



## **Youth Soccer Rules (for players of all ages)**

### **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 Youth Spring Soccer, or Micro Soccer league based on their current grade. 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 grade categories listed below. If enrollment does not meet the minimum, age groups may be combined at the discretion of the Park District.
  - A. Kindergarten (Co-ed)
  - B. 1<sup>st</sup> Grade (Co-ed)
  - C. 2<sup>nd</sup> Grade (Co-ed)
  - D. 3<sup>rd</sup>/4<sup>th</sup> Grade Girls
  - E. 3<sup>rd</sup>/4<sup>th</sup> Grade Boys
  - F. 5<sup>th</sup>/6<sup>th</sup> Grade (Co-ed)
  - G. 7<sup>th</sup>/8<sup>th</sup> Grade (Co-ed)

### **III. Teams / Rosters**

1. All team rosters are created and maintained by the Oswegoland Park District Athletics Staff.
2. Kindergarten, 1<sup>st</sup> Grade, & 2<sup>nd</sup> Grade Micro Soccer teams shall have a roster between 7 to 10 players.
3. 3<sup>rd</sup>/4<sup>th</sup> Grade Girls and Boys soccer teams shall have a roster between 10 to 16 players.
4. 5<sup>th</sup>/6<sup>th</sup> Grade Girls and Boys soccer teams shall have a roster between 10 to 16 players.
5. 7<sup>th</sup>/8<sup>th</sup> Grade Girls and Boys soccer teams shall have a roster between 12 to 18 players

#### IV. Schedules

1. Game schedules will be created and maintained by the OPD staff. Schedules can be found at: [www.teamsideline.com/oswego](http://www.teamsideline.com/oswego)
2. The schedule shall consist of 6 or 7 games per season.
3. All games are played on Saturdays, unless weekday evening games are needed for make-up games.
4. All Kindergarten - 2<sup>nd</sup> Grade Micro soccer games will be played at Prairie Point Park.
5. All 3<sup>rd</sup>- 8<sup>th</sup> Grade games will be played at PrairieFest Park.

#### V. Game Format

1. Kindergarten Micro soccer games shall consist of two 18-minute halves. Games will be paused at 3-minute intervals for substitutions. Kindergarten games will be played 3 vs. 3 with no goalies. No use of the hands is permitted in the field of play.
2. 1<sup>st</sup> & 2<sup>nd</sup> Grade games shall consist of two 24 minute halves. Games will be paused at each 4-minute intervals for substitutions. 1<sup>st</sup> & 2<sup>nd</sup> Grade games will be played 4 vs. 4 with no goalies. No use of the hands is permitted in the field of play.
3. All 3<sup>rd</sup>/4<sup>th</sup> grade games will consist of two 25 minute halves. Games will be a running clock. Substitutions are allowed at any stoppage of play, but only with approval of the referee. There is no limit to the amount of substitutions per game, but playing time and position rotation should be considered during these substitutions. Players should receive fair distribution of time per game. Games shall be played 7 vs. 7, consisting of 6 field players and one goalie per team or 9 vs. 9, consisting of 8 field players and one goalie per team. Format dependent on roster size.
4. All 5<sup>th</sup>/6<sup>th</sup> grade games will consist of two 30 minute halves. Games will be a running clock. Substitutions are allowed at any stoppage of play, but only with approval of the referee. There is no limit to the amount of substitutions per game, but playing time and position rotation should be considered during these substitutions. Players should receive fair distribution of time per game. Games shall be played 9 vs. 9, consisting of 8 field players and one goalie per team.
5. 7<sup>th</sup>/8<sup>th</sup> grade Co-ed games will consist of two 30 minute halves. Games will be a running clock. Substitutions are allowed at any stoppage of play, but only with approval of the referee. There is no limit to the amount of substitutions per game, but playing time and position rotation should be considered during these substitutions. Players should receive fair distribution of time per game. Games shall be played 11 vs. 11, consisting of 10 field players and one goalie per team.

#### VI. Playing Rules

1. General Rules (All age groups)
  - A. Fouls will be called for the following infractions: pushing, tripping, holding, obstruction, playing the ball while on the ground, slide tackling, and handball.
  - B. Slide tackling is not permitted in any OPD youth soccer league. A player will be warned in the case on an unintentional slide tackle. Any slide tackle deemed intentional by the referee shall

result in removal from the game for a period of time as stated by the referee. In the case of a severe or egregious tackle, the player may be removed from the rest of the game and possibly suspended from future games.

- C. Chest traps are permitted. Girls may use their arms for protection while doing a chest trap. Hands should be on the shoulders and elbows must be kept down against the body. Boys may use their arms to protect their groin area. Arms must be kept down and against the body.

