

2022 Soccer Guidelines

Equipment:

1. The Park District will provide age appropriate soccer balls
2. Each player will be given a t-shirt
3. They need to get their own shin guards and footwear

Games:

1. All games are played on Saturday mornings.
2. Little Kickers and Midfielders will play four 8-minute quarters. Strikers and Challengers will play four 10-minute quarters.
3. Little Kickers and Midfielders will have 15 minutes to warm up before their game. Strikers and Challengers will have 10 minutes.
4. Play with an even number of players for both teams. Example 6 vs 6, 7 vs 7, 8 vs 8.

General Rules of Play

1. All players must play at least half of the game, and you cannot sit out the same person twice until everyone has sat out once.
2. Coaches decide which team will have the ball first.
3. A kickoff at midfield will begin play at the beginning of the game, at the start of the second half and after a goal is scored. A forward standing near the center line kicks the ball to a fellow player. The kicker may not touch the ball again until another player has kicked it.
4. After a goal the ball is returned to the center where it is kicked off by the team that didn't score.
5. **Throw-In.** The ball is "Out of Bounds" when the entire ball passes over the touchline (sideline). The team who did not touch it last throws it in. On a throw-in a player may take a run, but as it is released, a part of the foot must touch the ground either on or outside the touchline. The thrower must use both hands equally and deliver the ball from behind the head. A goal may not be scored until another player on either team has touched it.
6. **Corner Kick.** If a ball goes over its own end line, and is touched last by the defensive team a corner kick is given to the offensive team. During the kick defensive players must be 10 yds away from the player kicking the ball.
7. **Goal Kick.** If the offensive team touches the ball and it goes over the end line, the defending team receives a goal kick. The ball is placed on the ground in the goal area and the opposing players must remain outside the penalty area or the kick is retaken. It must be kicked, it can't be dribbled. The goalkeeper, in this instance, can not touch the ball with their hands. It must be kicked from the corner of the goal box that corresponds to the side it went over the line.

Illegal Throw-In Results -Ages:

- A. Little Kickers – Preschool/Kindergarten - No Violation
- B. Midfielders – 1st/2nd: Same player throws again.
- C. Strikers/Challengers – 3rd/4th/5th/6th: Same player gets one more try. If illegal a second time the result is a turnover to the other team.