



## House Soccer League Information

### **House League Soccer Rules Summary**

All rules can be altered at the discretion of the Leisure Services Supervisor in charge of the House Soccer Program.

**LAW 1 – The Field of Play:** In keeping with U.S. Soccer Guidelines, the Pre-K -2<sup>nd</sup> grade program will play on the field size of 20 x 35 yards with 4'x 6' goals. Pre-K – 2<sup>nd</sup> grade will **not** use goalies and there will be a box outside the goal area that players are not allowed in, unless the ball is in that area. The 3<sup>rd</sup> – 6<sup>th</sup> grade league will play on the field size of 60 yards X 40 yards with reduced goal sizes. A build out line will also be incorporated into the field structure. Please see the Additional House rules section for more details on the build out line. The Park District reserves the right to adjust field sizes depending on available space and team sizes.

**LAW 2 – The Ball:** Pre-K -2<sup>nd</sup> Grade will use a #3 ball; grades 3<sup>rd</sup> – 6<sup>th</sup> grade will use a #4 ball.

**LAW 3-Number of Players:** For Pre-K -2<sup>nd</sup> grade soccer, the preferred format is 4 players on the field per team, but if a team has more than 8 players present then teams will play 5 players per side. Pre-K – 2<sup>nd</sup> grade will **not** use goalies. Grades 3 - 6 will play 6-8 players per side. This includes a goalie. The amount of players per side will depend on final team numbers.

**LAW 4-Player's Equipment:** The Park District supplies team uniforms, but participants must have his/her own soccer ball and shin guards, which are mandatory. Cleated soccer shoes are highly recommended, since non-cleated shoes provide very poor traction on grass. Metal cleats are not permitted. The Park District strongly recommends use of a mouth guard.

**LAW 5-Referees:** The Referee is in complete control of the game, and is treated with respect. A player disputing a referee's decision may be charged with a penalty. Parents are required to always address referees with respect. The Northbrook Park District has implemented a "Zero Tolerance Policy." Any parent, player, coach, or spectator will be asked to leave the field in the event of unsportsmanlike conduct. Your team coach will have the specific policy on berating of officials, coaches and players.  
**Please respect the officials!**

**LAW 6-Duration Of The Game:** Pre-K will play four (4) six (6) minute quarters. Kindergarten-2<sup>nd</sup> grade will play four (4) eight (8) minute running time quarters. At approximately the 4 minute mark, coaches will be allowed to make unlimited substitutions. Grades 3<sup>rd</sup>-4<sup>th</sup> will play two 20 minute halves with unlimited substitutions. Grades 5-6 will play two 30 minute halves with unlimited substitutions\*. The clock does not stop during the game

\*5<sup>th</sup>-6<sup>th</sup> grade game length may change when depending on final team numbers or when playing with teams from other towns.

**LAW 7-The Start Of Play:** After a coin flip is used to determine who kicks off and which side of the field teams take, play starts with a forward kickoff from the center spot. Opponents (but not teammates) must be at least 10 yards away. After a team scores a goal, the other team will kick off. Teams switch sides at the start of the second half.

**LAW 8-Ball In And Out of Play:** The ball is out of play when the **ENTIRE** ball crosses the goal line or touchline (sideline).

**LAW 9-Scoring:** A goal is scored when the **ENTIRE** ball crosses the goalpost and under the crossbar. The game may end in a tie. Score is not kept during house league games.

**LAW 10- Offside:** We will enforce the offside rule for 5<sup>th</sup> grade and older, which prohibits offensive players from being closer to the goal line than either the ball or the nearest defensive player (other than the goalkeeper) when the ball is played. For more information about the offside rule, please see the following link to an informative power point presentation

[http://www.fifa.com/mm/document/afdeveloping/refereeing/law\\_11\\_offside\\_en\\_47383.pdf](http://www.fifa.com/mm/document/afdeveloping/refereeing/law_11_offside_en_47383.pdf).