## 2. Kindergarten & 1<sup>st</sup> Grade, & 2<sup>nd</sup> Grade Micro Soccer

- A. 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.
- B. 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.
- C. To begin the game a kick off shall be taken from the middle of the field. The opposing team must line up behind their defending 6-yard line.
- D. When a ball goes out of play, the game is restarted in one of the following ways:
  - a. A ball going out over the side 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.
  - e. Goals cannot be scored directly from a goal kick or directly from a throw-in.
  - f. All opposing players must be at least five yards from the ball on free kicks, corner kicks, and goal kicks.
  - g. If a throw in is not performed correctly, the coach shall explain the correct method and allow the thrower a re-do.
  - h. All infractions – tripping, pushing, handball, etc. – shall result in an indirect free kick. If the infraction happens inside the 6-yard line, the kick will be taken outside the 6-yard line. The ball must be passed first before a shot can be taken at the goal. The indirect free kick encourages passing and team work.
  - i. Any infractions occurring inside the 6-yard goal area will result in the ball being placed on the 6-yard line parallel to the point of the foul.

- E. Although there can be attacking, defensive or supporting roles, the coaching of rigid positions for these young players is discouraged. Kids should be running the field and getting as many touches on the ball as possible, not playing rigid positions.
  - F. Coaches are encouraged to introduce the concepts of positional roles. A diamond formation with one attacking player, two midfields (multi-dimensional), and one defensive player is encouraged. These roles are not defined by specific space on the field. This formation will also help provide a natural transition to older age levels.
  - G. Officiating
    - a. Please see section VIII
3. 3<sup>rd</sup>/4<sup>th</sup> Grade Boys and Girls
- A. The playing field is 40 yards by 60 yards. There will be a goal area painted in each half. The goal area shall consist of the smaller “goal box” and the larger “penalty box”.
  - B. 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.
  - C. Kick offs shall be taken from the middle of the field. The opposing team must line up in their own half outside of the center circle.
  - D. Referees will call offsides.
    - I. A player is considered offside
      - When he or she attempts to play the ball when there is less than 2 opposing players between them and the goal when the ball is played.
      - When a player in an offside position possess the ball after a shot deflected off the goalie or goal post.
    - II. A player is not considered offside
      - If he or she is standing in an offside position, and is not involved in the play.
      - On the first play of a goal kick, corner kick, throw in, or drop ball.
      - If the player is in his or her own half of the field when the ball is struck.
      - If the ball is passed backwards from an opposing player.
  - E. Goalies are allowed to use their hands to play the ball within their goal area. This includes the goal box and the penalty box. Once a goalie has the ball in their possession, the attacking players are no longer allowed to play the ball.
  - F. When a ball goes out of play, the game is restarted in one of the following ways:

- I. A ball going out over the side lines is restarted with a throw in from the opposing team to whoever last contacted the ball before it left play.
  - II. 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 goal box area. The opposing team must remain outside of the penalty box area until the ball leaves that area. The person taking the goal kick may not play the ball to anyone else within the penalty box.
  - III. 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.
- G. 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 in their own half outside of the center circle.
  - H. Goals cannot be scored directly from a goal kick or directly from a throw-in.
  - I. All opposing players must be at least five yards from the ball on free kicks, corner kicks, and goal kicks.
  - J. If a throw in is not performed correctly, the referee shall explain the correct method and allow the thrower a re-do.
  - K. All infractions – tripping, pushing, handball, etc. – shall result in an indirect free kick. The ball must be passed first before a shot can be taken at the goal. The indirect free kick encourages passing and team work.
  - L. Any infractions occurring inside the penalty area by the defending team will result in a penalty kick. The ball will be placed 12 yards from the goal line for the kick.
4. 5<sup>th</sup>/ 6<sup>th</sup> Grade Co-ed
- A. The playing field is 80 yards by 50 yards. There will be a goal area painted in each half. The goal area shall consist of the smaller “goal box” and the larger “penalty box”.
  - B. 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.
  - C. Kick offs shall be taken from the middle of the field in the center circle. The opposing team must line up in their own half outside of the center circle.
  - D. Referees will call offsides.
    - I. A player is considered offside
      - When he or she attempts to play the ball when there is less than 2 opposing players between them and the goal when the ball is played.
      - When a player in an offside position possess the ball after a shot deflected off the goalie or goal post.
    - II. A player is not considered offside

