



**YOUTH CO-ED
K-8th
SOCCER LEAGUE RULES**

Main Objectives

- To emphasize recreational and instructional areas of soccer.
- To teach skills! Since the players are young, we want to teach them the basics of the game.
- To teach teamwork and cooperation since soccer is not an individual sport.
- To teach good sportsmanship in winning and losing. We want the kids to learn and practice fair play.
- TO HAVE FUN!!!

Coaches

- Only in the Pre-K/Kindergarten Division is one (1) coach allowed to be on the playing field during the game.
- Coaches are to notify the officials as to their position. Only the head coaches from each team are permitted to talk to the official and judgment calls are not discussed.
- Coaches will display an attitude of sportsmanship and instruction at all times with fairness to all players, regardless of their individual athletic skills.

Players

- Teams will be allowed to field a maximum of seven (7) players and a minimum of four (4).
 - If a team is short of players, the opposing team must play the same amount of players on the field or can borrow players from the other team. This modification will allow the game to fairly be played.
 - In an event where there are not enough players please still feel free to use the field and the Park District will try to reschedule the game.
- All players must play a minimum of two (2) quarters or one (1) half per game and are required to have different fielding positions throughout the game.

Game Length-Intra Team Scrimmages

- Kindergarten Division will practice for 30 minutes and then have a 32-minute scrimmage game, with four (8) minute quarters. Teams are allowed a two (2) minute break between each quarter and five (5) minutes during halftime.
- 1st-2nd Grade Division will play 32 minutes, with four (8) minute quarters. Teams are allowed a three (3) minute break between each quarter and five (5) minutes during halftime.
- 3rd-8th Grade Division will play 40 minutes, with four (10) minute quarters. Teams are allowed a three (3) minute break between each quarter and five (5) minutes during halftime.

Substitutions

- Player rotations/squad shifts are to be set at a Mandatory 4 minutes for kindergarteners and 5 minutes for 1st-8th grade.
- Every quarter is to have two rotations per quarter

Scenarios:1. Teams with 6 players or less:

The game must be played as a “4 on 4” game unless the team with more players would like to loan a player to the other team that is short-handed.

2. Teams with 7 players:

Every player must sit out at least two shifts/rotations per game.

3. Teams with 8 players:

Every player must sit out three shifts/rotations per game.

4. Teams with 9 players:

Every player must sit out at least three shifts/rotations per game.

5. Teams 10 players:

Every player must sit out four shifts/rotations per game.

Exceptions:

1. If a player chooses not to play and asks the coach to be taken out due to exhaustion or feeling ill.
2. The coach benches a player(s) for a shift/rotation to settle a player down due to the player acting up or out of line. **If any of these occurs a coach simply adjusts his rotation to the next shifting pattern.**

These charts below can be changed depending on how many players show up to your games. Simply just add you 8th, 9th or 10th players after the 7th player and shift the whole pattern accordingly.

Player Rotation Chart (Example Based on a 7 Player Team) <i>Numbers represent players</i>							
Qts	Qts Breakdown	Position 1	Position 2	Position 3	Position 4	Position 5	Players Sitting
1	Start	1	2	3	4	5	6, 7
	4 min	6	7	1	2	3	4, 5
2	Start	4	5	6	7	1	2, 3
	4 min	2	3	4	5	6	1, 7
3	Start	7	1	2	3	4	5, 6
	4 min	5	6	7	1	2	3, 4
4	Start	3	4	5	6	7	1, 2
	4 min	1	2	3	4	4	6, 7

7 Players (Played vs. Sitting Breakdown)							
Players	1	2	3	4	5	6	7
Shifts Played	6	6	6	6	6	5	5
Shifts Sitting	2	2	2	2	2	3	3

Out of Play Ball

- A ball is out of play when it crosses the line in its entirety.
 - A throw-in is awarded when it crosses the touchline/sidelines.
 - A goal kick is awarded to the defending team when an attacking player kicks the ball across the end line.
 - Please see the diagram in order to understand where a goal kick is taken from.
 - A corner kick is awarded to the attacking team when a defending player kicks the ball across the end line.
 - Please see the diagram in order to understand where a corner kick is taken from.

