



Mt. Prospect Park District Youth Soccer League Rules Manual

Updated: 4/9/26

FIELD RULES:

1. During the game the goal lines must be kept clear of all spectators.
2. **Where to set up:**
 - Kindergarten - 4th grade levels
 - o Home team (& home team spectators) sits on the one side
 - o Away team (& away team spectators) sits on the opposing side
 - 5th - 8th grade levels
 - o Both teams sit on the one side, while parents/spectators sit on the opposing side. **o A maximum of 2 coaches are allowed on the sideline. Any coach who wishes to coach on the sideline must appear on the roster as a coach for the team.**
3. All spectators must remain behind the “parent line” (10 ft.) away from the field of play. The referees are instructed to enforce this rule. We ask that the coaches assist the referees in enforcing this rule for the safety of the players & spectators.
4. At half time for all grade levels – Teams must switch sides and defend the opposite goal from the first half.
5. Both teams must line up and shake hands at the conclusion of the game. Unsportsmanlike conduct will not be tolerated at this time; this applies to the players, coaches, and spectators.
6. **Protested and/or appealed games** – There will be NO protested games. There will be NO appeals. The referee’s decisions/rulings are absolute and final.

Gameplay Rules:

1. All games at the start and halftime will begin with an indirect kick to your half of the soccer field.
2. On a goalie save all players must leave the goalie box to allow the goalie room to move the ball
 - a. Kindergarten and 1st grade are only allowed to place the ball on the ground and kick it
 - b. 2nd through 4th grade boys are allowed to throw or kick from the ground
 - c. 4th grade girls and older may throw, kick, or punt the ball into play
3. There are no headers allowed at any grade level
4. Any kicking above player shoulders is also not allowed at any grade level
5. No Slidetackling allowed in any grade level

PLAYER EQUIPMENT

1. All teams must have the same color jersey during play (goalie is the exception to this).
All jerseys must be issued by the park district the team represents. If a player does not have a park district issued jersey, they will NOT be allowed to play in the game.
2. The home team will wear white jerseys and the away team will wear green jerseys.
3. All jewelry and metal hair barrettes must be removed. Earrings must be removed or covered with tape.
4. Soccer shoes that fit well are encouraged. **NO METAL CLEATS.**
 - o K-2nd Grades – Gym Shoes are OK.
 - o 3rd – 8th Grades soccer cleats are encouraged.
5. Shin guards are required to be worn for both games and practices. If a player is not wearing shin guards, that player may not play until he/she is wearing shin guards.
6. Every player is encouraged to bring his or her own soccer ball to practice.
7. Players must be in full uniform.
8. Clothing for inclement weather is permitted if worn under the official uniform. Only soft fabric, knitted ski-type hats may be worn on cold days. Headbands to control hair are permitted at any time as long as they conform to N.F.H.S. rules.

GAME TIME LENGTHS

Boys: Girls:

Kindergarten – 4-ten (10) minute quarters

K/1st grade – 4-ten (10) minute quarters

1st & 2nd Grade – 4-twelve (12) minute quarters

2nd/3rd Grade – 4-twelve (12) minute quarters

3rd/4th Grade – 2-twenty-five (25) minute halves

4th/5th Grade – 2-twenty-five (25) minute halves

5th/6th Grade – 2 – thirty (30) minute halves

6th-8th Grade – 2 – thirty (30) minute halves

7th/8th Grade – 2 – thirty (30) minute halves

The referees keep time – 5 minutes given for halftime

FIELD SIZES & PLAYERS/ROSTERS

LEVEL	PLAYERS ON FIELD <i>(includes goaltender)</i>	FIELD SIZE (yds)	GOAL SIZE (ft)
Kindergarten Boys	6v6 <i>(1 coach allowed on field)</i>	35x25	6x18
K/1st grade Girls	6v6 <i>(1 coach allowed on field)</i>	35x25	6x18
1st grade Boys	6v6 <i>(1 coach allowed on field)</i>	35x25	6x18
2nd grade Boys		8v8 55x40	6x18
2nd/3rd grade Girls		8v8 65x45	6x18
3rd grade Boys		8v8 65x45	6x18
4th Grade Boys		8v8 65x45	6x18
4th/5th grade Girls		9v9 80x55	8x24
5th/6th grade Boys		9v9 80x55	8x24
6th-8th grade Girls		9v9 80x55	8X24
7th/8th grade Boys		9v9 80x55	8x24

*****Numbers may change by season depending on the registration numbers*****

1. Coaches & the referee(s) agree to play with less players for both teams because of low attendance for both teams. Minimums per team are:
 - a. Kindergarten – 2nd Grade teams must have a minimum of 5 players to start the game.
 - b. 3rd - 8th grade levels must have a minimum of 7 players to start the game.
 - c. If the minimum requirements are not met by 10 minutes after the scheduled game-time, a forfeit will occur.
2. Even though one team has fewer than the # of players needed for a full team, the opposing team is encouraged to match the other teams #'s, but may play at full strength.
3. 5th – 8th Grade - No players will be added to any team's roster after week #3 of the season.

