



Kick Start Soccer League Rules

Schedules are located on Team Sideline website.

League Rules can be found on the Team Sideline website under the "Downloads" tab.

Team Sideline link is on NLCPD website - www.teamsideline.com/sites/newlenoxparks/home

Rules Revised: March 18, 2025

The focus of this League is not about winning or losing but fostering a sense of teamwork and camaraderie while balancing the need for all participants to develop physically, mentally and emotionally. It is designed to be a learning league for the players.

1. Games will be a total of 45 minutes. Including a 10-minute warm-up, two 15-minute halves and a 5-minute halftime.
 - In the case of extreme weather (heat/rain), if both coaches agree, the game may be shortened.
2. The first day of the league will be practice only. This will be a great chance to get to know the players, parents, coaches and practice some basic skills of soccer. Two teams will be scheduled at one field but both teams will share the given space. If enough time permits, coaches can go through a scrimmage.
3. Games will be played with 5 position players (2 forwards, 1 midfielder and 2 defenders) and **NO** Goalie. Coaches must focus on players staying within their position on the field to prevent a cluster of kids huddled around the ball. This will help teach the kids about spacing on the field.
4. Everyone must receive an equal amount of playing time.
5. Each player **MUST** wear shin guards. Cleats are encouraged to be worn but are not required. Metal cleats are not allowed, they must be rubber or plastic.
6. The game will start with a free-kick at midfield from the Home Team. After halftime, the Away Team will get the free-kick at midfield. After a scored goal, the team that didn't score will resume the game with a free-kick at midfield.
7. There are no official referees. Coaches from both teams are the referees.
8. Score will not be kept during the game.
9. Offsides will not be enforced.
10. The ball will be declared "out of bounds" when the ball completely crosses the boundary lines. There will be no throw-ins as play will resume with an undefended free-kick where the ball went out of bounds. The coach of the team on defense should encourage their players to fall back and allow the free-kick.
11. Players are not allowed to touch the ball with their hands during play. Players will receive a warning for the first game, after week two "hand balls" will result in a penalty and the ball will be awarded to the other team at the spot of the penalty.

12. Tripping, pushing and slide tackling are strictly prohibited and will result in a penalty. The other team will receive the ball at the spot of the penalty. Players should be encouraged to stay on their feet when going after the ball.
13. A player that continually plays rough will be forced to sit out for at least 3 minutes. Coaches need to explain why they are sitting out to help them learn the proper way to play.