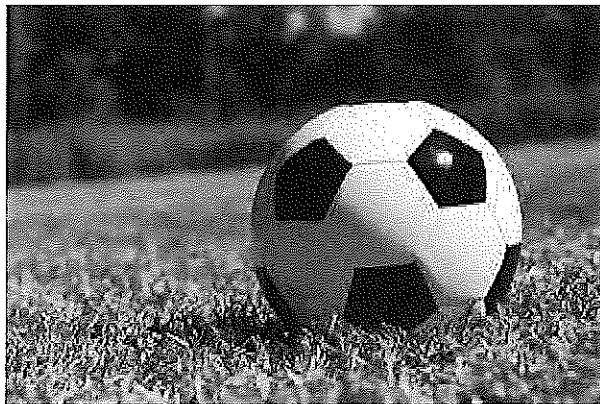


Park District of Oak Park Spring/Summer 2016 Soccer Manual

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Player Eligibility/Rosters/Match Day Line-ups

*Players must be 18 years or older to participate with the exception that one player from each team may have their son or daughter play if at least 17 years of age.

**There is no sharing of players. A player may play for one team and one team only.*

*Teams field eleven players (10 fielders and 1 keeper). Three of these players must be women. A minimum of 8 players are allowed to start the match, however of the 8 players, two must be women.

*The official will start the game clock at the scheduled match start time. If a team does not have the required 8 players (two being women) by 5 minutes after the match, the opposing team will be awarded the match with a final score of 2-0.

*The two teams may elect to play a fun game after the match has been declared a forfeit.

*Fun games will not be officiated.

*Teams may finish a match with eight players, with 2 of the players being women.

*Teams cannot finish a match with seven players regardless of the reason (red card, injury, etc.)

*Teams may not hold out players or substitute players in order to play with less than 11.

**Substitutions – All players must wait to be called into the game by the officials. All subs should remain at the mid-line until called in & not the team sidelines. “On the fly” subs (similar to a line change in hockey) are not permitted. FIFA rules will apply regarding when subs can enter the game.*

*Any player receiving a red card faces a MINIMUM one game suspension. This suspension is to be served immediately. Any player receiving two red cards in the season will be suspended for the remainder of the season and further if warranted. The Park District of Oak Park reserves the right to extend suspensions or remove players from the program.

Team Equipment/Safety

** All teams should have uniforms or shirts that are of the same color with numbers on the back.*

*All teams must bring an alternate color shirt. In the event of a color conflict, the home team will have the choice of wearing their regular or alternate jersey.

* Teams will provide the game ball. This must be decided by each captain.

** No jewelry allowed once play has begun. Officials may ask that a player take off all jewelry. Also by rule they may ask a player with glasses to wear a protective strap while they are playing. Players with earrings will have to either take the earrings out or wear tape over them to be able to play.*

* The referee shall not permit any player to wear equipment in his or her judgment, is dangerous or confusing to other players. This includes, but not limited to, items such as:

A. A guard, cast or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal or any other hard substance - even though covered with soft padding - when worn on the elbow, hand, finger, wrist or forearm.

B. Head decorations, head wear and jewelry: EXCEPTION: Head bands no wider than 2 inches and made of nonabrasive unadorned single-colored cloth, fiber, soft leather or rubber may be worn. Rubber (elastic) bands may be used to control hair.

C. Equipment which is unnatural and designed to increase a player's height or reach or to gain an advantage.

D. Glasses are not recommended when playing. If a player chooses to wear glasses, they need to wear a strap with the glasses.

* Footwear: soccer cleats or gym shoes. No metal spikes.

* MANDATORY: SHIN GUARDS MUST BE WORN BY ALL PLAYERS.

* Goalkeepers must wear colors which will distinguish them from all other players and referees.

** The Park District of Oak Park has deemed that "slide tackling" is inherently dangerous in games where players are of differing ages and skill levels. Slide tackling is not allowed in all leagues.*

"Slide tackling" is an attempt by a player to gain possession of the ball by tackling the ball away from an opponent where the player intentionally brings him/herself to the ground, sliding to the ball feet first.

