



# 8v8 Soccer League Rules (21 and Over)

*No pros. No pressure. Just play*

**\*There are NO MEDICAL SERVICES or trainers at the fields. If you need medical attention, call 911.**

## 1. Game Format

- 8v8 (7 field players + 1 goalkeeper)
- Minimum players to start: 7 players including at least two women (5 minute grace period)
- Recommended roster: 10–15 players
- Game duration: Two 25-minute halves with a 5-minute halftime

## 2. Player Eligibility

- All players must be 21 years of age or older at the time of registration.
- All players must be registered and on the official roster with a waiver on file. (sub-players will need to sign a waiver prior to playing games).
- Valid ID or player pass may be required before games
  - **Age Verification:** If you are questioning the validity of a player, **ONLY THE TEAM CAPTAIN LISTED ON THE ROSTER** is allowed to approach the referee on the field if there is a dispute.
  - The team manager must notify the referee before the game, at half-time, or immediately following the end of the game (if the player showed up late).
  - The team captain and the player in question will be required to present the physical ID previously submitted to the referee or referee coordinator upon request. Failure to present the physical ID will result in the player being considered an illegal player and an automatic win for the team that abided by the rules. The winning team will receive points for goals scored up until that point. If no score was recorded at the time of verification an automatic score of 1 goal for, and 0 goals against will be awarded.
  - **Gender inclusion Policy:** The No Pros League is committed to an inclusive environment. We welcome all players and supporters regardless of race, color, religion, age, sex, sexual orientation, gender identity, gender expression, or national origin. No Pros League supports gender inclusion through

self-identification. While a player's stated identity is respected, the league reserves the right to request supporting documentation to ensure such identification is sincerely held, particularly in instances where the integrity of registration is questioned.

### 3. Coed Requirement

- Minimum of 2 women on the field at all times
- Recommended balance: 4 men and 4 women

### 4. Forfeits

- Failure to field 7 players (including 2 women) within grace period = forfeit
- Use of ineligible/unregistered players = forfeit
- Forfeit score recorded as 3-0 score
- Teams may scrimmage if both agree, same rules will apply.

### 5. Substitutions

- Unlimited substitutions on any stoppage of play
- Injuries stop play immediately
- Yellow card players must sit out for 5 minutes

### 6. Equipment & Uniforms

- Matching team jerseys
- Shin guards required
- No metal cleats
- No jewelry allowed
- Ball size: 5
- All smart watches/rings will need to be properly covered if used while playing, otherwise the player will need to remove them.
- Hard-sided braces or casts must be wrapped in a soft cover.
- **The referee on-site has the final decision on the field as to what is acceptable for collective safety. If a particular item is not listed, please check with the referee before the start of the game.**

### Gameplay Rules

- No offsides
- No slide tackling (goalkeeper exception inside box)
- No contact with goalkeeper in penalty area (You may not charge the keeper)
- Standard throw-ins, corner kicks, and goal kicks apply

### 8. Discipline

- Yellow card: warning + 5-minute sit-out
- Red card: ejection; team plays short-handed
- Minimum 1-game suspension for red cards
- Abuse of referees may result in suspension or expulsion

## 9. Sportsmanship

- Only team captain may address referee
- No abusive language or fighting
- Teams responsible for player and spectator behavior
- Unreasonable spectators will be removed from the game, failure to leave, spectator's team will receive forfeit.

## 10. Match Administration

- Home team provides ball, game card, and alternate jerseys
- Teams must clean up field after games
- No alcohol allowed at fields
- Dispose of your trash properly. Teams and their sideline supporters leaving trash on the fields will be penalized. Referees may issue a red card to the captain for trash left on the fields or sidelines by their players, sideline guests or team supporters.

## 11. Scoring & Standings

- Tie = 1 point
- Loss - 0 points
- Wn = 3 points
- Goal differential cap: +5

## 12. Playoffs

- Single elimination format
- Tied games decided by penalty shootout
  - **Penalty kicks must be taken by at least two women**

## 13. League Champions

- Winning team(s) will receive a 25% discount on their next season registration (This discount is valid only for registrations subsequent to a championship win).
- The winning team will be asked to take a team photo with a trophy for the league's use immediately following the final game.
- There is no award for second place.

## 14. Inclement Weather

- Games will be played in the heat, rain, and heavy winds.
- No shade tents or umbrellas may be used when the wind reaches 15 mph+.
- Games will be stopped for lightning.
- The Mission Oaks Parks and Recreation Department has the right to close the fields at any time due to inclement weather.

\*Rules may be modified as needed by managing staff. Any questions or concerns regarding the information provided in this document. **Please email elite@noprosleague.com.**