

## CHEAT SHEET

### PEE WEE DIVISION

Ages 4 & 5 year olds (at time of registration)

Soccer Ball Size - 4

53-minute field time

30-minute practices

x4 5-minute quarters

Time allowed:

- between quarters is 1-minute

Scores WILL NOT BE kept

Keep game safe, light, fluffy, playful with the calls

### INTERMEDIATE DIVISION

Ages 6 & 7 year olds (at time of registration)

Soccer Ball Size - 4

41-minute field time

x4 8-minute quarters

Time allowed:

- after 1st/3rd quarters is 2-minute

- after 2nd quarter is 5-minute

- this can be shortened if everyone is ready

Scores WILL BE kept

Keep game safe, light, fluffy, playful BUT calls should be not as strict

### JUNIOR DIVISION

Ages 8 - 10 year olds (at time of registration)

Soccer Ball Size - 5

47-minute field time

x4 10-minute quarters

- if all agrees, x2 20-minute halves

Time allowed:

- after 1st/3rd quarters is 2-minute

- after 2nd quarter is 3-minute

- this can be shortened if everyone is ready

Scores WILL BE kept

Keep game safe AND calls should be more strict - offsides WILL NOT BE called BUT reminded

### SENIOR DIVISION

Ages 11 - 13 year olds (or not in HS - at time of registration)

Soccer Ball Size - 5

55-minute field time

x4 12-minute quarters

- if all agrees, x2 25-minute halves

Time allowed:

- after 1st/3rd quarters is 2-minute

- after 2nd quarter is 3-minute

- this can be shortened if everyone is ready

Scores WILL BE kept

Keep game safe AND calls should be most strict - offsides WILL BE called

**Alsip Park District  
12521 South Kostner  
Alsip Illinois 60803  
(708) 389-1003**

## **2024 Outdoor Soccer League Rules and Regulations**

### **A. Fees and Roster**

Fees for the league are as follows: Resident - \$90.00 & Non-Resident - \$110.00. After 4/1/2024, the league fees are Resident - \$110.00 & Non-Resident - \$130.00. Included in the fees will be 8-games, complementary electronic picture package, & End of the Season Award (this league includes a pool party at the conclusion of the league).

In the interest of keeping the prices as competitive as possible - Uniforms are no longer included in the League Fee. Players are encouraged to use last season's jersey (blue & white reversible). New players or players who need a new jersey are available for an additional fee of \$20.00. Additional Uniform Parts are available for an additional fee of \$5.00 per item (socks & shorts).

The league will be divided into 4 divisions: Pee Wee (4&5 year old), Intermediate (6&7 year old), Junior (8-10 years old), Senior (11-13\* years old). Divisions may be further combined due to low enrollment. \*Senior Division player can be 14 years old as long as they are NOT in High School.

Team Rosters will contain the following information: Team Administration, Players Name, and all contact phone numbers for each person, also jersey size and player number.

Game schedules will be generated and posted online at [www.quickscores.com/alsip](http://www.quickscores.com/alsip). The Alsip Park District will direct parents, players, coaches, and Officials to this site to receive information. Hard copies will be handed out upon request.

### **B. Team Administration**

Each team will either include a HEAD COACH and/or TEAM MANAGER.

- **HEAD COACH:** can be anyone associated to the player. This can include parent/guardian, grandparent or any relative, sibling over 18 years old ETC: there can be more than one coach. The Head Coach will complete a State of Illinois Criminal Background Check (good for one year), "Volunteer Application Waiver & Release", and "Coaches Code of Ethics". The Head Coach is primarily responsible for going over the rules and regulations of the game/league as well as teaching players how to play soccer. This includes both the acquisition of new skills and building on previously gained skills. In the event the team does not have a Team Manager, the Head Coach is the primary contact for the team. Parents can assist the team during practice at the discretion of the Head Coach.

- **TEAM MANAGER:** can be anyone associated to the player. This can include parent or guardian, any relative, sibling over 18 years old ETC. The Team Manager does not need to have past soccer experience. The Team Manager will complete "Volunteer Application Waiver & Release", and "Coaches Code of Ethics". The Team Manager will assist the Head Coach with

communication with the players and parents. The Team Manager will be the primary contact between the players/parents and the Athletic Supervisor. The Team Manager can also organize game refreshments, team outings, and ETC.

The primary method of communication from the park district is e-mail. Primarily, the Athletic Supervisor will reach out to the Head Coach and/or Team Manager. It is then their responsibility to reach out to the players and their parents. This will include weekly game reminders, any schedule updates, any weather updates, any emergency cancellations/postponements, and ETC.

