

Lindenhurst Park District

Youth Soccer League Fall 2025

Soccer Rules of Play

Rule 1-Eligibility

- A. All players must be officially registered with the Lindenhurst Park District
- B. Only players assigned to a specific team shall play on each team

Rule 2-Scheduling & Team Roster

- A. Games will be played on Saturdays on various Lindenhurst Park District parks. The Athletic Program Manager will designate a park/field for each level of play
- B. Games will be scheduled at one hour intervals for Kindergarten & 1st grade, one hour fifteen minute intervals for 2nd-5th grade and one and a half hour intervals for 6th-8th grade.
- C. Teams should be ready for the game to begin. Arrive early and conduct warm-ups off the field. A coach must be in attendance during games and practices.
- D. Season practices are determined by the coach.
- E. Rosters

GRADE		K/1	2nd/3rd	4th/5th	6th-8th
Roster		10	9	12	14
Players		5 v 5	7 v 7	8 v 8	11 v 11
Players to avoid forfeit		3	5	6	8

Rule 3-The Game

The Lindenhurst Park District will follow the Federation International Football Association - Laws of the Game (FIFA) rules except where noted. Most rules will be mentioned in this packet. The modifications made by the Lindenhurst Park District will be noted as well.

A. The Ball

GRADE	K-1st	2nd-5th	6th-8th
Ball Size	3/4	4	5

B. The Field Size

GRADE	K/1st	2nd/3rd	4th/5th	6th-8th
Field dimensions	30x 25 yd	60 x 40 yd	75 x 45 yd	100 x 60 yd

C. Length of Game

GRADE	K-1st	2nd-3rd	4th-8th
Length of Game	10 Minute Quarters	12 Minute Quarters	15 Minute Quarters

- a. A continuous clock will be kept by the referee. The clock will be stopped due to serious injury or other circumstances only at the discretion of the referee.
- b. A two (2) minute break will be allowed at the end of the first and third quarters.
- c. A five (5) minute break will be allowed at the end of the second quarter.
- d. In conditions of high temperature and humidity breaks can be extended 2 to 3 minutes to assure proper hydration of players.
- e. In the event a game must be suspended because of conditions which make it impossible to continue play, the following conditions apply:
 - i. It will be considered an official game if two (2) quarters have been completed. The team scoring the most goals will be the winner of the game.
 - ii. It will be considered a suspended game if two (2) quarters have not been completed. The game may be rescheduled. The rescheduled game will restart from the beginning.
 - iii. Only one (1) game per fall and spring season will be rescheduled. If more than one game is cancelled due to weather during a fall or spring season, it will not be rescheduled.
 - iv. Teams shall alternate kickoff at the end of each quarter and exchange goals at the end of each half.

D. End Lines must be kept clear of all coaches, parents and spectators

E. **All-Play:** All-Play means every recreation player on every team shall play at least 50% of each game. A coach shall be permitted not to play a player 50% of a game under special circumstances (i.e. unexcused absences from practice/game, unsportsmanlike conduct at practice/game, injuries). This should be explained to both player and his/her parents prior to the game to avoid misunderstandings.

F. Player Equipment:

- a. Only the complete team uniform shall be worn. This includes the issued jerseys, black shorts and blue socks.
- b. Goalies will wear jerseys of contrasting color
- c. Shirts must be tucked in the shorts
- d. No street glasses or hard brim hat may be worn during the game. Only safety sport type glasses or goggles are allowed
- e. Footwear must be soft, cleated soccer shoes. Absolutely **NO** baseball or football cleats or sneakers allowed
- f. **Shin Guards are Mandatory.** Shin guards are to be worn underneath the socks and placed in contact with the shin of the player. Shin guards should conform to manufacturer's specifications as to the height of the player
- g. Braces and other casts must be approved by the Athletic Program Manager prior to the start of the game
 - i. Mouth guards are recommended, but not mandatory.