**LAW 11-Cherry Picking:** “Cherry Picking” is when an offensive player, instead of participating fully in the game, simply stands near the opposing team’s goal waiting for the ball to roll down to them so they can just kick it in the goal.” Cherry Picking is considered unsportsmanlike behavior for all ages. If a team is penalized for Cherry Picking, the opposing team will be awarded a free kick from the spot the penalty was called.

**LAW 12, 13 and 14 – Fouls And Misconduct, Free Kicks And Penalty Kicks:** Fouls result in one of three types of kicks being awarded the other team:

1. **Indirect Free Kick** – Opponents must be at least 10 yards from the ball. A goal may not be scored unless the ball touches another player. Awarded for the following:
  - Dangerous play.
  - Charging fairly (with the shoulder only, and arms held in) but when the players involved are not playing the ball .
  - When not playing the ball, intentionally obstructing an opponent.
  - Charging the goalkeeper within the goal area.
  - Delaying the game.
2. **Direct Free Kick** –Opponents must be at least 10 yards from the ball, but a goal may be scored directly from the kick. Awarded for the following:
  - Kicking or attempted kicking of an opponent, tripping (if trying to take the ball away, and contact is made with the ball first, a tripping foul will generally **NOT** be called).
  - Violent or dangerous charging.
  - Striking or attempted striking.
  - Intentional use of arms or hands (except for the goalkeeper inside the penalty area—the larger rectangle in front of the goal).

3. **Penalty Kick** –Awarded instead of a direct free kick when the foul occurs inside the penalty area. On a penalty kick, the kicker can shoot from the penalty spot (normally 12 yards from the goal line), with only the goalkeeper defending.

**LAW 15- Throw-In:** When the ball passes over the touchline (side line) last touched by a team, the ball is thrown in by the other team. The thrower must (a) use both hands, (b) throw the ball directly over his/her head, (c) keep part of **BOTH** feet on or behind the touchline and (d) not play the ball until it's been touched by another player. Opponents may not try to dance about or impede the thrower. Since they often occur at Pre-K-2<sup>nd</sup> grade, errors in executing a throw-in will result in a “do over” rather than loss of the ball, as in higher grades.

**LAW 16-Goal Kick:** When the ball passes over the goal line **OUTSIDE** the goalpost, and the offensive team last touched it, the defensive team returns the ball into play with a goal kick. The ball must go beyond the penalty area (must be played outside the large box) and opponents must remain outside that area until the ball is kicked. The kicker cannot play the ball until it has been touched by another player. Once the ball has left the penalty area (or large box) it is a live ball.

**LAW 17-Corner Kick:** When the ball passes over the goal line **OUTSIDE** the goalpost, and the defensive team last touched it, the offensive team returns the ball into play with a corner kick. For a corner kick, we will use the corner of the field, usually marked with a corner flag. Opponents must remain at least 10 yards away until the ball is kicked. A goal may be scored directly from the kick. The kicker may not play the ball again until it has been touched by another player.

For more detailed information, the Village Green office has several books to be borrowed for the season, we also suggest checking the library. The Northbrook Public Library contains many books on soccer at all levels. Here are a few websites that may also be helpful:

<http://www.soccer-for-parents.com/soccer-rules.html>

<http://www.soccerhelp.com/>

<http://www.coachingsoccer101.com/index.htm>

**Law 18 – Heading the Ball:** Heading the ball is an inherently dangerous activity, and not allowed in the Northbrook Park District House League. The penalty for heading the ball is an Indirect Kick.

### **Additional House Rules**

1. Upon a three (3) goal difference, the opposing team will be allowed to add one (1) player and an additional player for each three (3) goal difference thereafter.
2. Players may not wear any form of jewelry, watches, or earrings during play. Players who need eye glasses must wear protective sports glasses or goggles. Sunglasses are not allowed.
3. Contact with the goalie should be avoided at all times. The referees have been instructed to call a quick whistle concerning goalie contact with the ball and players. This is at the referees' discretion. Goalies must wear a different colored shirt than their teammates and opponents.

4. **No coaches or parents are allowed near the goal area**, except in the Pre-K and Kindergarten league where one (1) is allowed. All spectators will occupy one sideline and teams will occupy the opposite sideline.

