## City of Elgin FALL SOCCER RULES <br> Preschool, U6, U7, U8, and U10 CoEd

## 1. SECTION ONE: GENERAL RULES

A. PLAYING RULES AND ELIGIBILITY - YSSL rules apply if not modified within. The rules of the In House Soccer Program are to be strictly adhered to and will be enforced by the all members of the parks and recreation staff.

1. All players for soccer will register and play at their current age level, unless otherwise approved by park district personnel.
2. Requests to "play up" will only be granted in exceptional circumstances. It is Park District philosophy to play children in age/grade appropriate divisions in the best interest of their overall athletic development and that children play within their grade level for the social aspects of the program and their abilities to deal with kids that they go to school with.
3. Requests to play up are a case by case basis but in order to be considered to play up a child must be within a one year grade level in order to be approved. Kindergartners can only play up at U7, $1^{\text {st }}$ grade can only play up at $\mathrm{U}, 2^{\text {nd }}$ grade can only play up at U 10 . When age groups make up two years (U10 $3^{\text {rd }} \& 4^{\text {th }}$ grade), U12 ( $5^{\text {th }}$ and $6^{\text {th }}$ Grade), and U14 ( $7^{\text {th }}$ and $8^{\text {th }}$ grades) only current $4^{\text {th }}$ graders can play up at U12, only current $6^{\text {th }}$ graders can play up at U14, and only current $8^{\text {th }}$ graders can play up at U18.
4. Any youth meeting the Program requirements will be eligible to participate.

## B. SPORTSMANSHIP, TOBACCO, ALCOHOL, PROFANITY, JEWELRY, EYE

GLASSES - The actions of the players, managers, coaches, referees, and league officials must be above reproach. Managers and coaches must make sure their conduct is proper in every respect and must make sure that their players and spectators do the same. The use of tobacco is strictly prohibited at all times. Alcoholic beverages and any substance abuse in any form are strictly prohibited within the confines of the parks. The use of profanity and obscene gestures by any player, manager, coach, referee, spectator, family member or parent/guardian is prohibited. Players will be prohibited from wearing any form of jewelry. Players found to be wearing jewelry will be told to remove it by the referee. Medical alert bracelets/necklaces are not considered to be jewelry, but must be secured to the body. Eye glasses may be worn as long as long as a strap is attached to them.
C. CLEAN-UP - All coaches, players, and parents/guardians are responsible for making sure all garbage is properly disposed of at the end of all games. This includes school and church fields as well as City fields. Please help keep our fields, stands, and parking lot areas clean.

## D. SCHEDULING

1. SEASON SCHEDULE - The league plays outdoor soccer. As such, play is separated into fall and spring seasons. The fall season runs from approximately the beginning of September until the end of October. The spring season runs from approximately the beginning of April until the beginning of June. Each season will have at least 8 scheduled games.
2. SCHEDULE CHANGES - There will be no changes in a team's scheduled game date, time, or location unless authorized by the Soccer Coordinator. All games scheduled at the start of the season should be played as scheduled except for the following circumstances:
a. In the event of City cancellation due to inclement weather
b. In the event of the City needing to cancel for other reasons
c. It is not acceptable or permitted to request a game reschedule for the following reasons:
i. Too few players; Games will be played short sided if necessary
ii. Coach and/or assistant is unable to make the game - Parent should be recruited to coach
3. RESCHEDULING OF RAIN OUTS AND SUSPENDED GAMES - The City Staff will attempt to reschedule all games, however, reschedules are not guaranteed.
4. GAMES PER WEEK - Teams will typically play only one game per week, at certain times the schedule may require two. Games will be played on Saturdays. In cases of a make-up game or a schedule that has an odd number of teams, it shall be understood that a weeknight game may be scheduled.
5. PRACTICES - No team is permitted to begin practicing before rosters have been officially distributed at the coaches meeting.