Off-Sides

- **Off-Sides will not be called in the Kindergarten Division and will only be pointed out in the 1st-2nd Grade Division during the last half of the season and will be enforced for major infractions in the 3rd-8th Grade Division.**
 - Off-Sides is when a player is closer to his opponent's goal-line than the ball, unless:
 - If he/she is in their own half of field of play
 - If he/she is not closer to his opponent's goal-line than at least two of his opponents.
 - A player shall only be penalized for being off-sides if the ball touches him/her. The player who is off-sides also has to be interfering with an opponent or gaining an advantage by being behind the defender near the goal.
 - Goal Kicks
 - All Throw Ins
 - Corner Kicks

Free Kick

- Another player must touch the ball before shooting at the goal and players must remain **10YARDS** away from the ball. Free kicks will not be taken from the goal area. If an infraction occurs in the goal area the ball will be placed on the nearest goal line. **(ALL FOULS WILL RESULT IN A FREE KICK)**

Direct / Indirect / Penalty Kicks

- **THERE NONE IN THE K-4th DIVISION**

Clothing

- Players may not wear any form of jewelry, watches, or earrings during play. Sunglasses are not allowed and players are required to wear their proper uniform.
- No metal spikes are allowed.
- Shin guards are required and mouth guards are optional. **(Not provided by the park district).**

Goals

- A goal is scored when the entire ball crosses the goal line. The game is restarted by a kickoff. We will not be keeping score or using goalies for the Pre-K/K division. Therefore, players will not be allowed to stand in the goal area without the ball. Players may only enter the goal area once the ball has moved into the goal area.
- If the goalie receives the ball they will have 10 seconds to pass or it will be a side-out for the opponent. A goalie will be present only for the 1st-8th division and required to wear a yellow penny.

Referee

- The referee will have complete control of the game and his/her decisions will be final. Flagrant fouls will not be tolerated and players or coaches will be asked to leave the playing area and may be kicked out of the league.

Determining Field Position

- A coin flip prior to the start of the game will determine who starts with the ball. Coaches need to be present during the coin flip. Kick off's will alternate from each team at the start of each quarter and whenever a goal is scored the defending team will begin with the ball. Teams will change field direction at half time.

Player Positions

- Forward
 - Play closer to the other team's goal and shoots the ball more than the other players.
- Midfielder
 - They are all-purpose players who take shots and try to steal the ball from the other team. They are transition players, helping move the ball from defense to offense. They play the whole field.
- Defender
 - Play near their own team's goal and try to prevent the other team from scoring.

Ball Sizes

- Prek/K-2nd Division – Size 3 Ball
- 3rd-8th Grade Division – Size 4 Ball

Throw-Ins

- In the 1st-8th Grade Division players will be allowed two (2) throw-ins for instructional purposes and then it will result in a change of possession.
 - During a throw-in.
 - Both feet must remain on the ground.
 - The ball must be thrown directly over the player's head.
 - A goal can not be scored directly from a throw-in and a throw-in must be made to another player.

Corner Kicks

- Will be ½ the distance from the goal to the sideline for both divisions.

Clock

- The clock is continuous and will only stop for injuries, substitutions, and at the end of each quarter.

Open Wound Cuts

- Players must leave the field of play and can not enter until the wound is covered up and not bleeding.

Weather

- Soccer is a game played during inclement weather; however, cancellation of games due to heavy rain/unplayable fields will be at the discretion of the officials. The Park District will try to post a weather bulletin if possible an hour before game time. **UNDER NO CIRCUMSTANCES MAY GAMES BE PLAYED DURING DANGEROUS WEATHER CONDITIONS (THUNDERSTORMS, LIGHTNING, & ETC.).** Games will try to be rescheduled.

The league supervisor has the authority to delete and/or create and enforce any additional rules and regulations that are necessary and beneficial for the entire league. Coaches will be notified of league changes, but schedule changes will only be posted online.

3/28/24