Rule 4-Laws of the Game

- A. Wearing of jewelry is prohibited under all soccer rules with the exception of medical medals, which shall be taped inside the uniform if worn. In the interest of safety for all players, coaches should check before each game to be certain players are not wearing metal or plastic in the hair, bracelets, necklaces, chain or earrings. Players with new piercings must have earrings padded and taped. This precaution should avoid any unfortunate injuries and develop appropriate habits for soccer participation. (Rubber bands and soft headbands may be worn to control hair)
- B. There will be no forfeits if at all possible. Teams should work together by alternating players back and forth. See Rule 2 Section E for number of players to avoid a forfeit. A 10-minute forfeit time will be allowed.

C. Start of the Game:

- The referee will choose team to kick-off
- All players must be on their own half of the field
- Ball must be stationary on center mark
- The ball may move in any direction and must be played by another player before the original kicker may play again.
- A goal can be scored directly from kick off.
- At half, teams change ends, and the opposing team kicks off.

GRADE	K-1st	2nd/3rd	4th-8th
Yards from Kick	4	8	10

- g. You cannot score directly on yourself from a kickoff.
Restart: A corner kick will be awarded to the opposing team

D. Substitutions:

- Team may make unlimited substitutions only on dead ball situations. A player may enter the field from the center line. A player must leave the field and return to their respective sideline. An indirect kick will be awarded at the point of the infraction.
- A team must substitute when a player has been “cautioned” (yellow card). Only the player receiving the “caution” may be substituted. The “cautioned” player may re-enter at the next legal opportunity.
- A team shall not substitute for a player who is “ejected” (red card) during any period of play. The team will play short one player.
- Coaches may be asked by the referee to remove a player for a period of time due to consistent violation of rules (i.e. slide tackling, swearing, hitting, etc.).
- Goalkeeper substitutions:
 - May occur during a stoppage in play
 - The substituted goalkeeper may only enter the field if they are properly equipped including wearing an appropriate jersey of contrasting color
 - A field player may not switch to goalkeeper without first leaving the field of play and becoming properly equipped.

A violation of the goalkeeper substitution rules will result in sportsmanship misconduct.

Restart: An indirect free kick to the opposing team at the half way line where the goalkeeper entered the field.

- E. **Sideline out of bounds:** When the entire ball passes over a side-line, either on the ground or in the air the ball will be put back in play from the point where it crossed the line, in any direction, by a player of the team opposite to that of the player who last touched it.

GRADE	K-1	2-8th
Inbound from sideline	Kick-in	Throw-in

- a. The thrower must face the field of play, and part of each foot shall be either on the touch-line or on the ground outside the touch-line
- b. The thrower shall use both hands and shall deliver the ball from behind and over his/her head.
- c. The ball shall be in play immediately when it enters the field of play, but the thrower shall not again play the ball until it has been touched or played by another player.
- d. A throw-in not entering the field of play will be retaken.
- e. A goal cannot be scored directly from a kick-in (K-1) or a throw-in (2-8)

Restart: A corner kick will be awarded to the opposing team.

- F. **Corner Kicks:** When the entire ball passes over the goal line, either on the ground or in the air and last touched by a defensive player, a corner kick will be awarded to the attacking team.

- a. Corner kicks must take place on the same side of the field the ball left the playing field
- b. The ball must be placed inside the corner arc
- c. Opponents must be 4 yards away from the ball at the start of play
- d. The ball must travel on circumference to be in play
- e. A goal may be scored directly from a corner kick
- f. The ball shall be in play immediately when it enters the field of play, but the kicker shall not play the ball again until it has been touched or played by another player

- G. **Goal Kicks:** When the entire ball passes over the goal line, either on the ground or in the air, and last touched by an attacking player, a goal kick will be awarded to the defending team.

