

US Club Soccer - Iowa State Cup
Modified Rules
Fall 2026

General

- The Super Group and Premier Group Divisions are either group play leading to semi-final and final rounds or round-robin brackets with the bracket winner being named the State Cup Champion.
- There are no fourth officials.
- There will be no walk out prior to the game.
- Both sets of players and team officials will be positioned on one sideline that is opposite the spectator sideline.

Game Length

- Premier Group - 17U and 19U - 2 x 40-minute halves - 10 Minute halftime
- Premier Group - 15U and 16U - 2 x 35-minute halves - 10 Minute halftime
- Super Group - 17U and 19U - 2 x 45-minute halves - 10 Minute halftime
- Super Group - 15U and 16U - 2 x 40-minute halves - 10 Minute halftime
- All Semi-Finals and Final - 17U and 19U - 2 x 45-minute halves - 10 Minute halftime
- All Semi-Finals and Final - 15U and 16U - 2 x 40-minute halves - 10 Minute halftime
- Overtime - 2 x 10-minute period - 2-minute halftime
- If the game is still tied after the end of the 2 overtime periods, FIFA “Kicks from the Mark” rules will apply

Substitution Policy

- Substitutions are unlimited; however, substitution stoppages may occur for either team a maximum of four times per half.
- During overtime, substitution stoppages reset. Substitution stoppages may occur for either team a maximum of four times during the overtime period.
- In case of a suspected head injury or serious injury, an additional substitution should be granted by the referee.
- If the referee removes a player due to blood being visible on a player, or on a player’s uniform, a replacement player may be utilized until the blood situation is addressed and does not count towards the four substitution opportunities.

Uniforms

- Each player shall have a number on the player's jersey (including the GK).
- The number shall be affixed to the back of the jersey and shall be clearly visible.
- Each player on a team must wear a different number from the number of every other player on the team.
- Teams must have both light and dark uniforms and socks at each match.
- The team listed first in the State Cup schedule is designated as the "home team" and should wear a light color. In the event of a color clash, the home team changes.

Team Roster Requirements and Pre-Game Check-in

- Maximum team roster is 26 players.
- Maximum game roster is 18 players.
- Pre-Game referee roster checks will be performed in every State Cup game.
- Player numbers must match the roster exactly. Any pre-game number changes must be approved by the tournament director.
- Only game rostered players (max of 18) and coaches (max of 3) listed on the 26-player team roster may be present on the sideline/bench area for the duration of the game.
- Non-rostered players are not allowed in the bench area.
- Players not on the 18-player game roster cannot warm up with the team.

Coach Sideline Restrictions

- Teams can only have a maximum of 3 team officials (coaches, parent manager, club trainers) in the bench area for the duration of a US Club Soccer Iowa State Cup game.
- If a club official joins late, and there are already three club officials in the bench area - a club official must leave the bench area immediately.
- Club coaching staff/DOCs cannot sit behind benches, in-between fields or on the endlines if not coaching. All coaching staff, when not coaching, must be on the spectator side of the field

Tiebreakers

- Head-to-head competition (but not in the case of a three-way tie)
- Goal differential (max of 4 per game)
- Fewest goals allowed
- Total goals scored (max of 4 per game)
- Penalty Shootout
- In the event of a three-way tie, tie breaker criteria will be used to determine the team(s) to advance. In the event of an exact three-way tie, a coin toss will be used to determine the penalty shootout order.