- If he or she is standing in an offside position, and is not involved in the play.
  - On the first play of a goal kick, corner kick, throw in, or drop ball.
  - If the player is in his or her own half of the field when the ball is struck.
  - If the ball is passed backwards from an opposing player.
- E. Goalies are allowed to use their hands to play the ball within their goal area. This includes the goal box and the penalty box. Once a goalie has the ball in their possession, the attacking players are no longer allowed to play the ball.
- F. When a ball goes out of play, the game is restarted in one of the following ways:
- I. A ball going out over the side lines is restarted with a throw in from the opposing team to whoever last contacted the ball before it left play.
  - II. 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 goal box area. The opposing team must remain outside of the penalty box area until the ball leaves that area. The person taking the goal kick may not play the ball to anyone else within the penalty box.
  - III. 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.
- G. 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 in their own half outside of the center circle.
- H. Goals cannot be scored directly from a goal kick or directly from a throw-in.
- I. All opposing players must be at least ten yards from the ball on free kicks and corner kicks.
- J. If a throw in is not performed correctly, the opposing team shall be awarded a throw in from the same spot.
- K. All infractions – tripping, pushing, handball, etc. – shall result in a direct free kick.
- L. Any infractions occurring inside the penalty area by the defending team will result in a penalty kick. The ball will be placed 12 yards from the goal line for the kick.
5. 7<sup>th</sup>/8<sup>th</sup> Grade Co-ed
- A. The playing field is 100 yards by 66 yards. There will be a goal area painted in each half. The goal area shall consist of the smaller “goal box” and the larger “penalty box”.
  - B. 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.
  - C. Kick offs shall be taken from the middle of the field in the center circle. The opposing team must line up on their own half outside of the center circle.

- D. Referees will call offsides.
- I. A player is considered offside
    - When he or she attempts to play the ball when there is less than 2 opposing players between them and the goal when the ball is played.
    - When a player in an offside position possess the ball after a shot deflected off the goalie or goal post.
  - II. A player is not considered offside
    - If he or she is standing in an offside position, and is not involved in the play.
    - On the first play of a goal kick, corner kick, throw in, or drop ball.
    - If the player is in his or her own half of the field when the ball is struck.
    - If the ball is passed backwards from an opposing player.
- E. Goalies are allowed to use their hands to play the ball within their goal area. This includes the goal box and the penalty box. Once a goalie has the ball in their possession, the attacking players are no longer allowed to play the ball.
- F. When a ball goes out of play, the game is restarted in one of the following ways:
- I. A ball going out over the side lines is restarted with a throw in from the opposing team to whoever last contacted the ball before it left play.
  - II. 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 goal box area. The opposing team must remain outside of the penalty box area until the ball leaves that area. The person taking the goal kick may not play the ball to anyone else within the penalty box.
  - III. 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.
- G. 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 in their own half outside of the center circle.
- H. Goals cannot be scored directly from a goal kick or directly from a throw-in.
- I. All opposing players must be at least ten yards from the ball on free kicks and corner kicks.
- J. If a throw in is not performed correctly, the opposing team shall be awarded a throw in from the same spot.
- K. All infractions – tripping, pushing, handball, etc. – shall result in a direct free kick.
- L. Any infractions occurring inside the penalty area by the defending team will result in a penalty kick. The ball will be placed 12 yards from the goal line for the kick.

## **VII. 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.

## **VIII. Officiating / Referees**

1. All referees will be assigned by the OPD athletics staff.
2. Kindergarten, 1<sup>st</sup> Grade, & 2<sup>nd</sup> Grade 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.
3. 3<sup>rd</sup>/4<sup>th</sup> Grade games will be officiated by two OPD staff members. The officials are responsible for enforcing all of the rules as set forth by the OPD. The officials are also in charge of administering and allowing substitutions and maintaining the game clock.
4. 5<sup>th</sup>/6<sup>th</sup> & 7<sup>th</sup>/8<sup>th</sup> Grade games will be officiated by a contracted service provider.



5. All interpretations of the rules during the game made by the referee are final. Officials do reserve the right to remove any participant or coach from the game field if such disciplinary action is warranted. Actions that may be deemed inappropriate or warrant ejection or removal include but are not limited to: player safety concerns, foul language, over aggressive or physical play, taunting, bad sportsmanship, etc.

**IX. Playoffs**

1. There are no playoffs or postseason play for the OPD youth soccer league.

**X. Player Conduct / Sportsmanship**

1. Any conduct determined to be unsportsmanlike or unruly by either the referee or OPD staff will result in one warning.
2. The second instance of misconduct shall result in an ejection. Any player ejected from a game for any reason may not be allowed to participate in that team's next schedule game if deemed appropriate by the OPD staff. The Park District staff reserves the right to extend the suspension period if the reason for ejection in their opinion is severe enough.



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