



SOCCER WEBSITE

For game schedules, rules, and other information: <https://champaignparks.com/programs/youth-sports/youth-soccer/>.

WEATHER CANCELLATION INFORMATION:

DODDS SOCCER COMPLEX:

- Can assess by going to <http://rainoutline.com/search/dnis/2178054100> or calling (217)-805-4100
- Download the RainoutLine app to get email and text alerts when event cancellations occur
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BROOKENS CENTER:

- 217-367-9575

QUESTIONS OR FEEDBACK. If you have questions or would like to provide feedback on the program contact cameron.walls@champaignparks.org or 217-819-3983



YOUTH SOCCER LEAGUE RULES

* US Youth Soccer Rules apply with the following modifications

	Kindergarten Co-ed	1 st & 2 nd Grade Co-ed	3 rd - 4 th Grade Boys	3 rd - 4 th Grade Girls	5 th -6 th Grade Boys	5 th -6 th Grade Girls
Size Ball	3	3	4	4	4	4
Players on Field	4v4 (No Goalkeepers)	4v4 (No Goalkeepers)	7v7	7v7	9v9	9v9
Needed to begin game	3	3	5	5	7	7
Officials	Coach Officiated	Coach Officiated	2	2	2-3	3
Time	2x10	4x10 (2 minute breaks)	4x10 (2 minute breaks)	4x10 (2 minute breaks)	2x25	2x25
Halftime	5 Minutes	5 Minutes	5 Minutes	5 Minutes	5 Minutes	5 Minutes
Field Size	30x20	30x20	47x30	47x30	75x47	75x47
Goal Size (Feet)	4x6	4x6	6.5x18.5	6.5x18.5	7x21	8x24
Tournament & Location	None	None	Yes. Mahomet			
Offside	No	No	Yes	Yes	Yes	Yes
Coach permitted on field?	Yes. One coach from each team is permitted on the field during play. The coach must do everything possible to stay away from the play and may not obstruct (impede) touch any player or the ball. An infraction will	Yes. One coach from each team is permitted on the field during play. The coach must do everything possible to stay away from the play and may not obstruct (impede) touch any player or the ball. An infraction will	Yes. One coach from each team is permitted on the field during play. The coach must do everything possible to stay away from the play and may not obstruct (impede) or touch any player or the ball. An	Yes. One coach from each team is permitted on the field during play. The coach must do everything possible to stay away from the play and may not obstruct (impede) or touch any player or the ball. An	No. Standard Laws Apply.	No. Standard Laws Apply.



	result in an indirect kick.	result in an indirect kick.	infraction will result in an indirect kick.	infraction will result in an indirect kick.		
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YOUTH SOCCER LEAGUE RULES CONT.

	Kindergarten Co-ed	1 st & 2 nd Grade Co-ed	3 rd - 4 th Grade Boys	3 rd - 4 th Grade Girls	5 th -6 th Grade Boys	5 th -6 th Grade Girls
Heading	No	No	No	No	No	No
Goal Kick	No	No	Yes	Yes	Yes	Yes
Goal Kick Possession	The opposing players must retreat beyond the center line.	The opposing players must retreat beyond the center line.	Standard Laws Apply.			
Cleats	Players may wear cleats, but are not required.	Players may wear cleats, but are not required.	Players are encouraged to have cleats. Only Soccer cleats may be worn. Football, Baseball/Softball and Track cleats are not allowed.			
Substitutions	During quarter breaks and if necessary on stoppages where the ball leaves play.	During quarter breaks and if necessary on stoppages where the ball leaves play.	FIFA/USSF substitution Laws shall apply: Teams may substitute before periods, on goal kicks, on injury stoppages, on possession throw-ins, in any situation where the other team subs. Substitutes may not enter the field until acknowledged by the referee.			
Penalty Kicks	No penalty kicks. Restart will be a direct kick from top of Penalty Area.	No penalty kicks. Restart will be a direct kick from top of Penalty Area.	Standard Laws Apply.			