## **C. Game Times & Locations**

All games will be played at the Commissioners Park, located at 12600 S. Kedzie Avenue, Alsip. Practices will be held at pre-scheduled times and located at Alsip Parks throughout Alsip, IL. The Head Coach and/or the Team Manager will schedule these and reach out to the Athletic Supervisor for approval. Each team in the division will have an opportunity to practice NO MORE THAN x2 times a week. Scheduled practice locations and times are on a first come first serve basis.

Pee Wee Division (FOR 2024 SEASON) will consist of 30-minutes of practice time followed by 30-minutes of game time each Saturday. Saturday practices will be conducted by a team parent, a park district official, or the referee. The 60-minute breakdown is as follows: The first 30-minutes each Saturday will be practice time followed by x4 5-minute quarters (or x2 10-minute halves). After each quarter, teams will have 1-minute water breaks. During practices, parents are welcome to join in the practices. During the game time, we ask that parents let the kids recreate.

Intermediate Division will consist of x4 8-minute quarters with 2-minute breaks after the 1st and 3rd quarter & a 5-minute break after the 2nd quarter. Game time may be shortened or lengthened.

Junior Division will consist of x4 10-minute quarters with a 2-minute break after the 1st and 3rd quarters & a 3-minute break after the 2nd quarter (at the beginning of the game, both teams can elect for the game to consist of two 20-minute halves with a 3-minute break after the 1st half). Game time may be shortened or lengthened.

Senior Division will consist of x4 12-minute quarters with a 2-minute break after the 1st and 3rd quarters & a 3-minute break after the 2nd quarter (at the beginning of the game, both teams can elect for the game to consist of two 25-minute halves with a 3-minute break after the 1st half). Game time may be shortened or lengthened.

PLEASE NOTE: Duration of Games, Quarters, Halves, & Breaks will be dependent on amount of players as well as pre-scheduled any Double-Header games. Staying on time is important and will be taken into consideration with any duration changes.

Each team is scheduled to play eight games. Games have been randomly scheduled and will play on Saturdays, anytime between 9:00 AM and 2:00 PM. Schedules will be randomly generated based on the number of teams in each league (using QuickScores). Games may also be scheduled on Sundays as well as during the evenings on the weekdays.

NOTE ON WEATHER: Springtime weather can be unpredictable and can delay or even cancel practices & games. In the case of inclement weather, the Athletic Supervisor will update the Head Coaches and/or Team Managers as soon as possible by phone and e-mail. The Athletic Supervisor will also update the Apollo Recreation Center.

Re-scheduling of games: The Park District will make every attempt to reschedule games as soon as possible. IF POSSIBLE: All rescheduled games will be made up at the end of the season. Traditionally soccer is played in all types of weather conditions. Games will not NOT be canceled for light rain or wet conditions.

## **D. Game Play**

Each team will face off at the beginning of the game and at the beginning of each quarter or half. A member from each team will meet in the middle of the field and put their right foot on the ball. The Official will check with each side to make sure each team is ready. When the Official signals the start of the game, the ball will be live and either player can kick the ball into play. (OPTIONAL: Both teams can elect for a coin toss instead of facing off: the winner of a coin toss can elect to kickoff or choose a side to defend. The losing captain gets to make the remaining choice. At the beginning of the second half, the teams will switch sides and the team that did not kickoff at the beginning of the game will kickoff).

PLAYERS: Each game will have either 4 v 4 (with or without goalie), 5 v 5 (with or without goalie), or 6 v 6 (with goalie) ETC. This will be decided at the beginning of the game and is dependent on the number of players in attendance. PLEASE NOTE: this is fluid and will be dependent on amount of players as well as pre-scheduled any Double-Header games.

## **E. Scoring A Goal**

A goal is scored when the entire ball passes completely over the goal line providing no infraction has been committed by the offensive team.

If a goalie is being used: The goalie can hold the ball for a short time after defending the goal. This time is limited. The rule of thumb shall be "ten seconds." The Official shall provide a verbal 2 second warning before the first offense. Teams who are purposely holding the ball in order to run the clock down will be whistled with an unsportsmanlike conduct and the opposing team will be awarded a corner kick.

## **F. Out of bounds**

If the ball goes outside the playing area, it is put back into play in one of three ways:

- 1) By a "Throw-In", which is awarded to a team when the opposing team last touches the ball before the entire ball passes beyond the touch line (sideline), either in the air or on the ground. The ball will be thrown in any direction from the point where it crossed the touch line, by a player who is facing the field of play and has both feet on the ground outside the touch line. The thrower will use both hands with equal force and will deliver the ball from behind the head in one continuous movement.

