

Pleasant Dale Park District

Spring Soccer Rules

2021

This manual is intended to provide you with information pertaining to the rules and regulations of the Pleasant Dale Park District's soccer program.

Staff

Whenever possible, there will be at least two Pleasant Dale Park District staff members available to help on game days:

Referee/Supervisor:	Will inform you of any happenings that you need to know about, call substitutions at appropriate times, and to make sure that games stay on time.
Athletic Director/ League Coordinator:	The Athletic Director or League Coordinator can help to answer questions concerning the program.

Weather/Game Cancellation

***Games will be cancelled if excessive rain has caused field conditions to become poor and unsafe in the judgment of the Athletic Director, League Coordinator and/or the referees on the fields.

Pleasant Dale Park District definition of "poor and unsafe" includes:

1. To have standing water in an area of at least 3 feet in diameter on the field.
2. A field that is muddy to the point footing becomes unstable (players slipping and sliding)
3. Presence of lightning / thunder

***Soccer games will not be cancelled due to light rain, sleet, cold temperatures or high winds. Games will only be cancelled due to poor and unsafe field conditions.

***Games will not be rescheduled due to missing players. It is a team's responsibility to provide eligible players.

***Rainouts will be rescheduled whenever possible and only one game per team, per season. However, due to time considerations, these games will be scheduled during the week and coaches will act as their own referees.

Uniforms

1. The Park District will supply jerseys and socks to be worn at Saturday games. In colder weather, the jersey should be worn on top of a sweatshirt or jacket.
2. Players must supply shin guards and shorts to be worn during practices and games. Soccer cleats are recommended but not required, and please NO BASEBALL CLEATS. Soccer cleats do not have a spike under the toe area. The cleats that are acceptable are those that are molded plastic. NO SPIKES! Referees may check cleats before each game to ensure safety of participants.
3. **Shin guards are required at every game and practice.**
4. No jewelry, including earrings, bracelets and watches should be worn during the games.
5. Eyeglasses require a strap.
6. All jerseys should be tucked in.

Time Commitments

Youth soccer teams are expected to practice once a week and players are asked and encouraged to attend their weekly practices. Practices are restricted to the dates, times and locations assigned by the Park District. Except in cases where the field conditions are unsafe, cancellation of practices due to weather related conditions may be made at the coach's discretion.

Games will be played at Walker Park, starting anytime after 8:30am depending on the number of teams.

General Game Rules

1. FIFA rules apply except for specific house rules.
2. THERE IS NO SLIDE TACKLING!
3. Each child must have equal playing time. Only exception is that if a team is ahead by 6 or more goals the referee may decide if the stronger players should be substituted more frequently.
4. Referee's decision is FINAL!!!
5. If a play is stopped due to injury, that player may be substituted.
6. Girls may cross their arms over their body when going for a chest ball.
7. NO ONE IS PERMITTED TO STAND BEHIND THE GOAL OR END LINES.
8. Parents should be on the opposite side of the field of the teams.
9. Players may not cherry pick.
10. We ask that coaches be aware of players on their team that play on additional, higher caliber teams, such as select and/or travel teams. To ensure competitive play, playing time should be adjusted so that these players are not always playing at the same time.
11. Each child should have a chance at a free kick before anyone has a second opportunity.
12. No penalty kicks for Micro-4th grade. Penalty kicks will be introduced in 5-8th grade.
13. Micro-2nd grade offside will not be called. 3-4th grade will begin calling offside in week 4. 5th-8th grade will begin calling offside in week 1.
14. The game is started by a kick off taken at the mid-field line. The opposing team must line up a minimum of 10 feet behind the mid-field line. This will rotate back and forth for each quarter/half.

15. If a team is short players it is up to the coach to inform the other coach of the situation. All teams must have the same number of players on the field (except in special cases of large goal differential-see item 17). The referee must always be informed of this situation. Games will not be rescheduled because teams are missing players.
16. Goal kicks-players on defense must stand back when the opposing team has a goal kick so as to not turn into an offensive advantage for the opposition.
 - Micros and Kindergarten-10 ft. minimum
 - 1-2, 3-4, and 5-8 grade-20 ft. minimum
17. To help eliminate a disappointing loss and make the game more closely competitive, referees will enforce the following:
 - *For every 3 goals you are ahead, you must pull 1 player off the field.
(excludes Micro and Kindergarten)
 - *For every 3 goals you are behind, you may add one player to the field.
(excludes Micro and Kindergarten)
 - *When the score gap is reduced to 2 both teams return to the game starting number of players on the field
 - *If a player scores 3 goals in a half, he or she should be placed on defense or be substituted.
 - *Please do not keep skilled players in key positions.
 - *When substituting players, coaches must make sure that there are an equal number of girls and boys that are substituting.
18. **If a player is injured please encourage them to sit down. Having the player sit signals the referee that the player cannot continue play. Also, referees are encouraged to stop play if a player is suspected of an injury.**
19. Parents are encouraged to support the coaches and the team and help with phone calls and treats.
20. Players should notify coaches if they cannot attend a game, NOT the Park District.

**We do not issue red/yellow cards in this recreational league. However, we do empower the referees to send a player to the bench for repeated offenses during play. Depending on the severity of the infraction, the player may be subject to additional punishment up to and including being suspended for a game and expulsion from the league.

League Specific Rules

This is a **Recreational League** and within our procedures we do not keep standings or scores. We are obligated to provide a safe and fun environment for all participants so we put winning second and teaching as number one.

All children must play equal time!