YOUTH SOCCER LEAGUE RULES

7TH-8TH Grade Boys/Girls:

	7th – 8 th Grade Boys	7th – 8 th Grade Girls
Size Ball	5	5
Players on Field	11v11	11v11
Needed to begin game	8	8
Officials	3	3
Time	2x35	2x35
Halftime	10 Minutes	10 Minutes
Field Size	112x75	112x75
Goal Size (Feet)	8x24	8x24
Tournament & Location	Yes. Urbana	
Offside	Yes	Yes
Coach permitted on field?	No. Standard Laws Apply.	No. Standard Laws Apply.
Heading	No	No
Goal Kick	Yes	Yes
Goal Kick Possession	Standard Laws Apply.	
Cleats	Players are encouraged to have cleats. Only Soccer cleats may be worn. Football, Baseball/Softball and Track cleats are not allowed.	
Substitutions	FIFA/USSF substitution Laws shall apply: Teams may substitute before periods, on goal kicks, on injury stoppages, on possession throw-ins, in any situation where the other team subs. Substitutes may not enter the field until acknowledged by the referee.	
Penalty Kicks	Standard Laws Apply.	

TOURNAMENT FORMAT (Fall Season Only):

1. The tournament will be based on a points system (from pool play)
 - a. Points are awarded as follows:
 - i. Win = 6
 - ii. Tie (including 0-0) = 3
 - iii. Goals Scored = 1 for each goal (max. of 3)
 - iv. Forfeit = 7



2. Teams will be randomly assigned into a bracket/brackets
3. Each team will play the same number of matches (3 or 4).

TEAM PROGRESSIONS

1. The team with the most points in each pool will advance to the final game (ie winner pool A vs. winner pool B). If only one pool exists, the teams with the two highest point totals will advance to the final game.
2. In the event of a tie, the team(s) to advance are determined by:
 - a. Head to Head competition
 - b. Most games won (during tournament play)
 - c. Fewest goals allowed
 - d. Most goals scored (max of 3 per game)
 - e. Penalty Kicks

CHAMPIONSHIP MATCH

1. A match of normal duration will be played to determine the 1st and 2nd place teams.
2. If at the end of the match there is a tie, the **Match Tiebreaker** procedure will be used to determine the winner.

MATCH TIEBREAKERS PROCEDURE

1. There shall be two (2) five (5) minute overtime periods played
 - a. A coin toss shall be held. Winner of the toss will choose kick off or which side to defend.
 - b. Teams will change ends between each five minute period. Play will continue immediately.
2. If the score still remains tied, all coaches, officials, and team captains shall assemble at the halfway line to review the procedure as outlined below.
 - a. The head referee shall choose the goal at which all of the kicks from the penalty line shall be taken.
 - b. 2. Each coach will select any five players on or off the field (except those who may have been disqualified) to take the kicks. Teams will alternate kickers. There is no follow-up on the kick.
 - c. 3. A coin toss shall be held. The team winning the toss shall have the choice of kicking first or second.
 - d. 4. The coaches and players not involved with the kicks shall remain on the sideline during the penalty kicks.
 - e. 5. The defending team may change the goal keeper prior to each penalty kick.



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Youth Soccer
2024 Handbook

- f. 6. Following five kicks for each team, the team scoring on the greatest number of these kicks shall be declared the winner.
3. If the score remains tied after each team has had five kicks, sudden victory will apply.
 - a. Each coach will select five players to take the kicks in a sudden victory situation, wherein if one team scores and the other team does not score, the game is ended without more kicks being taken.
 - b. 2. If the score remains tied, continue the sudden victory kicks with the coach selecting any five players to take the next set of alternating kicks. If a tie still remains, repeat C-1.
 - c. 3. The coach and the remainder of the team shall remain on the team sideline during the penalty kick portion of the overtime period.



