

Joliet Park District
Youth Soccer Program
Coach, Parent, Player
Handbook

Joliet Park District

Youth Recreational Soccer Program

Philosophy:

To provide the community of Joliet and its surrounding communities with a recreational soccer experience that not only produces a fun, social atmosphere but also allows participants, coaches, and families to learn and develop the proper skills of the game in an organized fashion.

Program Goals:

- To stress player development in a recreational setting
- Provide coaches the ability to continually develop their skills/knowledge through clinics and meetings
- Provide the community with a well-rounded quality complex that will successfully serve the large soccer interest in Joliet and the surrounding areas.
- Stress to all participants, coaches, and fans that this league is purely recreational and that even though winning and losing is part of the game it is not everything.
- Promote a heightened level of physical activity among all participants at least 2-3 times a week for 1 hour at a time.
- Provide participants with scheduled activity to keep them away from negative elements of society that can produce negative effects (drugs, gangs, other criminal acts)

Program Outcomes:

Through participation in the Joliet Park District youth soccer program, participants, coaches, parents can expect the following outcomes:

- Progressive skill development from initial entrance into program (4 years) until maturity in the program is reached (15 years).
- Know and understand the meaning of good sportsmanship among players, parents, and coaches
- Learn the rules of the game and appropriate type of play as governed by governing bodies (AYSO, IHSA, etc...)
- Develop social skills among peers with the end result being increased communications and the growth and development of friendship.
- Understand the importance of physical activity in society today. Once maturity is reached they will be able to continue play in high school athletics or intramural programs because of the skill development and understanding of the game.
- Promote healthy eating through healthy snacks offered through our concession facilities on-site.
- Understand the meaning of teamwork and not only how it can apply to athletics but everyday life as well.

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Program Rules:

1. The Joliet Park District soccer program adheres to all AYSO and IHSA soccer rules unless otherwise stated within this rule book.
2. All players, coaches, and family members will display the highest degree of sportsmanship at all times.
3. Players can only be on **ONE** Joliet Park District youth soccer program team per season.
4. Teams will have one head coach, assistant coach, and team parent. All of which are volunteer positions.
5. Players on the field:

U-6	7 players on the field
U-8	9 players on the field
U-10	9 players on the field
U-12	11 players on the field
U-14	11 players on the field

6. All players are required to wear Joliet Park District issued uniforms (jersey and socks) to all games. Uniform bottoms can consist of sweat pants, wind pants, or shorts of any kind. It is preferred that these items be the color black but is not mandated. Exceptions to this rule are in cases of inclement weather in which the following may be worn.
 - A hooded sweatshirt or sports performance cold weather shirt under jersey. Can be of any color.
 - Winter hat or headband (NO BASEBALL CAPS ALLOWED)
7. Shin guards are **MANDATORY** at all age levels!
8. Soccer cleats are recommended but not mandatory. If purchasing cleats baseball or any other cleats with a toe spike are not allowed in soccer.

9. Game Duration and Ball Size:

U-6	Four (4) 10 Minute Quarters	Size 3 Ball
U-8	Four (4) 12 Minute Quarters	Size 4 Ball
U-10	Four (4) 15 Minute Quarters	Size 4 Ball
U-12	Two (2) 30 Minute Halves	Size 4 Ball
U-14	Two (2) 30 Minute Halves	Size 5 Ball

10. Players in the U-6, U-8, U-10 levels **MUST** play at least two quarters of play each game. Players in U-12 and U-14 level **MUST** play at least a total of 30 Minutes of game time each game.

11. All players must rotate amongst all positions throughout a season both offensively and defensively.

12. Game clock stoppage will only occur for serious injury.

13. No player will be allowed to score more than three (3) goals in a game. Subsequent goals by a player who has scored three goals already in the game will **NOT** count towards team total. In the event this occurs, the team scored on will still kickoff from mid-field. In addition, the player who scored 3 goals must remain at a non-scoring position the rest of the game. This could be a defensive player or an offensive player that is primarily a passer. To work on other fundamentals of the game and allow others the opportunity to score.

14. All scores of games are final and may not be disputed. Standings are not kept as this is recreational league.

15. Referees will keep track of goals scored and which player scored them. They will then get their name at the end of the game.