Attendance

As a coach, your attendance is a very key ingredient to the program. If there is a situation that is unavoidable and you are unable to attend a game, please make arrangements with another parent or perhaps or another coach who can take over for a day.

Micro

Specific Game Rules

1. The field is approximately 40 x 70 feet.
2. The games are divided up as follows:
 - 4 Seven-minute quarters
 - 1 Minute quarter breaks
 - 3 Minute half time
3. Game ball size is 3, which is provided by the Park District.
4. A team generally consists of 6-8 players with four players on the field at a time, with no goalies. The kick-off will be taken at the mid-field line at the start of the game and after goals. The opposing team must line up halfway between the end line and the mid-field line.
5. Substitutions will be made at approximately the 3:30 minute marks of each quarter. The referee will inform each coach when a substitution is to be made.
6. When a goalie touches the ball we must emphasize to the children that they must stop kicking at the ball. This is an important practice to help protect the goalie.
7. Teams do not switch sides at halftime.
8. Because of the small field size and the end-to-end nature of the game, the ball usually goes out of play frequently. Coaches and parents are encouraged to help the flow of the game by keeping the ball in play. There will be no throw-ins from the sidelines due to the ball crossing over the sidelines at this level. If the ball gets too far away from the field, the ball will be blown dead and can be reentered into play by:
 - A) The referee allowing a player a free kick
 - B) Giving the ball to the goalie so they can throw in to a teammate

Kindergarten

1. The field is approximately 54 x 80 feet, with a centerline and a goalie box.
2. The games are divided up as follows:
 - 4 Eight minute quarters
 - 1 Minute quarter breaks
 - 3 Minute half time
3. Game ball size is 3, which is provided by the Park District.
4. A team generally consists of 6-9 players with five players on the field at a time, which includes the goalie.
5. Substitutions can be made only during stopped play.
6. When a goalie touches the ball we must emphasize to the children that they must stop kicking at the ball. This is an important practice to help protect the goalie.
7. **All infringements or fouls:** Will be an indirect kick where the ball must touch another player before a goal can be scored.

Handball	Kicking/tripping	Holding/pushing
Dangerous play/charging		Unsportsmanlike conduct
Cherry picking that may result in a goal		
8. When the ball goes out of play:
 - A) Over the sidelines the game is restarted by a throw in. Let's start teaching these kids how to do a throw-in.
 - B) If the ball crosses over the end line, the goalie will do a goal kick.
 - C) After a goal is scored play will be restarted at midfield with a kick off.
9. **If a team is up by 3 goals then the opposing team must set up their challenge as follows: 2 offense, and 2 defense. Defenders may not cross the half line.**

1st & 2nd Grade

1. The field is approximately 90 x 150 feet with a centerline and a goalie box.
2. The game is divided up as follows:
 - 4 Ten minute quarters
 - 1 Minute quarter breaks
 - 3 Minute half time
3. Game ball size is 4, which is provided by the Park District.
4. A team generally consists of 9-12 players with seven players on the field at a time, which includes the goalie. A team must have a minimum of 6 players to start a game.
5. Substitutions can be made only during stopped play.
6. **All infringements or fouls:** Will be an indirect kick where the ball must touch another player before a goal can be scored.

Handball	Kicking/tripping	Holding/pushing
Dangerous play/charging		Unsportsmanlike conduct
Cherry picking that may result in a goal		
7. Players have 2 chances to correctly perform a throw-in. After this it will be a turn over.
8. For the first half of the season the coaches can coach on the field.
9. 5 yards must be given to a player performing a throw-in.

3rd & 4th Grade

1. The field is approximately 150 x 180 feet with a centerline and a goalie box.
2. The game is divided up as follows:
 - 4 Ten minute quarters
 - 1 Minute quarter breaks
 - 3 Minute half time
3. Game ball size is 4, which is provided by the Park District.
4. A team generally consists of 11-14 players with nine players on the field at a time, which includes the goalie. A team must have a minimum of 8 players to start a game.
5. Substitutions can be made only during stopped play.
6. **All infringements or fouls:** Will be an indirect kick where the ball must touch another player before a goal can be scored.

Handball	Kicking/tripping	Holding/pushing
Dangerous play/charging		Unsportsmanlike conduct
Cherry picking that may result in a goal		
7. For the 1st two weeks, players will get two chances to perform a proper throw-in. After the 2nd attempt, the ball will be turned over for an improper throw-in. Starting in the 3rd week, there will be no second attempt on a throw-in.
8. Offside will be called beginning week 4 of the season. ***See offside rules
9. Coaches must stay on the sideline!

5th, 6th, 7th & 8th Grade

1. The field is approximately 150 x 180 feet with a centerline and a goalie box.
2. The game is divided up as follows:
 - 2 Twenty-five minute halves
 - 5 minute half time
3. Game ball size is 5, which is provided by the Park District.
4. A team generally consists of 13-17 players with eleven players on the field at a time, which includes the goalie. A team must have a minimum of 9 players to start a game.
5. Substitutions will be open, however, coaches must have players standing at the centerline before a player is allowed to be subbed in.
6. One attempt at a throw-in will be allowed. Improper throw-in will result in a turnover.
7. Offsides will be called beginning the first week. ***See offside rules
8. All penalties outside of the goal box will result in an indirect kick.
9. Penalties inside the goal box will result in a penalty kick from the penalty line.

***OFFSIDE RULE

A player is offside when all 3 of the following statements are true:

1. They are on their opponent's half of the field
2. They are deemed to be "in active play"
3. They are closer to the goal than both the ball and the second last opponent

An offside call by the referee will result in an indirect kick for the opposing team at the point of offense.