Referees will officiate the game utilizing the [FIFA Laws of the Game](#). The following are Champaign Park Districts Youth Soccer Leagues' Points of Emphasis.

YOUTH SOCCER LEAGUE POINTS OF EMPHASIS:

*The following rules are the same for all Champaign Park District Youth Soccer Leagues:

UNIFORMS

- Players should play in the uniforms as provided for them. As discussed in [Law 4 of FIFA's Laws of the Game 20/21](#), uniforms consist of the following:
 - A shirt with sleeves (Sleeves are to be worn down at all times and the shirt must be tucked in.)
 - Shorts
 - Socks – tape or any material applied or worn externally must be the same color as that part of the sock it is applied to or covers
 - Shinguards – these must be made of suitable material to provide reasonable protection and covered by the socks
 - Footwear

Players may wear sweatpants or warm up pants instead of shorts (usually for cold or inclement days, or for religious or cultural reasons). Players may not wear skirts, skorts, jeans, jean shorts, etc.

- All jewelry, including earrings, with the exception of medical or religious jewelry, may not be worn. Medical or religious jewelry must be taped and secured to the player's body. This is a safety issue. No other jewelry may be taped to a person's body. Earrings may not be covered with tape or bandages.
- Hair control devices like sweatbands and stocking caps may be worn. Hats with hard bills (e.g. baseball caps) are not allowed.
- For cold and inclement days, cold weather gear is acceptable. Sweatshirts may be worn under the player's team jersey. Note: it is recommended that sweatshirts with hoods not be worn as they are considered a player safety issue. Undershirts or sweatshirts worn under the player's jersey do not need to be the same color as described in [Law 4, Section 3](#). This requirement is waived by the Champaign Park District, as the league games are considered recreational.
- Soccer cleats (also known as soccer boots) are the only approved cleats. Any cleats with a toe spike are not allowed and players will not be allowed to play until the footwear is modified or replaced. Some newer styles of soccer cleats have a cleat toward the toe by design. In the referee's opinion, if the cleats are not deemed safe, the player will not be allowed to play for safety reasons.
- If games are scheduled with an Urbana Park District team, regardless of previous experiences, all Champaign Park District teams shall wear red jerseys, if provided, or other non-blue colored jersey. Referees will be in yellow. Urbana will be in blue and Champaign should be in red.

PLAYER SAFETY

- No slide tackling is allowed for players' safety. If a slide tackle occurs or in the opinion of the referee, a player slides into another player, as long as contact is not made, an indirect free kick will be awarded



to the opposing team at the location of the infraction. See [Laws 12 and 13](#) for further descriptions of indirect fouls and how they are managed by the referee. If contact is made, a direct free kick (or penalty kick if the foul is located in the penalty area) shall be awarded for the foul. If the player commits multiple slide tackle infractions, the player will be cautioned and shown a yellow card. If the player has already been cautioned for slide tackling or other fouls or infractions and commits multiple slide tackles, that player will be shown a second yellow card followed by a red card and sent off. **Goal keepers are allowed to slide hands first without being penalized.**

GAME MANAGEMENT

- Games will use a running clock. Clock will begin at scheduled kick off time. No added or extra time will be played. If the referee crew does not show on time for the game and there hasn't been a reason for the game to be delayed due to weather, coaches are encouraged to start the game at the regularly scheduled game time.
- The initial kickoff will be by the team listed as the visiting team. The team listed as the home team will choose which side they will defend.
- All healthy players must play each half. Coaches should attempt to play players equal amount of playing time.
- Any player or coach that is sent off and either shown a red card by the referee or asked to leave by a Champaign Park District staff member will need to leave the area immediately. All send offs carry a minimum one game suspension. Not leaving the area immediately will increase the suspension to a minimum two games.

SPECTATORS

- Any spectator that is asked to leave either by the referee or by Champaign Park District staff needs to leave the area immediately. All ejections carry a minimum one game suspension. Not leaving the area immediately will increase the suspension to a minimum two games. Spectators will not be presented with a red card.
- All spectators must sit on the sideline opposite the players. Spectators may not be along the end line or near the player benches. Injury issues are an exception.