Referees in our league have been instructed to sanction this violation as Dangerous Play and award an Indirect Free Kick to the opposing team at the location of the attempted tackle.

The first sanction for slide tackling during a game shall serve as a Warning to all players to remind them the tactic is illegal in this league. On a subsequent occurrence of slide tackling, by either team, the referee shall Caution the player for Unsporting Behavior and show the Yellow Card.

If the slide tackle results in contact with an opponent judged to be a penal foul, nothing in this rule prohibits the referee from deciding the action was careless, reckless, or using excessive force and in applying the usual sanction of DFK/PK, Caution, or Send-off, as it would be evaluated and sanctioned in a game where slide tackling was allowed.

Rain-out Information

*All game decisions will be made by Park District staff. On questionable days, call our athletic league weather hotline @708-725-2720, option #1. There will be times when the inclement weather will hit us relatively close to the 8am game, in this case we will try to give you updated information as fast as we can. Please do not assume anything regarding weather or field conditions; please call the hotline.

*In most cases unless there is lightning we do play in the rain on the turf fields.

Rain-out Schedules

*Rain-out dates will be made up on Sundays at the end of the year and perhaps on other selected days if we receive numerous rain-outs. *Make-up information can be found on the website @ www.quickscores.com/oakpark The league must be completed no later than the week of Sunday, June 26th.

Match length

*Matches are 80 minutes (38 minute halves, with 4 minutes intermission).

*Referees will start game clock at times specified on schedule, even if teams are not yet prepared to take the field.

* It is very important for the teams involved in the 8 am game to be on time, so that the rest of the day's games start on time as well.

*The two teams that play in the 8 am game are expected to move the goals onto the playing field. The two teams that play the 10:40 am game at the conclusion of the game are expected to move the goals off the field to a designated area.

*Teams that play the 8 am game at Forest Park should not be arriving any earlier than 7:45 a.m. No one is allowed to jump the fence!

*The league and referees reserve the right to adapt league rules to fit expected or unexpected situations resulting from weather, player/team conduct, and field conditions to ensure the safety of all players and to maintain the integrity of the league. For example, minutes for a game may be reduced if conditions are wet or muddy in order to prevent or lessen the deterioration of the field. Also, referees may stop or conclude a game at any point due to weather or poor sportsmanship by players.

* Games that are rained out after the first half has concluded will be considered an official game. Games that are rained out prior to halftime will be picked up at the moment the game was delayed.

Site Consideration

*This league is made possible by the use of two non-district sites being OPRF high school and Forest Park Park District. Please adhere to all rules posted at these sites. *Please throw out all garbage after your game.

Rules concerning both sites...

*Steel tipped spikes are not allowed.

*Food is not allowed in the stadium.

*No dogs are allowed on the grounds.

*Facilities are designated as smoke free environments.

*No liquor or alcoholic beverages.

*Players are expected to leave the facility in the same condition as it was found.

Forest Park specific site rules...

*Please wait for a park district official to unlock the gate. Players should arrive no earlier than 7:45 am. Jumping the fence is prohibited!!

*One way signs need to be followed when entering or exiting the facility by car. Please enter at the Beloit entrance south of the field and exit on Hannah east of the tennis courts. You can and will be ticketed by the Forest Park Police if this is not followed. The parking lot directly west of the field is for Forest Park employees only. Please do not park there.

Captains' Responsibilities

*All teams should send a captain or team representative to the captains meeting.

Note: Modifications to the league may take place at the captains meeting. Failure of a team representative to attend shall not exempt that team from any modifications that may be made.

*All captains are expected to inform their players concerning all rules, and regulations, prior to the first game and as many times thereafter as necessary to make sure that no violations will occur.

***It is the captain's responsibility to make sure all league fees and player lists are submitted (due to before 2nd game)**

*All captains are expected to inform their players of scheduled games, schedule changes, make-ups and standings. Note: All captains should be checking their e-mail on a frequent basis for information re: soccer.

