.

### **V. PLAY**

- 1. No offside
- 2. No slide tackling
- 3. Throw-ins will be used
- 4. Corner kicks will be used
- 5. All dead ball fouls are direct kicks
- 6. There are goal kicks – goal keepers may **not** punt.

### **VI. PENALTIES**

- 1. 1 Yellow Card: Player must leave field for 5 minutes. Team plays down a man for 5 minutes.
- 2. 2 Yellow Cards: Player removed from game. Team plays down the rest of game.

3. Red Card:
  - a. Player must leave the field immediately.
  - b. Player is suspended their next game.
  - c. Board will review all red cards on case by case to determine the incident severity and if additional penalties are warranted.
  - d. Unserved penalties carry over to the following season.

## **VII. FORFEITS**

1. Games may be forfeited for the following reasons:
  - a. Team not having seven players after the 10-minute forfeit time.
  - b. Team down to six players because of player(s) thrown out of a game for unsportsmanlike conduct.
  - c. Any team using ineligible players.
  - d. Failure of an expelled player to leave property immediately.
2. The Recreation Director must be informed and approve any pre-game date forfeits with 24-hour notice. Teams not following this procedure will result in Forfeit Fee.
  - a. A \$30 Forfeit Fee must be paid before the next scheduled game to the Big Foot Recreation District.
  - b. Failure to do so will result in subsequent game(s) recorded as a Loss.
3. A third infraction results in the removal from the league for the remainder of the year. At the Director's discretion, the team may be banned from the league for the following year.

## **VIII. THE GAME**

1. Two, ~~30~~ 25 minute halves with a 5 minute half-time
  - a. Exceptions and modifications may be made to accommodate back-to-back games, weather or darkness at the discretion of the official.
  - b. Matches are time-constrained to 5 minutes prior to a following match's posted time. Last match(s) of the night may continue at the discretion of the official.
2. Points are awarded as:
  - a. Win: 3 points
  - b. Tie: 1 point
  - c. Loss: 0 points

## **IX. INCLIMATE WEATHER / DARKNESS**

1. If a game is called due to weather or darkness and less than 1 half completed, the game will resume from the exact point at which it was stopped. If a game is called after a complete half, the game will be recorded as completed.
2. If a game cannot be completed prior to 7 days of the end of the regular season, the game will be recorded as a tie. It is the responsibility of the team captains to agree on a time and notify the Recreation Director.
3. The league will use WIAA lightning guidelines on how and when games need to be postponed, resumed or called. (<https://www.wiaawi.org/Health/Lightning>).

- a. Lightning detected within a 10-mile radius, play will be suspended. Weather maps, such as WeatherBug may be used as a tool to determine lightning. (<https://www.weatherbug.com/alerts/spark/walworth-wi-53184>)
- b. Multiple inputs (radar, spark detection maps, forecasts, observations, etc.) should be used to ensure everyone's safety.
- c. **It is imperative that team captains, referees, and league organizers hold everyone's safety above play.**

#### **X. (Optional) TOURNAMENT PLAY**

1. Players eligible for tournament play must have played in a minimum of 3 regular season games.
2. Tournament seeds will be inter-woven between the Competitive & Recreational divisions if applicable.
3. Seeding
  - a. Total awarded season points
  - b. Total season goals scored in the event of a point tie
  - c. Top 8 seeded teams are invited to compete. **The league organizer has discretion to modify tournament eligibility based on team participation, behavior and time constraints.**
4. **Tournament games ending in a tie: winner be determined by a shootout**
  - a. **Teams take turns shooting from the penalty spot, with the goal defended by the opposing team's goalkeeper.**
  - b. **Each shooter must be different. Only after all team players have shot may a player repeat.**
  - c. **The team that scores the most goals after five shots per side wins.**
  - d. **If the score is tied after the first round, the shootout continues in sudden death until one team scores and the other misses.**

#### **XI. SPORTSMANSHIP**

**The goal of the Big Foot Recreation District Adult Soccer League is to foster friendly competition within our community. We encourage good-natured competition. When that competitive spirit becomes antagonistic and crosses acceptable lines of sportsmanship impeding on other players' ability to enjoy their experience, the whole league suffers.**

1. Behavior from a player or spectator deemed unacceptable by Big Foot Recreation staff, or officials may result in suspension or ejection from the league.
2. Players that feel they are being verbally attacked are encouraged to report the offending behavior an official or a Big Foot Recreation staff person.

**Racist, sexist or other threatening comments directed at another player, official, or Big Foot Recreation staff will not be tolerated and are grounds for ejection and/or suspension.**

#### **XII. MISCELLANEOUS RULES**

1. The Big Foot 8v8 Adult Soccer League is based off the "[AYSO Adult Soccer League – Region 258.](#)" Any match conduct rules not covered in the Big Foot Adult League rules shall refer to the AYSO Adult Soccer League rules for Match Conduct (Sec. 1).
2. Players and spectators are bound by the posted Big Foot High School facility rules.

- a. Reminder: no pets are allowed on the property.
- 3. Only rostered players are allowed in the designated playing area and player sideline area. Spectators shall only be located in designated spectator areas.
  - a. Stadium Field spectator area: bleachers or any area outside the inner fence. Spectators are not allowed inside the inner fence.
  - b. Soccer Field spectator area: bleachers and adjacent grass area. Spectators are not allowed on the west side.
  - c. Exception: one non-rostered designated coach is allowed on the team sidelines.