YOUTH SOCCER LEAGUE EXPECTATIONS:

Program values. Champaign Park District Youth Sports programs are built upon the foundation of Sportsmanship, Opportunity, Fun and Instruction. We believe kids should have a positive environment that:

- Teaches character lessons such as sportsmanship, personal growth, cooperative team work, fair play and overcoming challenges.
- Provides everyone an opportunity to enjoy the benefits of sports. Every player in our youth soccer league get to play. Coaches are also encouraged to give players opportunities to play different positions.



- An emphasis on fun is more important than a focus on winning. Players that enjoy a sport will continue to play. Winning a game is secondary. If you're worried more about the kids winning the game than whether or not they're having fun, this is not the place for you.
- Kids should learn the fundamentals of the sports and develop their skills. When kids do this the confidence they earn becomes an important part of who they are.

We believe that sports can teach kids valuable lessons about life while fostering physical skills and developing social maturity. Kids involved with sports routinely do better in school and get into less trouble. The key issue isn't about wins and losses on the scoreboard as much as it is about creating a situation where kids enjoy themselves while learning to be better players, and better people.

Spirit of the Game. Coach and teach kids to play by the spirit of the law and NOT the letter of the law. If a coach bends the laws to their advantage (even if they do not break the law) they are sending the wrong message – that winning is more important than how they play. We get angry at professional athletes for breaking or bending the rules/laws. We should hold ourselves to the same standard.

Playing Time. There are no stop watches counting minutes. Substitution patterns are not an exact science. Coaches are expected to do their best to balance playing time and position opportunity as much as possible.

Practices. Generally, coaches determine practice times and locations. Younger teams will practice at least once a week. Older teams should practice twice a week. Practice times and locations should be as consistent as possible. Players should make every attempt to be at each practice. Practices are as important an experience as the games.

- Be respectful of teams or programs that have reserved the location through the park district.
- Soccer practices may only be scheduled at Dodd's Soccer Complex on Tuesdays and Thursdays.
- Practices may also be scheduled at neighborhood fields. Unless reserved, field space times are first-come, first-serve. Be polite to other teams and try to share space whenever possible.
- Show up 10 minutes early. That goes for players and coaches. Coaches should remain until the last player is picked up.
- If a player is going to miss a practice, please contact the coach ahead of time and let them know.
- Be sure to clean your practice area when you are done. This includes collecting any water bottles or other trash.

Cheering and Jeering. Parents are encouraged to cheer for their child, their team, or any player making a good play. Critical comments such as "I can't believe he made another error," "That kid is terrible," or even things like "you need to be tougher" are not in the spirit of a recreational youth program. Even adults have difficulty separating well-meant criticism from personal attacks.

Parents should not be making critical comments about the other team. This includes cheering because a player was called for a foul or sent off, etc. Please be respectful and courteous. Every child is important.



Volunteer Coaches. Volunteer Coaches are the greatest asset we have in the community. All coaches in the youth leagues for the Champaign Park District are volunteer coaches. They do not get paid. They are making a commitment to help the youth of the community because they want to give back. Please help them out in any way you can. All coaches are offered a training course and submit to a background check.

FREQUENTLY ASKED QUESTIONS (FAQs):

Below are answers to some of the most frequently asked questions. Please see the league rules section first.

Question: When will the game schedules be ready?

Answer: Typically about 2 weeks to a week and half before the date of the first game. The date of the first game can be found in the Park District Program Guide.

Question: When will we get uniforms?

Answer: Typically about week and half to a week before the first game. Unless there are unforeseen shipping delays. Program Manager will notify participants when

Question: When are practices?