## 2. SECTION TWO - PLAYERS, FIELD AND EQUIPIMENT

A. PLAYER ATTENDANCE - All players are encouraged to attend all games and practices. If a player is unable to attend a practice or a game, a courtesy call should be made to the coach as soon as possible. Coaches will be responsible for tracking player attendance at games.
B. PLAYER SHARING - Games will not be rescheduled for teams that will be short players, except in extreme situations, outlined in the rescheduling section (3) of this manual. If a coach expects that he may be short players for a scheduled game, he may choose from the following options:

1. He can request that both teams play with fewer players on the field. Opposing coach is not required to comply, however, good sportsmanship guidelines dictate that they should.
2. He can ask opposing team to "loan" players to make up the difference, so that both teams can field complete teams. Opposing coach, if they choose to help, would choose players to be shared.
C. EQUIPIMENT - All players (U6-U10 CoEd) must wear the blue and red Elgin Sports Complex Soccer Jerseys. They are sold at the Elgin Sport Complex for $\$ 10$ per jersey. The Preschool teams will be given shirts prior to the first game. The coaches will distribute these shirts.
3. In cold weather players will be able to wear sweatshirts, jackets and/or long pants under their uniforms. Gloves and hats may be allowed.
4. Shin guards and soccer socks are MANDATORY.
5. Footwear - Tennis shoes or soft-cleated soccer shoes are acceptable but soccer cleats are recommended. No metal spikes are allowed.
6. Masks are recommended when coming to and from the field. Masks are not required during games.
D. SUBSTITUTIONS - There are unlimited substitutions during the course of a game.
7. Substitutions may occur during any of the following occasions: between quarters/halves, either team's throw-in, either team's goal kick, after a scored goal, after an injury and when play is stopped.
E. PLAYING TIME - Each player shall play a minimum of $50 \%$ of the game, providing equal playing time for all players.
F. COURTESY RULE / SLAUGHTER RULE - (U7, U8, and U10) The slaughter rule dictates that if a team is winning by three (3) goals, the winning team must remove a player and when up by Six (6) goals the winning team must remove a total of two players. Referees will be responsible for ensuring that the proper steps are taken in a slaughter situation. This is not optional for either the winning or losing coach.

For Preschool and U6 age groups, When a team leads by 5 goals, the losing team may add one player to the field. If a team is ahead by 8 goals, the winning team must remove a player.
G. COACHING/SPECTATOR PRESENCE - A total of one (1) head coach and one (1) assistant coach may occupy the team's side of the field. No one other than the coaches and players are allowed on the player side of the field. All parents/spectators must remain on the opposing side of the field. No one is allowed behind either goal during the course of the game except at the U7 level. Participants must maintain 6 feet while on the sidelines with their team.

- Spectators in attendance must remain 6 feet apart from other spectators.
- If social distancing can't be maintained, spectators are recommended to wear a mask.
- Masks are recommended to be warn when going to the concession stand, bathroom, and to/from car for games/practices.
H. CASTS - A player with a cast must submit a medical release signed by his/her doctor to the City of Elgin. Players may play with a soft "cast" if, in the opinion of the coaches, the cast is not a hazard to the individual or any other player on the field. Soft casts must include at least one inch of foam padding on either side of the cast.


## 3. SECTION THREE - REFEREES

A. All games will be normally officiated by a referee who is IHSA or USSF certified.
B. There will be at least one referee at all games.
C. If, by ten minutes after the scheduled game time, the referee has not arrived and you have attempted to notify City Staff, coaches can agree that they will officiate the game. If they do so, they will take the field and each coach should officiate one half of the game. The coaches will then be responsible for officiating the game to the best of their ability.
D. All decisions of the referees are considered final and not subject to dispute by coaches, players or spectators.
E. No one is allowed to argue judgment calls with the referee. Doing so is grounds for ejection via red card. Should an infraction take place that demand the showing of a red card to a coach, said coach must leave the park promptly upon designating a responsible adult from their team to finish the game.
F. A coach can respectfully request an explanation of a call at half-time or following the game.
G. Each referee has authority to rule on any point not specifically covered in the FIFA rules.
H. Physical contact with a referee is not permitted and will not be tolerated. Anyone making contact with a referee will be immediately ejected and suspended from further participation in all City programs pending review of the incident by the City staff. It shall also be noted that physical contact with a referee can result in being reported to the police department.
I. Questions and/or comments regarding referees are to be directed to the City staff.
J. Referees will note any incidents that occur during a game on their game card. Incidents will then be followed up by City Staff using an Incident Report Form to be completed.