K-1

- i. The ball can be placed anywhere along the goal line
- ii. The goal kick can be taken by any defensive player
- iii. The ball must be completely stationary
- iv. Opponents must be 4 yards away

2nd/3rd

- i. The ball can be placed anywhere along the line of the goal kick area
- ii. The goal kick can be taken by any defensive player
- iii. The ball must be completely stationary
- iv. Opponents must be outside of goalie box when goal kick takes place
- v. Once the ball is kicked it is immediately considered in play

4th-8th

- i. The ball can be placed anywhere along the line of the goal kick area
- ii. The goal kick can be taken by any defensive player
- iii. The ball must be completely stationary
- iv. A goal kick is not required to leave the penalty area before a teammate touches the ball.
- v. Once the ball is kicked it is immediately considered in play
- vi. Defensive players can be inside the penalty area during a goal kick
- vii. Opponents must be outside the penalty area when a goal kick takes place

H. Offside: A player is in an offside position if any scoring part of their body is behind the second to last defender at the time the ball is kicked. Offside will be called the entire season for 4th-8th grade leagues.

- a. Being in an offside position is not an offence in itself; as the player must be “actively involved in the play” in order for an offence to occur.
- b. A player shall not be penalized for the offside position if he/she receives the ball direct for a goal kick, corner kick, or throw-in.
- c. A player cannot be offside if they are behind the ball

Restart: Indirect free kick awarded at the point where the player in the offside position touches the ball

I. Fouls and Misconduct:

Direct Offenses

- a. Kicking or attempting to kick an opponent
- b. Tripping or attempting to trip an opponent
- c. Jumping at an opponent
- d. Charging violently or dangerously
- e. Charging from behind
- f. Pushing an opponent
- g. Punching, striking or attempting to strike an opponent
- h. Holding opponent
- i. Handling the ball (including goalkeeper outside penalty area)
- j. Slide tackling an opponent

Restart: A direct free kick where the foul or misconduct took place. 2nd-8th grade-a penalty kick will be awarded if a foul or misconduct took place within the penalty area.

Indirect Offenses

- a. Dangerous play:
 - i. Kicking ball held by goalkeeper
 - ii. Kicking high
 - iii. Heading ball low
- b. Charging fairly when ball is not within playing distance (1-2 yards)
- c. Intentionally obstructing opponent when not playing the ball
 - i. Obstructing the goalkeeper
 - ii. Waving arms
 - iii. Shielding the ball
- d. Charging the goalkeeper
- e. Goalkeeper committing one of the following inside his/her penalty area:
 - i. Takes more than 6 seconds to release the ball

- ii. Plays ball two times
- iii. Uses delay tactics
- iv. Slide tackling
- v. Deliberate kick back to goalie

Restart: An indirect free kick where offense occurred.

You cannot score directly on yourself from a direct or indirect free kick.

Restart: A corner kick will be awarded to the opposing team.

J. Free Kicks:

Indirect free kick dictates a second player from either team must play (touch) the ball before a goal may be scored.

Direct free kick is when a player taking the kick may kick directly into the goal without another player touching the ball.

A free kick (direct or indirect) is not required to leave the penalty area (2nd-8th only) before a teammate touches the ball. Once the ball is kicked it is immediately considered in play. Defensive players can be inside the penalty area during a free kick. The opposition must be outside the penalty area.

During a free-kick, direct or indirect, if the defending team has three or more players in a wall, the attacking team may NOT have a player within one yard of the wall.

K. Penalty Kick:

A penalty kick is awarded to the opposing team by the referee when a foul which results in the awarding of a direct free kick has occurred by a player inside the penalty area.

A penalty kick must be taken from the penalty-mark, and when it is being taken, all players, must be at least 10-yards from the penalty mark.

The opposing goalkeeper must stand on their own goal line, between the goal posts, until the ball is kicked. The goalkeeper must have at least one foot on the line during the penalty kick.

The player taking the kick cannot play the ball a second time until it has been touched or played by another player. The ball shall be deemed in play directly when it is kicked.