PLAYING TIME:

1. Coaches are expected to play their team members who are in good standing, at least one half (1/2) of the game.
2. If the coach has players missing practices without notifying the coach or who has discipline problems, he may play a team member less than the required time, but **the coach must inform the player's parents & Park District before doing so.**

SUBSTITUTIONS

1. Substitutions shall be unlimited.
2. Substitutions must be made with the CONSENT OF THE REFEREE during the following:
 - Prior to a throw-in
 - Prior to a goal kick by either team
 - After a goal is scored
 - At half-time
 - After an injury by either team, after the referee stops play
 - Prior to a corner kick IN YOUR FAVOR (if a sub is made, the opposing team sub)
 - *If a player is yellow carded (warned), that player may be replaced before play continues*
3. No substitutions will be allowed during fouls unless a card is issued to a player

PLAYER SHARING

1. Teams looking to add a player for a particular week can do so by calling up a kid from the grade level below.
2. The player **MUST** be enrolled in the house soccer program in order to play.

GOALIE RULES

1. When a goalie is in full or partial possession of the ball, contact with the goalie should be avoided at all times. Referees have been instructed to "blow a quick whistle" to avoid potential contact that could result in serious injury. **THIS IS A JUDGMENT DECISION SOLELY AT THE DISCRETION OF THE REFEREE.** Coaches should instruct all players before each game to avoid deliberate contact with any player at all times.
2. For 3rd - 8th Grades levels - goalies have only 6 seconds with the ball before kicking/throwing it. If a goalie holds the ball for longer than 6 seconds an indirect free kick may be awarded to the opposing team.
3. A goalie may use their hands with-in the penalty area only. If a goalie touches the ball with their hands outside the penalty area it is considered an intentional handball.
 - For K – 2nd grade levels, the referee will warn the goalie to use their hands with-in the penalty area only.
 - For 3rd – 8th grade levels, the referee may award the opposing team a direct kick.
4. For 3rd - 8th grade levels - in case of a penalty kick, the opposing goalie shall stand on the goal line, between the goal posts until the ball is kicked.
5. All goalies must have a distinctive jersey different from all other players on the field.

FOULS

1. For K – 2nd grade levels all fouls will result in the opposing team awarded an indirect kick from the point of the foul.
 - a. If the foul takes place inside the penalty area, the ball will be placed outside the penalty area. (Indirect kick = 2 players must touch the ball before a goal is scored). **No penalty kicks will be awarded for K – 2nd Grades.**
2. For 3rd - 8th grade levels - all fouls called will be under the discretion of the referee(s) and will follow the current National Federation of State High School Associations (NFHS) most current rulebook.

PLAYER INJURY

In case of an injury, play will stop when the referee blows the whistle. The whistle will be blown when the team with the injured player has possession of the ball. In serious instances, play will stop immediately.

SPORTSMANSHIP RULE

1. If one team has fewer than the required # of players on the field, the opposing team has the option to match their opponents number and play the game with less players OR to play at full strength. 2. If one team takes a **FOUR-GOAL LEAD (4)** over an opponent, the leading team must rotate offensive and defensive players or substitute players on the field.

3. If one team takes a **FIVE-GOAL LEAD (5)** over an opponent, the leading team must remove one player and continue to do so upon continuing their lead. The minimum number of players on the field will be as follows:

Kindergarten & 1st Grade 5 players

2nd Grade 7 players

3rd & 4th Grade 7 players

5th & 6th Grade 7 players

7th & 8th Grade 8 players

The leading team may return players to the field upon the trailing team scoring.

4. If a team began the game with fewer than a complete team (see rule #1 above), the relative player advantage would remain as listed. If the trailing team has no additional player, the team with the lead would remove one or more players from the field to meet the requirements of this ruling. The minimum number of players would be seven (7).

TIEBREAKER PROCEDURES for Standings (for levels with playoffs)

1. Head-To-Head
2. Head-To-Head Goals Differential
3. Total Goals Against
4. Total Goals Differential
5. Coin Toss

TIEBREAKER PROCEDURE FOR PLAYOFF GAME

1. 5 minute Golden Goal (Next goal wins)
2. 3 person penalty shootout

PLAYING CONDITIONS

- 1. Darkness** – A game stopped due to darkness is at the referee's discretion. The score at the end of the last completed half will determine the outcome.
- 2. Rain** – A game stopped due to rain is at the referee's discretion. Any game canceled due to rain or storms during the first half of the game is not an official game. The game will restart with the score being Zero-zero (0-0). Any game stopped during the second half of the game will be over and the team leading at that point will be considered the winner.
- 3. Poor Playing Conditions** – In the event of poor playing conditions and/or bad weather, the referee will make the decision if the game(s) should be played. Once the game has started, only the referee can stop the game.
- 4. Electrical Storms and Thunderstorms** – If Lightning is seen or Thunder is heard the following must be strictly adhered to:
 - a. There will be a mandatory twenty (20) minute wait from the last lightning seen or thunder heard. The game or practice must be canceled if the severe weather has continued for thirty (30) minutes.
 - b. Coaches, players, and spectators will take shelter inside a vehicle or building. At the referee's discretion, if the storm passes the game can restart from the point where it left off provided the field is playable and weather conditions are safe.
 - c. For practices, the coaches are responsible for making these decisions.

RESCHEDULING GAMES POLICY

MPPD Staff will contact coaches, establish a dialog between them, and provide options for make-up availability.

MPPD STAFF CONTACTS:

Adam Trzaska, Athletics Supervisor 847-640-1000

atrzaska@mppd.org