*Captains are responsible of contacting the League Administrator of a change in address, e-mail address or phone #.

*It is the captain's responsibility to check the score each week to insure accuracy and to check the final score.

*Team captains are responsible for the conduct of their team members and any team spectators at all times, including prior to, during, and after completion of the game.

*Only team captains are to discuss a disagreement with an official.

*If it is unknown that the captain will be unavailable during a certain period of time, it is the responsibility of that captain to call the League Administrator and submit another contact name, if other than the co-captain.

Game Rules

*Unless modified by this set of rules, all games of the league shall be played in accordance with modified F.I.F.A. rules

Yellow Cards

*A player is cautioned and shown the yellow card if he/she commits any of the following offenses:

- *Unsporting behavior (includes extravagant celebration, such as covering one's head with one's jersey or removing it over the head, and simulating actions intended to deceive the referee, such as diving; a caution for a poor challenge or tackle is also classified here); until 1997 this was called "ungentlemanly conduct"

- *Dissent by word or action

- *Persistent infringement on the Laws of the Game

- *Delaying the restart of play (includes deliberate time-wasting tactics)

- *Failure to respect the required distance when play is restarted with a corner kick, throw-in or free kick

- *Entering or re-entering the field of play without the referee's permission

- *Deliberately leaving the field of play without the referee's permission.

*A substitute or substituted player is cautioned and shown the yellow card if he/she commits any of the following three offenses:

- *Unsporting behavior

- *Showing dissent by word or action

- *Delaying the restart of play

Red Cards

*A player, substitute or substituted player is dismissed from the field of play and shown the red card if he/she commits any of the following offences:

- *Serious foul play

- *Violent conduct

- *Spitting at an opponent or any other person

- *Denying the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper inside his/her own penalty area)

*Denying an obvious goal scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick (known as a professional foul)

*Using offensive or insulting or abusive language and/or gestures

*Receiving a second caution (yellow card) in the same match

*A player, substitute or substituted player who has been dismissed and shown the red card may not remain on or in the vicinity of the field of play or the technical area.

*The player is immediately ejected from the game and must leave the park after gathering their belongings. The Park District of Oak Park reserves the right to review all red card situations and extend the suspension by a number of games

appropriate to the offense. MINIMUM one game suspension for a red card. The Park District of Oak Park reserves the right to extend suspensions or remove players from the program.

*A player who accumulates two red cards during the course of the season will result in an automatic ejection for the remainder of the season.

Fighting

*The referee will stop play and eject any player or team (including bench personnel) that will attempt to strike or strike any player or official. League Management will have final decision upon an investigation. Player/Team may be ejected from the session without refunds. The offending team will forfeit the game and possibly future games.

*Fighting is not tolerated in this league, and will be punished accordingly.

*Any player or captain ejected from a game is required to leave the park immediately. If the player continues to interfere with the orderly progression of play, the official may forfeit the game in favor of the team not at fault. Warnings or ejections may be given before, during, or after a game. Any ejected player automatically receives a MINIMUM one game suspension. The Park District of Oak Park reserves the right to extend suspensions or remove players from the program.

Standings/Tie Breakers

*Standings can be found on www.quickscores.com/oakpark

* 3 points for a win, 1 point for a tie, 0 points for loss

*All ties in final division standings will be solved by:

- 1) Head-to-head competition
- 2) Goals against
- 3) Goals scored
- 4) Point differential.

*Forfeits will be scored 2-0.

Misc.

*This league is built to have fun first and foremost. We will run off the honor system. Please be honorable.

Code of Conduct

* Understand, appreciate and abide by the rules of the game.

* Respect the integrity and judgment of the game officials.

* Respect your opponent and congratulate them in a courteous manner following each match whether in victory or defeat.

* Be responsible for your actions and maintain self-control.

* Do not taunt or bait opponents and refrain from using foul or abusive language

The Park District of Oak Park reserves the right to change or adapt any rules or regulations at any time in the best interest of the game and the Park District.