Below is a list of caution (yellow card) and send-off (red card) offenses which will be applied/enforced:

Yellow (Caution)

- Guilty of unsporting behavior
- Shows dissension by word or action
- Persistently infringes the laws of the game
- Delays the restart of play
- Fails to respect the required distance when play is restarted with a corner kick or free kick
- Enters or re-enters the field of play without the referee's permission
- Deliberately leaves the field of play without the referee's permission
- Slide tackle with contact

Red (Send-Off)

- Guilty of serious foul play
- Guilty of violent conduct
- Spits at an opponent or any other person

- Denies the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball (this does not apply the goal keeper in his own penalty area)
- Denies an obvious goal scoring opportunity to an opponent moving towards the players goal by an offense punishable by a free kick or penalty kick
- Uses offensive, or insulting, or abusive language and/or gestures
- Receives a second caution (yellow card) in the same match

L. **Goalkeeper:** The goalkeeper may use their hands within the penalty area. A goalkeeper cannot use their hands inside the penalty area if the ball is passed to them intentionally by a foot of a teammate (chest or head is ok).

GRADE	K-1	2nd/3rd	4th/5th	6th-8th
Goalkeeper	No	Yes	Yes	Yes
Goalkeeper Punt	No	No	Yes	Yes
Penalty Kick	N/A	Yes	Yes	Yes

- 2nd/3rd grade must use at least two (2) goalkeepers for each game and each goalkeeper can play no more than two (2) quarters per game. 4th through 8th grade teams may use only one (1) goalkeeper per game, if desired.
- No Heading is allowed until 4th-8th Grade league. 4th/5th grade may only head the ball after one bounce of the ball has happened. 6th-8th can head the ball on the fly.

M. Referee:

- All referees' decision are final!**
- If you, as a coach, have a question about a rule and why a call was made or not make by an official, ask for an explanation when play has stopped. This should be an intelligent discussion and not a heated debate. As a coach, you are setting an example for the players on the field. Present a professional, adult attitude when pursuing a question with an official.
- The referee will explain all infractions to the offending players.
- If a referee fails to show for a game the coaches will select an individual to officiate the game. If agreement cannot be reached the coach from the home team will officiate the first two quarters and the visiting team the last two quarters.

N. No slide tackling allowed

Restart: A direct free kick where offense occurred. If a defender slide tackles inside the penalty area, a penalty shot is awarded

O. **Method of Scoring:** Entire ball over the line determines a good goal.

P. Drop Ball

A drop ball will be awarded if a ball strikes a referee and falls in possession of the opposition side or if the ball strikes the referee and ends up in the back of the net.

Drop balls can be taken by an attacking team wherever they possessed the ball when play was stopped.

Any play stopped in the penalty area will be returned to the goalkeeper no matter who possessed the ball at the stoppage.

Rule 5-Conduct

- A. Each coach will be held responsible for the conduct of his/her team players and to see all rules are observed. The coach must maintain complete control of him/herself and his/her team members at all times. This includes before, during, or after a game and any other time involved with the Lindenhurst Park District Soccer League. The key to a successful program is in the hands of the coach and in turn, his/her players. Good leadership will ensure a good program.

B. Referee Interaction-

- a. Officials and their decisions will be respected and not interfered with at any time. Unsportsmanlike conduct, disrespect, vulgarity or profanity will not be tolerated at any time. Any coach, player or spectator can be removed from a game and will receive disciplinary action from the Athletic Program Manager. The type of disciplinary action will depend on the severity of the offense.
 - b. Personal harassment of officials (referees, coordinators, supervisors) may be cause for either the team or individual to be suspended from the game or league.
 - c. A game will be forfeited in the event a team or team's spectators fail to respect the official's authority or decisions. One warning will be given prior to such action.
 - d. In any discussion on the field with an official, only the coach will be permitted to enter the discussion.
 - e. Any player, coach, or spectator guilty of threatening or physically striking an official will be immediately suspended for the season and may receive a lifetime ban from the Lindenhurst Park District events. Protection of referees. (New State and Local laws regarding the abuse and/or assault of referees mandate jail time and extremely high fines.)
 - f. No one may intentionally touch a referee or any of their possessions in a violent, aggressive or hostile manner any time before, during or after a game.
- C. Yellow and/or Red Cards will be issued to a Coach for disruptive and negative behavior involving an individual or groups of individuals from their team.
- D. Coaches must cooperate fully with any referees efforts to identify offenders (coaches, players, parents and/or spectators) related to any incident during or after a game.
- E. Head Coaches and/or assistant coaches will be accountable to the Lindenhurst Park District for all misconduct in which they, their players, the parents or spectators may engage.

