



Little Soccer Stars Rules

I. League Description

Oswegoland Park District youth soccer is a recreational league designed to provide participants with a safe, fun environment in which to learn and play the game of soccer. This league is designed to be instructional and help teach children the rules of the sport and also many other life lessons that can be learned from a team sport environment. Our league is intended to keep our children active and engaged. The coaches should enforce the OPD values of fair play, sportsmanship, and teamwork.

II. Player Eligibility / Age Rules

1. All participants must be registered in the Park District Little Soccer Stars based on their current age and grade (when applicable). Coaches are not allowed to make any changes or additions to their rosters. All roster changes/additions/deletions must be done by OPD staff.
2. OPD uses the age categories listed below. If enrollment does not meet the minimum, age groups may be combined at the discretion of the Park District.
 - a. 3-year olds
 - b. 4/5-year olds

III. Teams / Rosters

1. All team rosters are created and maintained by the Oswegoland Park District Athletics Staff.
2. Team rosters are kept at a maximum of 9-10 players per team.

IV. Schedules

1. Practice and game schedules will be created and maintained by the OPD staff. Schedules can be found at: www.teamsideline.com/oswego
2. The schedule shall consist of the following:
 - a. 3-year olds – 4 practices and 2 game at the end of the season.
 - b. 4/5-year olds – 3 practices and 3 games at the end of the season.

3. All practices and games are played on Saturdays, unless weekday evening games are needed for make-up games.
4. All Little Soccer Stars practices and games will be played at Prairie Point Park.

V. Game Format

1. The playing field is 25 yards by 35 yards. There will be a stripe across the field at 6 yards from each end line indicating the goal area.
2. Games shall consist of two 15 minute halves. Games will be paused at 3 minute intervals for substitutions. After a substitution, the game will re-start at the point where play stopped. The clock will not stop for anything except substitutions.
3. Games will be played 3 vs. 3 with no goalies. We encourage all players on the field to advance the ball and attempt shots on goal. Coaches can assign one defender and two forwards.
4. A coin toss shall be conducted before the game between the team's coaches to determine who gets to kick off first. The loser of the coin toss will get to choose which goal they want to defend and will get the kick off to begin the second half.
5. The kick-off will be taken at the middle of the field. The opposing team must line up their 6-yard line.
6. When a ball goes out of play, the game is restarted in one of the following ways:
 - a. A ball going out over the sides lines is restarted with a throw in from the opposing team to whoever last contacted the ball before it left play.
 - b. A ball going over the end line last touched by the attacking team shall result in a goal kick by the defending team from their 6-yard line.
 - c. A ball going over the end line last touched by the defending team shall result in a corner kick to the attacking team. Corner kicks are taken from the nearest corner to where the ball crossed the end line.
 - d. After any goal is scored, the restart shall take place as a kick-off with the conceding team having possession. The scoring team shall start behind their 6-yard line.
7. Goals cannot be scored directly from a goal kick or directly from a throw-in.

VI. Equipment

1. All players must wear shin guards for OPD soccer programs. **ANY PARTICIPANT NOT WEARING SHIN GUARDS WILL NOT BE ALLOWED TO ENTER THE GAME.**
2. Players are allowed to wear molded rubber soccer cleats or gym shoes. Screw-in or metal soccer cleats are not allowed. Baseball or football shoes with toe cleats are not allowed.
3. Artificial limbs must be completely padded so that no metal or hard material is exposed.

4. No jeans, pants or shorts with belt loops or pockets are permitted. If a player arrives with no alternative clothing, he or she will not be permitted to play.
5. No player can participate while wearing a hard cast or brace with metal or hard plastic components.
6. Players should not wear any equipment or apparel that is considered dangerous to themselves or to other players.

This includes:

- Rings
 - Wristwatches
 - Earrings
 - Barrettes (Ponytail holders must be rubber coated or plain)
 - Other jewelry such as necklaces and bracelets
7. Players are allowed to wear jewelry that is either medical or religious in nature. They are advised to tuck this in to avoid any potential for injury.
 8. If players wear a sweatshirt or hooded garment under their team shirt, they are asked to tuck hoods underneath their game shirt for safety purposes.
 9. Players are advised to tuck in their game shirts to their pants or shorts.

VII. Officiating / Referees

1. Little Soccer Stars will not be assigned a staff referee. Each team will have one coach on the field officiating. The coaches are advised to work together in officiating the game and share responsibilities. Coaches may help direct players but should not be dictating action or interfering with game play itself. Any rules interpretations or questions should be directed to the OPD staff site manager.