Answer: Because we never have enough coaches and we don't have enough field space at the Dodd's Soccer Complex to schedule practices we let the coaches choose practice night. However, the Dodd's Soccer Complex is available for Park District teams to practice on Tuesdays and Thursdays, and we strongly recommend that coaches practice on one of those days. Probably 95% of our practices are on one of those two days. Practices during the week never begin before 5:15pm.

Question: Does the Park District have a concussion policy?

Answer: The coaches have been instructed if they see a player receive a head injury, and they have even a slight concern that player will not be allowed to continue to participate. They should contact the parents and the Park District and that player will not be allowed to participate again until a note from a medical professional clears the player.

Question: Who are the coaches?

Answer: Youth Soccer Leagues teams are coached by volunteer coaches. All coaches submit to a background check. Coaches, like players, have varying levels of expertise. Coaches are offered opportunities to develop their coaching skills.

Question: I'm interested in coaching but I don't know a lot about soccer.

Answer: Deep knowledge of the sport is not the only thing we are looking for. Candidates that are good communicators, teachers, and motivators are also important. There are training resources specific to soccer available to volunteer coaches. For more information visit the Champaign Park District Volunteer webpage at <https://champaignparks.com/youth-sports-coaching/>



Question: My child has never played before. Will they be ok?

Answer: The Youth Soccer Leagues have a range of talent. Beginning players are welcome.

Question: My child lost their jersey. What can we do?

Answer: In the short term your child can play wearing a similar color shirt. Talk to the Park District about a replacement.

Question: My child just got their ears pierced. Can they play with earrings?

Answer: No. Earrings are not allowed. Taping over the earrings is not allowed. This is a safety issue. Jewelry including earrings, watches, LiveStrong style bracelets, etc. are not allowed. This is a safety issue. Medical or religious jewelry are the only exceptions and must be taped down.

Question: When it's cold can my child play in a hoodie?

Answer: Yes. Provided the jersey can be worn over the hoodie. The hood must be tucked in for safety reasons. Regular sweatshirts are recommended over hoodies.

Question: Can my child wear a hat?

Answer: During cold weather stocking caps are permissible. Hard billed caps (such as baseball caps) are not allowed.

Question: What is the Buddy Form and where can I find it?

Answer: You can stop by any of the Champaign Park District Facilities for a copy of the Buddy Form or go online to the Champaign Park District Soccer webpage. The Buddy Form allows two (and only two) players to be guaranteed to be placed on the same team together. See below for important guidelines concerning the Buddy Form.

- Siblings in the same league will be placed together, but should submit a Buddy Form.
- This form can be used for two participants only.
- Each participant may fill out only one form per sport.
- Both participants must fill out a Buddy Form, listing the other participant as their friend.
- All Buddy Forms must be turned in prior to the registration deadline.
- In order to accommodate the requests to play with buddies, there is no guarantee that any participant completing the Buddy Form will play on the same team from the previous season.

Question: Can I request to be on a certain team?

Answer: No. Players cannot request teams and coaches may not request certain players. Priority is given to creating a fair system which tries to balance talent out among the teams. All roster assignments are done by CPD Staff.



Question: I don't understand the Fall and Spring sessions. If my child is registered in the Fall do they need to re-register in the Spring?

Answer: Yes. Registration for the two seasons are different, all players must register separately for the Fall and Spring Seasons.

Question: I've heard people say that parents have to sit on the side opposite the players, even if that means we're staring into the sun. Is that true and why?

Answer: Yes, it is true. With any outdoor sport there is always some element of the weather that makes someone uncomfortable such as wind, sun, temperature, insects, etc. Parents are required to sit on the side opposite on the players because this reduces the chance for unfortunate sportsmanship issues and better ensures the safety of players, parents, officials and coaches. Coaches are also held to a different standard than parents and it's important for officials to easily identify coaching staff. There are some exceptions for a parent checking on a player injury.

Question: Can you explain how it works from one year to the next? Will my child be kept on the same team?

Answer: Players returning to the same league will be kept together, barring unique situations. Players moving up to a new league will be reset.