The Athletic Program Manager will investigate all significant matters presented in a referee's report or other reliable source.

RULE 6-RAINOUT PROCEDURE, MAKE-UP GAMES & GENERAL INFORMATION

Rainout Procedure: Soccer is an **ALL WEATHER GAME**. Games will be **played during wet and cold weather**. The Athletic Program Manager is responsible for determining if GAMES should be canceled up until ½ hour before the scheduled start time. Game cancellation information will be posted online at www.lindenhurstparks.org and also emailed to coaches. Coaches and participants will be responsible for utilizing these two resources to get cancellation information. **WITHIN ½ HOUR OF THE START TIME**, the **ON-SITE SUPERVISOR** will be responsible for determining whether play should start or continue. The Athletic Program Manager, or their designate, will reserve the right to instruct the game officials or head coaches to suspend or resume play based on what is best for the safety of the participants and the best interests of the league and LPD. The Athletic Program Manager will only cancel practices if the fields are deemed unplayable. The coaches are responsible for canceling their own practice if the weather becomes unplayable before or during the practice.

Practice Cancellation: In case of practice cancellation, we cannot guarantee make-up availability due to limited field space.

Game Cancellation: If the Lindenhurst Park District must cancel a game due to weather, an additional game will be added to the end of the season. If a coach needs to cancel a game, he/she must notify Athletic Program Manager and must contact the opposing coach to schedule a make-up game.

If thunder is audible or lightning is visible all practices and games will come to an immediate halt. All players, coaches, staff and spectators must clear the fields and take shelter. Activities are able to resume 30 minutes after the last thunder or lightning has been observed.



Lindenhurst Park District 2200 East Grass Lake Road; Lindenhurst, IL 60046
Dylan Hebior-Athletics Program Manager dhebior@lindenhurstparks.org **847-356-6011 x 1006**

APPENDIX A

Supplemental Grade 4 – 8 Rules for Tournament Play

The following rules changes supplement these rules in the LPD Youth Soccer Program for purposes of the implementation of tournament play:

Section 1 Length of Game

- A. Length of regulation play in games is 30 minute halves. (Half times are 8 minutes.)
- B. In the event of a tie score at end of regulation: Two complete 5-minute overtime (“OT”) periods will be played.
- C. If tied after OT in tournament games: Penalty shoot-out using the ABBA system. Each team will select five players and shoot on the same goal. Continue if tied after five rounds until one team leads after equal chances. Only one shot per roster player. If still tied after roster has been exhausted then continue in same order for a second time through the roster as necessary. If a team receives a red card during normal play the other team will drop one player from the roster for penalty kicks.

Section 2 Tournament Scheduling and Seeding

- A. Qualifying regular season play: All teams qualify for tournament play. Teams play the other teams as often as possible as determined by the Program Supervisor in regular fall and spring season. Point totals determine standings at end of regular season play. (Win = 2 pts., OT tie or loss = 1 pt., loss = 0 pts.)
- B. The Athletic Program Manager will determine the structure/elimination in tournament play in advance of the fall half of the regular season and may amend that choice as necessary before the start of the last regular season game in the spring.

Section 3 Other Rules

- A. Rosters and Eligibility: Please refer to Rule 1 of soccer rules
- B. Referees and Cards: Referees will maintain scoring and game sheets for all regular season and tournament games and turn them in to the Athletic Program Manager.
 - a. Red card removes player in tournament from play in the remainder of the game and the next tournament game.
 - b. Two yellow cards at any time during a tournament and regular season games equal a red card.
 - c. Referees must report all cards, including to whom issued (name and number), offense, time in game, to Athletic Program Manager
 - d. All decisions of the referees are final. The Athletic Program Manager shall keep the tournament records and post results as received from the referees.
- C. Applicability of Rules:
 - All rules for the grade of the LPD Youth Soccer Program to which this Appendix A is appended will apply except as modified by these changes.