## 4. SECTION FOUR - GAMME RULES

A. STARTING A GAME

1. Each field will have a bin with the game ball, goalie jersey (if needed), and a first aid kit.
2. The home (blue) team will begin with a kick off in the center circle of the field.
B. PROTESTED and/or APPEALED GAMES - There will be no protested games. There will be no appeals. The referee's decision/ruling is absolute and final.

## C. PLAYING CONDITIONS

1. Darkness-a game stopped due to darkness is at the referee's discretion.
2. Rain
a. A game stopped due to rain is at the referee's or City staff's discretion.
3. Poor Playing Conditions
a. In the event of poor playing conditions and/or bad weather, the City will make the decision if the game(s) should be played. Once the game has started, only the referee can stop the game.
4. Electrical and Thunderstorms/Emergency Sirens/Thorguard - If Thorguard sirens go off ( 15 second blast), the following must be strictly adhered to.
a. All games and practices must be stopped and the players cleared from the field/park.
b. All players/coaches must wait for the all clear (3 short horn blasts). If the all clear has not sounded after 20 minutes, the game or practice must becancelled.
c. Coaches and players will take shelter inside a vehicle or building. At the referee's discretion, if the storm passes the game can restart from the point where it left off provided the field is playable and weather conditions are safe.
d. For practices, the coaches are responsible for making these decisions.

## D. PLAYER INJURY

1. In case of an injury, play will stop when the referee blows the whistle. The whistle will be blown when the team with the injured player has possession of the ball. In serious instances, play will immediately stop.
2. All players shall take a knee while the injured player is being attended to.

## E. BALL IN AND OUT OF PLAY

1. Out of play
a. The ball is out of play when it has wholly crossed the line on the ground or in the air.
b. The referee has stopped play.
2. In Play
a. The ball rebounds from a goalpost, crossbar, or corner flag and remains in the field of play.
b. The ball rebounds from the referee when they are on the field of play.

## F. OFFSIDE

-A player is in an offside position if he/she is nearer to his/her opponents' goal than the ball and the second last defender at the time the ball is played to him from a teammate.

1. Offsides will only be called at U10 and above.
2. Coaches are advised to teach the basics of offside in U8 and encourage trying to play on-side during games towards the end of the season. Please do not encourage playing off-side on purpose (cherry picking).
3. A player is not in an offside position if:
a. He/She is in his/her own half of the field of play.
b. He/She is level with the second last defender
c. $\mathrm{He} /$ She is level with both of the last two defenders
d. $\mathrm{He} /$ She is level with the ball.
e. $\mathrm{He} /$ She is farther from the goal line then the ball.
f. No player can be in offside position on a throw in.

## G. THROW-INS/KICK-INS

To eliminate the amount of players touching the soccer ball we are eliminating the Throw in by players. It will be a "Kick In".

If a ball is kicked out of bounds players must retrieve it with their feet only. Do not pick up the ball. The Referee will help enforce this during scrimmages.

1. Throw-ins are handled in the following manner:
a. When the whole of the ball passes over the touchline, either on the ground or in the air.
b. Throw-In is taken from the point where it crossed the touchline.
c. It is warded to the opponents of the last team that touched the ball.
H. CORNER KICKS - Corner kicks are to be performed when the ball crosses the back line out-of-bounds on the field and is sent there by the defending team. The attacking team takes the corner kick from the corner circle.
I. GOAL KICKS - Goal kick is awarded when the ball crosses the back line and is sent there by the attacking team. The defending team takes the goal kick from the edge of the goal box.

## J. PENALTIES

1. A penalty kick is awarded against a team that commits an offense for which a direct free kick is awarded, inside it's own penalty area and while the ball is in play.
2. A goal may be scored directly from a penalty kick.
3. No players except the kicker and the goal keeper are permitted in the penalty area until after the ball is kicked.

