

Co-Ed Soccer League Rules



League Contact

Brad Horton – Recreation Supervisor

- bhorton@rochelleparkdistrict.org
- (815) 562-7813
- Scores & Schedules: www.quickscores.com/rochelleparkdistrict

General Conduct Policy

Participants and spectators are expected to exhibit appropriate behavior at all times. To make programs safe and enjoyable for everyone, the Flagg-Rochelle Community Park District has developed these guidelines:

- Show respect to all participants, staff, & spectators.
- Use appropriate language
- Treat others and yourself with respect
- Take ownership in the equipment, supplies, and facilities

The Park District reserves the right to dismiss a participant for infraction of the general conduct policy or any other facility rules. Each situation will be evaluated on its own merit.

It is every player's responsibility to know the rules and abide by them, and to respect and cooperate with the officials. The objective of Park District Sports Leagues is to provide quality recreation that encourages fitness, healthy competition, fun, and fellowship. Friendly rivalry is welcome, but officials and facility supervisors will not tolerate verbal abuse or physical threats from players, coaches, or spectators. Inappropriate conduct may result in penalties ranging from ejection to lifetime suspension. Officials or supervisors may forfeit games if team participants or supporters interfere with proper conduct of play.

Facility and District Rules

- Please leave the facility in a respectable condition by picking up all your team's water bottles, equipment, etc.
- Change into clean, dry, shoes with non-marking soles before entering fieldhouse.
- No gum, food or liquid other than water allowed outside the concessions/lobby area of the facility.
- No alcoholic beverages, smoking or tobacco on the Park District property.
 - Staff reserve the right to remove anyone suspected to be under the influence of drugs or alcohol.
- These rules are not comprehensive. All participants and spectators are expected to follow all District rules, policies, and ordinances at all times.

Registration, Waivers, & Rosters

- All teams MUST be paid in full BEFORE their first match.
- Rosters are to be submitted on or before team's first match.
- All players and substitutes must sign a waiver before playing.
- A player may only be listed on one team's official roster for the purpose of playoff eligibility.
- During the regular season, players may act as substitutes for other teams to help avoid forfeits. However, substitute appearances do not change or override a player's official roster designation.

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- Rosters remain open during the regular season but lock once the postseason begins.

League Policies & Administration

- Weather cancellations/postponements will be determined by 4:00 PM by the league contact and communicated to captains. Updates will also be posted on District Update Page: www.rochelleparkdistrict.org/updates
- No refunds will be given, unless the league is cancelled due to extenuating circumstances.
- Supervisors and officials have full authority to enforce rules, issue warnings, and eject players. All decisions are final; no game protests.
- Unsportsmanlike conduct will not be tolerated. Ejected players must leave District property immediately and will face at least a one-match suspension (this is the minimum and league contact will make final determination).
- Players in casts may not participate.
- Players with bleeding/open wounds or an excessive amount of blood on their clothing must leave until properly addressed.
- The Park District is not responsible for injuries sustained on premises.

Captain Responsibilities

- Review and share rules/schedules with players.
- Reminding players, spectators, and children to conduct themselves in an appropriate manner at all times.
 - Spectators and children please respect the teams playing: no running or jumping on bleachers. All spectators must be seated during the match; **no unattended children under age of 11. Players will be asked to sit out from game if their child is unattended.**
- Complete all registration requirements, pay in full and have all players' signatures on the roster prior to their first match.
- Serve as the only player permitted to address referees and in a respectful manner.
- Captains are the team liaison to the Park District. All notifications, communication, and league info will first go to the captain: if unavailable, information will go to co-captain.
- Notify the District office promptly in case of forfeit (between 8:30 AM–5:00 PM).

League Specific Rules

- Eligibility
 - All players must be 23 years or older
 - Players MUST bring ID with date of birth showing to each game to verify age.
- Team & Players
 - Teams must begin with at least 4 players; otherwise, a forfeit is declared (score recorded as 3–0, winning team receives 9 points).
 - Teams consist of 5 field players and a goalkeeper.
 - All players must wear shin guards.
 - Uniforms must match in color (confirm with league contact).
 - Goalkeepers must wear colors that distinguish them from all other players.
 - Roster must have a minimum of 6 players and maximum of 12.

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- Footwear: flat-soled indoor shoes, gym/tennis shoes, or plastic molded soccer shoes allowed. No metal spikes or soft ground cleats.
- No glasses (sports goggles only). No jewelry.
- Game Regulations
 - Games are two 20-minute halves with a 2–5 minute halftime.
 - Continuous running clock; stoppage only for injury or lost ball.
 - Late teams forfeit after 10 minutes.
 - Substitutions: unlimited, on the fly, within 10 yards of the halfway line.
 - Slaughter Rule: if down by 5-7 goals, losing team may add 1 player; if down by 8+, may add 2. A coin flip or odd/even will determine serve/side to start the match.
- Gameplay
 - No slide tackling. (Sliding allowed only to stop a ball going out of play if no opponent nearby.)
 - Goalkeepers:
 - May not hold ball longer than 5 seconds.
 - May not punt or drop-kick (ball must be placed on ground).
 - May not handle deliberate passes from teammates (below-knee).
 - May not touch ball with hands after releasing it until touched by an opponent.
 - Penalty for infractions: direct free kick from top of penalty area.
 - Free kicks: all are direct. Opponents must give 7 yards.
 - Restarts:
 - Penalty kicks from top of goalie box.
 - Goal kicks: ball does not need to leave penalty area; defending team must remain outside until ball is kicked and moves.
 - No throw-ins; use kick-ins.
 - If ball hits ceiling: restart at spot beneath (moved to top of penalty area if inside).
 - Drop balls uncontested; given to team in possession at stoppage. Opponents must be 5 yards away.
 - Overtime: one 5-minute period; if tied, sudden-death shootout.
- Misconduct & Penalties
 - **Yellow Card**: Unsporting behavior (reckless fouls, dissent, delaying restart, persistent infringement, etc.) or indoor-specific offense (spitting on turf, gum, illegal subs, too many players, unauthorized clock stoppage).
 - 2 minutes or until opposing team scores. If GK penalized, another player serves.
 - **Red Card**: Serious foul play, violent conduct, spitting at others, abusive language, denial of goal, or two cautions.
 - Ejection, minimum 1-game suspension, team plays short for 5 minutes regardless of goals scored. District may extend suspension after review.
- Fighting
 - Any attempt to strike another player or official = ejection, likely removal from session without refund, and possible police involvement or suspension of REC memberships.
- Referees
 - Authority begins when they enter field until departure.
 - Decisions are final.
 - Threats toward referees, opponents, or staff = expulsion and possible facility ban.

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Season, Standings, & Awards

- League length dependent on number of registered teams.
- Tie-breakers:
 1. Head-to-head results
 2. Least goals allowed
 3. Goal differential
 4. Coin flip
- Game scores updated weekly at quickscores.com/rochelleparkdistrict.
- Awards: Playoff champions receive team trophy. Sponsors recognized on social media.

Last Updated: August 2026