**5. 3<sup>rd</sup>-6<sup>th</sup> Grade Build Out Line:**

- a. The build out line promotes playing the ball out of the back in a less pressured setting.
- b. When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing team must move behind the build out line until the ball is put into play.
- c. Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punts and drop kicks are not allowed).
- d. After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal.
- e. The opposing team must also move behind the build out line during a goal kick until the ball is put into play.
- f. If a goalkeeper punts or drop kicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense.
- g. If the punt or drop kick occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.
- h. The build out line can also denote where offside offences can be called.
- i. Players cannot be penalized for an offside offense between the halfway line and the build out line.
- j. Players can be penalized for an offside offense between the build out line and goal line.
- k. Ideally, the goalkeeper will wait to put the ball into play once all opponents are past the build out line.
- l. Coaches and referees should be mindful of any intentional delays caused by opponents not retreating in a timely manner or encroaching over the build out line prior to the ball being put into play.
- m. Coaches should manage players in these situations.
- n. Referees can manage the situation if misconduct is deemed appropriate.

### **Rain Out Policy**

Canceling practices due to inclement weather is at the sole discretion of the coach. Practices should **never** be held when lightning is in the area. Games will be held in inclement weather. However, any Park District official has the authority to suspend or cancel any game if weather conditions or field conditions are deemed unsafe. **Suspended or cancelled games are not guaranteed to be rescheduled.**

Soccer is a game that is traditionally played in adverse weather conditions. Games will not be cancelled unless severe weather conditions exist. If any changes occur due to weather, they will be placed on the Park Districts Weather and Activity Hotline recorded message (847-291-2985 press 8 then 1). Please do not call a Park District facility, as the receptionist may not have the current information.

## **Turf Policy**

In an effort to adequately maintain Park District fields, the following guidelines will be in effect for all users:

1. Park District staff will determine if fields are playable and will post this information on the recorded message, 847-291-2985, by 4:00pm on weekdays and 8:00am on weekends.
2. Fields will be monitored to prevent turf damage on days that fields are closed. Groups that are using fields when they are closed will be asked to immediately leave the field. Unauthorized use may jeopardize future access to fields.
3. Fields should only be used for what they are designed.

Field maintenance costs are continually rising, and the Park District is making every effort to minimize these increases. Your cooperation in controlling field use is greatly appreciated.

## **Uniforms and Equipment**

The Park District supplies every player with a uniform consisting of a shirt for Pre-K and Kindergarten and shirt, shorts and soccer socks for 1<sup>st</sup>-6<sup>th</sup> Grade. Each player is responsible for the following items:

- All-purpose athletic shoes with rubber cleats.
- Shin guards
- His/her own ball (a size #3 ball for Pre-K and kindergarten; a size #4 ball for 1<sup>st</sup> - 6<sup>th</sup> grades.)

## **Practices**

1. Pre-K and Kindergarten: Practices will take place on Saturday mornings from 9:00am to 9:30am or from 10:30 to 11am depending on when the team is scheduled. Practices take place on the same field as the game is scheduled.
2. 1<sup>st</sup>-6<sup>th</sup> Grade: Practices will be held once a week. Your coach will be calling or emailing to schedule the time, day and location of practice.

## **Games**

Season games will begin in mid-April for Spring and beginning of September for Fall

**Pre-K and Kindergarten:** Scrimmages against other teams will take place from 9:30-10:30am or from 11am-12pm directly following practice on Saturday mornings. Please refer to the season schedule.

**1<sup>st</sup> & 2<sup>nd</sup> Grades:** Games will take place on Saturday afternoons and occasionally during the week when/if necessary. Please refer to the season schedule.

**3rd & 4th Grades:**

Games will be played on Sunday afternoons and occasionally during the week when/if necessary. Please refer to the season schedule

**5th-6th Grades:**

Games will be played on Sunday afternoons and an occasionally during the week when/if necessary. There are times when the 5<sup>th</sup>-6<sup>th</sup> grade division may play teams from neighboring towns in an effort to add more diversity to the schedule. These games may be played at any time during the week. Please refer to the season schedule.

\*Please note: Games will not be scored and Standings are not kept.