## K. FREE KICK

1. For both direct and indirect free kicks, the ball must be stationary when the kick is taken.
a. A goal is awarded if a direct free kick is kicked directly into the opponent's goal
b. A goal can only be scored on an indirect free kick after another player touches it.
c. The kicker does not touch the ball a second time until it has touched another player.
2. Major Fouls-Direct Free Kicks
a. Intentionally kicks or attempts to kick an opponent.
b. Trips or attempts to trip an opponent.
c. Charges an opponent.
d. Strikes or attempts to strike an opponent
e. Pushes an opponent.
f. Tackles and opponent to gain possession of the ball, making contact with the opponent before touching the ball.
g. Holds an opponent.
h. Spits at an opponent.
i. Handles the ball directly (except the goalkeeper when the ball is within his/her own penalty area.
j. Slide Tackles
3. Minor Fouls-Indirect Free Kicks
a. Plays in a dangerous manner.
b. Impedes the progress of an opponent (obstruction)
c. Prevents the goal keeper from releasing the ball from his/her hands.
d. Heading The Ball
4. Slide tackling is not permitted. Any offense will result in a direct free kick being awarded to the opposing team.

## L. HAND BALLS

1. A hand ball will be called if the ball touches the hand or arm of any player except the goalkeeper within his/her own penalty area and the hand or arm is in an unnatural position.
a. A hand ball should not be called if the hand or arm is held tightly against the body and no attempt is made to control the ball or the hand or arm is raised in reflexive manner to protect the player and no attempt is made to control the ball.

## M. HEADING

As of February 2016 heading a ball is no longer allowed in Parks and Recreation Soccer from Preschool through UlO age groups. This is following the guidelines of US Soccer.
a. When a player deliberately heads the ball in the game, and indirect free kick should be awarded to the opposing team from the spot of offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal line parallel to the goal line at the point nearest to where the infringement occurred. If a player does not deliberately head the ball, then play should continue.

## N. BUILD OUT LINE ( $\mathbf{1}^{\mathrm{ST}}, 2^{\mathrm{ND}}, 3^{\mathrm{RD}} / \mathbf{4}^{\mathrm{TH}}$ Grade Leagues) New Rule as of Fall 2016

1. The Build Out Line is a line marked on the field (approximately half way between the goal box and mid-field). This creates a safe zone for players to first
receive the ball from their goalkeeper to promote playing out from the back in an unpressured setting.
2. When the goalkeeper is in possession of the ball (either during play or on a goal kick) the opposing team must drop behind the Build Out Line allowing the goalkeeper to pass, throw, or roll the ball to a teammate.
3. Goalkeepers are not allowed to punt the ball as this would defeat the purpose of the Build Out Line and it would reduce the opportunity to play out of the back in an unpressured setting.
4. After the ball is put into play and the first player (other then the GK and usually a defender) on the team with possession, touches the ball-the opposing team can then cross the Build Out Line and play can resume as normal. This allows the player to take a good first touch, lift their head and make a good decision with the usual immediate pressure.
5. It is recommended that this player is encouraged to play at game speed and that this should all happen within 10 seconds. This will avoid a slow ball being played and stopping short of the Build Out Line. A player should not deliberately avoid touching the ball in the safe zone to waste time and/or gain additional advantage. The 10 seconds is only used to be sure teams are not wasting time. As soon as the defender touches the ball, the players behind the build out line may now cross it.
6. A restart from the GK's hands or goal kick will take place if the opposition infringes inside the Build Out Line.
O. METHOD OF SCORING - A goal is scored when the ball completely crosses the goal line, between posts and beneath crossbar.

## P. DURATION OF A GAME

1. The game shall be divided into 4 quarters.
2. There shall be a half-time break of five (5) minutes and 2 minutes between quarters.
3. See age specific rules for complete duration of quarters or halves.
Q. MISCONDUCT - the method that a referee uses to indicate misconduct on behalf of a player or coach is by showing a Yellow Card or a Red Card
4. Yellow Card
a. In the event that a player/coach receives a yellow card, it shall be warranted as a warning.
5. Red Card
a. If a player/coach receives a red-card, the player/coach shall immediately be removed from the game. Suspension shall follow for the next scheduled game.
i. Suspension - The player/coach shall not be permitted to attend the next game as a player/coach or spectator.
iii. An Incident Reporting Form will be filled out by City Staff
b. If a player/coach receives a second red-card during the season, the player/coach may be suspended for the rest of the season.

