

House Rules

1. Turf shoes and rubber molded cleats are allowed. No screw in cleats. No spike or metal cleats. No exceptions. No warning.
2. No slide tackling. Blue card given. Dangerous or reckless slide tackles can be an automatic red card. For example a scissor type slide tackle or a cleats up slide. No exceptions. No warning.
3. Shin guards must be worn. Blue card given. No exceptions. No warning.
4. An adult coach (age 21+) must be present for all games in which minors participate. No exceptions. Only rostered players are allowed in the bench area. No children, family or friends. Only coaches and players.
5. No spitting on the field. Blue card given. Use the garbage cans located in the bench areas.
6. Kickoff goes to the team facing the scoreboard.
7. Away team must change if both teams have the same or too similar a color jersey.

Player Rules:

1. Show respect to all participants and staff.
2. Have fun playing the game.
3. Refrain from using foul language.
4. Control your teammates, an incident with one player could affect the eligibility of the whole team.
5. Show respect for equipment, supplies and facility.
6. Fighting or instigating a fight will NOT BE TOLERATED. All situations will be reviewed by the referees and Sportsplex staff and suspensions will be issued if necessary.
7. Rosters are limited to 20 players, all players must be 30 years of age or older in Mens 30+ League. One player between the ages of 25-30 will be allowed on the roster.
8. Rosters are limited to 20 players, all players must be 40 years of age or older in Mens 40+ League. Two players between the ages of 35-39 will be allowed on the roster.
9. All roster information must be complete before a player can participate in their first game. Team captains are responsible for having rosters in prior to the start of their first game. All additions/changes need to be made to the roster before the start of game 5.
10. To prohibit non-rostered players from participating under an assumed name; all players must carry a picture I.D./Driver's License to all games, and present it upon request. Any non-rostered player or player participating under an assumed name will be suspended. The team for which the player performed will forfeit all games in question. The team may also be suspended upon further review by the Sportsplex Staff.
11. Open-ended rosters: Team captain may add players to the roster at any time during the season up to twenty players, but a player will only be eligible for tournament play if his name was on the original roster handed in at the first game of the season or added to the original roster within the first five games.
12. No Smoking or Alcohol on St. Charles Park District Property. Any player or team drinking alcohol on Park District property before, during or after games; or participating in games under the influence of drugs or alcohol will be suspended (length of suspension will be determined after the incident has been reviewed).
13. Absolutely NO casts or splints, even if covered in padding.

League Rules:

1. Ball size. U6-U8 Size 3. U9-U12 Size 4. U13-Adult Size 5.
2. # of players on the field. Coed K-2 play 5v5, GR 3-8 play 7v7, Girls HS play 7v7, Boys HS play 6v6 and Adult Leagues play 6v6. All those above include the goalie. Minimum number of players is 2 less than the maximum.
3. All teams must have a uniform with the same color shirt. U12 and above each player must have a unique number.
4. Shin guards must be worn. Blue card given. No Eyeglasses are allowed, only sport goggles. No earrings, necklaces etc.
5. Games are 2 20 minute halves with a 1-minute half time with a running clock. Adult games are 45-minute running clock, no halftime.
6. Out of bounds is when it crosses the lines on the large turf field. On the boarded field it is when it touches the net above the boards or the ceiling. The ball is to be placed where it last left the field. If kicked directly out of bounds from inside the penalty area the ball will be placed at the top of the circle for both fields. A ball cleared in play from the penalty area will be placed where it last left the field for both fields. When the ball hits the ceiling net it will be placed on one of the three lines closest to where it touched the ceiling net. Goal kicks are taken from anywhere inside the box in front of the goal. Corner kicks on the boarded field are taken from the printed circle if using the boards and from the corner if using the lines on either field.
7. Fouls are the same as FIFA rules for soccer. Exceptions are no slide tackling allowed. Fouls and all free kicks/restarts the boarded field are all direct free kicks. Fouls and all free kicks and restarts on the large field are all indirect free kicks for U-14 and below. Fouls and corners are direct kick if High School age U-15 and above while kick-ins are indirect. If a foul occurs on either field in the penalty area it would result in a direct penalty shot. Illegal pass back to the goalie or the goalie bringing the ball into the goal box and picking it up will result in a free kick at the top of the arc. 11-U can not intentionally head the ball. An indirect kick results at the place of the header on the large field and a direct kick on the boarded field. If the header occurs in the box it will go to the top of the arc.
8. Blue Cards. A blue card is given for dangerous tackles or challenges. This means any slide tackle. Dissent. Repeated offenses. Intentional hand ball. Intentional holding. The blue card penalty is for two minutes unless the opposing team scores. If both teams have players in the box with penalties and one team scores the other team DOES NOT get to add a player as they were playing even at the time.
9. Red Cards: Automatic Ejection. A third blue card in one game is an automatic red card. Intentional handling of a ball on the goal line. Intentional break away penalty. Instigating a fight or fighting. Dangerous challenges. A red card is a 5-minute penalty and must be served in full. The player is disqualified from the rest of the game and the next game as well. The player must leave the field with Sportsplex Staff.
10. On all corner kicks, free kicks and kick ins the defense needs to yield the 9 feet immediately and to not encroach on the space. The referee nor the team taking the kick do not have to ask for

that distance. The penalty on defensive player is a 2 minute blue card on infringement. All kicks must be played within 5 seconds or the ball goes to the opposing team.

11. The 3-line rule applies to U13 and above. A goalie can throw the ball 3 lines. Punting is allowed for recreational games. Punting is NOT allowed in the travel leagues.
12. On the boarded field players must substitute using the bench doors. No jumping over the wall. The incoming player must wait until the outgoing player has reached the bench area before participating in the play. If the incoming player participates prior, there is a 2-minute penalty for too many players on the field. On the large field, the incoming player must substitute at the same place on the out of bounds as the outgoing player leaves. A player cannot just leave on the offensive end while another player subs in further down the field. Such a substitution is illegal and will result in a 2-minute blue card penalty.
13. Forfeits: The time clock will start at the designated game time; one goal will be given to the team that has the correct number of players. After 5 minutes another goal will be given, again at 10 minutes. After 15 minutes, the forfeit will be declared. At that time, a friendly game can be played with players that are there.