16. Games will be played on a rain or shine basis. However, in the event of severe weather or fields that are not playable game cancellations will be decided by the park district before 9 am. Anytime after 9 am games can be called by the head referee/and or coach of that game. In the event of lightning, games may be postponed but players, coaches, and fans must clear the field(s) and may not return to the field until there has not been a lightning strike for 30 minutes. This call to return to play will be made by the field supervisor on site or the athletic coordinator and no one else. In the event that games

are cancelled the Joliet Park District weather hotline will be updated. The number for the hotline is **815-741-7275 Press 6 then press 1.**

17. Substitutions:

Only are allowed during the following situations:

- Either team between quarters or half's
- Either team during a goal kick
- Either team after a scored goal
- ****Only team in possession of a throw in****
- ****Only team in possession of a corner kick****

**** = Unless both teams are subbing players then defensive players may enter**

EXCEPTIONS: U-6, U-8, U-10 MAY SUB ON THE FLY

18. A player must be substituted for if any of the following occurs:

- Player becomes injured
- Player has an open wound
- Player receives a yellow card (caution)

19. Offside: A player is in an offside position for the following reason:

-The player does not have two (2) defensive players between himself and the goal line **at the moment the ball is played**, and that player is seeking to gain advantage by being in the offside position or is seeking to interfere with play.

In the following circumstances, a player should **NOT** be ruled offside:

- Goal Kick
- Corner Kick
- Throw-in
- Drop-ball
- Player is on their own half at the moment the ball is played
- Player is deemed by official not to be interfering, or a part of the play

20. Fouls:

The following are infractions of the rules and are punishable by rewarding the fouled team a **direct kick**.

- Kicking or the attempt to kick the opposing team player
- Striking or the attempt to strike the opposing team player
- Tripping or the attempt to trip the opposing team player
- Jumping into a player
- Holding or the attempt to hold the opposing team player
- Pushing or the attempt to push the opposing team player
- Unfairly charging a player or goal keeper when the play is within playing distance
- Handballs will also result in direct kicks

****All infractions listed above are at the officials discretions and are non-arguable fouls.****

****No direct kicks are awarded in the U-6 and U-8 levels. Fouls that occur at these levels will be awarded with an indirect kick.****

The following are infractions of the rules and are punishable by rewarding the fouled team with an indirect kick.

- Interference with the goal keeper
- Unfair charge when the ball is not within playing distance
- Obstruction
- Dangerous play (self or others)
- Offside
- Pass with the feet back to the goal keeper if the goal keeper then handles the ball with hands
- Any infraction of goal keeper restrictions by the goal keeper
- The same player touching any direct kick, indirect kick, corner kick, goal kick, kick off, or throw-in before the ball has been touched by another player of either team
- Misplayed kick off will result in an indirect kick for the opposing team
(EXCEPTION: ANY KICK TAKEN FROM THE PENALTY AREA HAS TO LEAVE THE BOX OR IT IS A RE-KICK)

21. Goal Keeper Restrictions:

- May only take 6 seconds while holding, bouncing, or throwing the ball
- May not use their hands when a ball is intentionally played backwards to them by a teammate who has passed it with their feet
- Intentionally delaying the pace of the game

EXCEPTION: These restrictions do not apply to the U-6 and U-8 levels

22. Cautions and Disqualifications:

The following infractions are punishable by a **yellow card (caution)** and the player in violation **MUST** be substituted for:

- Illegal substitution
- Persistent infringement of rules
- Verbal or physical objection to the official's call
- Unsportsmanlike conduct

The following infractions are punishable by a **red card (disqualification)**:

- Taunting
- Receives a second yellow card in the same game
- Swearing/Cursing or other expletive language

In these situations the player **may not** be replaced:

- Violent conduct or serious foul play
- Intentional hand ball to keep the ball from crossing the goal line
- Intentional infraction of the rules to stop an obvious breakaway
- Spitting
- Swearing/Cursing or other expletive language
- Taunting

Coaches and spectators that receive a red card **MUST** leave the playing field and spectator area. Game play will be stopped until individual that has received the red card leaves the playing area. This individual **may not** return for the remainder of the game. Official will take name of spectator, coach of team they are with, and the league office may pass on further ruling pending on the severity of the issue

23. Ball in and out of play:

The ball is only out of play when the **entire ball** has crossed over the end line or touch line.

For balls that have crossed over the touch line the result is a throw in for the team that did not touch the ball last.

For balls that have crossed over the end line the result is either:

- goal kick if the ball is touched last by an attacking player
- corner kick if the ball is last touched by a defensive player
- In the event the referee cannot determine who last touched the ball it is a drop ball.

24. Officials

Only the coach or a coach selected representative (player) may speak to the official in the following circumstances:

- To get clarification of a call
- To obtain essential information
- To act as a team representative

There is an advantage provision which allows an official to acknowledge that a team has committed a foul, but not call it because it has been deemed by the official that the foul did not put the offended team at a disadvantage.

All decisions made by the official are final once the ball is put back into play.

Revised Fall 2012