- R. ENDING THE GAME - No pre or post game handshakes, instead for sportsmanship teams should engage in a round of applause following the conclusion of the game.


## Age Specific Rules Overview

## Preschool and Kindergarten CoEd Leagues (PreK \& U6)

| Field Size | $30 \times 20$ |
| :--- | :--- |
| Number of Players | 4 v 4 or 5v5, no goalie (depends on number of players on each <br> team) |
| Practices | l per week |
| Formation | 2 forwards, 2 defenders |
| Duration of the Game | 4 8-minute quarters |
| Half Time | 5 minutes and 2 minutes between quarters |
| Ball | Size 3 |
| Referee | One (scheduled by City Staff) |
| Coaching Staff | One on field with the players, one on sideline |
| Heading | No heading in practices or games |
| Substitutions | Either team's goal kick, throw in, after a goal |
| Goal Kicks | Taken from mid point in goal box |
| Offside | None |
| Free Kicks | All direct, always taken outside the box |
| Penalty Kicks | None |
| Time Outs | None, clock runs continuously |

## $\mathbf{1 s}^{\text {st }}$ Grade CoEd League (U7)

| Field Size | $40 \times 30$ |
| :--- | :--- |
| Number of Players | 6 v 6 ( 5 on field and goalie) |
| Practices | l per week |
| Formation | $2-2-2$ (2 offense, 2 midfielder, 2 defense), |
| Duration of the Game | 49 -minute quarters |
| Half Time | 5 minutes and 2 minutes between quarters |
| Ball | Size 3 |
| Referee | One (scheduled by City Staff) |
| Coaching Staff | Two on sideline, no one allowed on field, one coach may stand <br> behind the goal |
| Heading | No heading in practices or games |
| Substitutions | Either team's goal kick, throw in, after a goal |
| Goal Kicks | Taken from edge of goal box |
| Offside | None, but players should not be encouraged to stand in offside <br> position |
| Free Kicks | All direct, always taken outside the box |
| Penalty Kicks | None |
| Time Outs | None, clock runs continuously |

## $2^{\text {nd }}$ Grade CoEd League (U8)

| Field Size | $40 \times 30$ |
| :--- | :--- |
| Number of Players | 6 v 6, ( 5 on field and goalie) |
| Practices | 1 per week |
| Formation | $2-1-2$ (2 offense, l midfielder, 2 defense) |
| Duration of the Game | 49 -minute quarters |
| Half Time | 5 minutes and 2 minutes between quarters |
| Ball | Size 3 |
| Referee | One (scheduled by City Staff) |
| Coaching Staff | Two on sideline, no one allowed on field or behind the goal |
| Heading | No heading in practices or games |
| Substitutions | Either team's goal kick, throw in, after a goal |
| Goal Kicks | Taken from edge of goal box |
| Offside | None, but players should not be encouraged to stand in <br> offside position |
| Free Kicks | All direct, always taken outside the box |
| Penalty Kicks | None |
| Time Outs | None, clock runs continuously |

$3^{\text {rd }} / 4^{\text {th }}$ Grade CoEd League (U10)

| Field Size | $60 \times 40$ |
| :--- | :--- |
| Number of Players | 7 v 7, (6 on field and goalie) |
| Practices | $1-2$ per week |
| Formation | $2-2-2$ (2 offense, 2 midfielders, 2 defense) |
| Duration of the Game | 410 -minute quarters |
| Half Time | 5 minutes and 2 minutes between quarters |
| Ball | Size 4 |
| Referee | One (scheduled by City Staff $)$ |
| Coaching Staff | Two on sideline, no one allowed on field or behind the goals |
| Heading | No heading in practices or games |
| Substitutions | Either team's goal kick, throw in, after a goal |
| Goal Kicks | Taken from edge of goal box |
| Offside | Yes, indirect free kick awarded |
| Penalty Kicks | Allowed |
| Time Outs | None, clock runs continuously |