- 2) By a "Goal Kick" which is awarded a team when the ball goes over the end line, last touched by an attacking player, (an offensive player). The defense gets a free kick from the side of the goal the ball went out on. The Official will place the ball on the side of the goal in which the ball went out on.
- 3) By a "Corner Kick" which is awarded a team when the ball goes over the end line, last touched by a defensive player. The attacking (offensive) team receives a free kick from the nearest corner of the field in which the ball went out on.

## **G. Offsides**

Offsides occurs when a teammate of the player with the ball is ahead of the ball and in the attacking half of the field. The ball may not be legally passed to him/her unless there are at least one defender between him/her and the goal.

The main point about the offsides rule is where the players are when the ball is kicked. The offside rule is designed to prevent an attacking team from taking an unfair advantage. The penalty for it is an indirect free kick awarded to the defending team.

Traditional offsides will NOT be called in the Pee Wee, Intermediate, & Junior. However, offsides may be called if the Official feels that a player(s) on the attacking team are positioning themselves intentionally within the penalty area for a lengthy period of time. This time period and the Officials call will be solely at the discretion of the Official(s). Offsides will be called Senior Divisions. Offsides can only be called on the opposing team's side of the ball, from center line to goal line.

## **H. Fouls/Free Kicks**

Soccer rules do not allow a great deal of physical contact, but some is permitted. For example, opponents are allowed to make shoulder to shoulder contact with the player who has the ball, (considered a legal charge). Also, it is not a foul if the leg or foot of the person playing the ball incidentally contacts an opponent after playing the ball. The severity of the foul dictates the type of free kick awarded. For all free kicks, the offending team must be at least 10 yards away from the ball until it is kicked. There are 2 types of free kicks.

- 1) In-Direct Free Kick: From which the ball has to be played or touched by another player (either an offensive or defensive player), other than the kicker, before it crosses the goal line and a goal is scored. An "In-Direct Free Kick" will be awarded if a player commits the following:

Any infraction during game play will result in an In-Direct Free Kick. Pushing, shoving, tripping, hand checking all qualify for In-Direct Free Kicks.

- 2) Penalty Kick: Occurs when a "Direct Kick" infringement is committed within the penalty area. The penalty kick is taken from the penalty spot. While the kick is being taken, all players must be outside the penalty area. The goalkeeper, who should stand on the goal line between the goal post, must not move his/her feet until the ball has been kicked into play. The ball is in play once it has traveled its own circumference.

## **I. Slide Tackling**

There is NO slide tackling. A serious injury may result from this maneuver.

Slide Tackling and making contact with another player is an automatic 2:00 minute penalty. The first slide tackle and contact with another player is a yellow card and a 2:00 minute penalty. If a second offense occurs the player will receive a red card and will be ejected for the remainder of the game.

Any player who slide tackles from behind will automatically receive a red card and ejected for the remainder of the game.

Any player who is red carded any ejected from a game for slide tackling will be placed on "Season Probation."

Season Probation means if the player continues to use this maneuver in a game, the very next offense will result in an ejection of the current game and an additional 1 game suspension.

Any player who is given a 1 game suspension for slide tackling may be ejected from the league with no refund.

A player may touch a knee to the ground in attempt to block a shot/pass, as long as it is a controlled movement and he/she immediately returns to a standing position.

## **J. Handballs**

Intentionally playing the ball with the hands or arms is illegal. In such cases, the Official will award a direct free kick. A defending player handling the ball in his/her own penalty area shall result in a penalty kick. Handball applies from the top of the shoulders down to the fingertips.

If necessary, players in the Pee Wee Division shall be allowed to cross their arms to protect themselves.

An unintentional handball occurs when the ball strikes the hands or arms of a player who has not moved the hands or arms to play the ball. This is the judgment of the Official and may be called.

## **K. Substitutions**

Coaches will be allowed to substitute players throughout the game. Teams can only substitute on whistles (out of bounds, corner and goal kicks, along with goals) (All Teams). The league understands that younger players will walk off the field because they need a "break" if this happens please send out another player as soon as possible but discourage players from doing this as much as possible.

## **L. Injuries**

The Official will stop play as soon as he/she notices a player is down or injured. The Official will also observe which team was in possession of the ball when play was stopped. The remaining

players should sit down and stay away from the injured player, while the coach is examining him/her. If there are any signs or risk of a serious injury, the paramedics will be called. Substitutions will be allowed and the game restarted by an indirect free kick for the team last in possession or a drop kick.

## **M. Equipment**

### 1) Soccer Ball

A sized 4 regulation ball will be used in the Pee Wee and Intermediate Divisions. A sized 5 regulation ball will be used in the Junior and Senior Divisions. It is recommended that every player have his/her own soccer ball. Young players need to have their own ball in order to improve on their ball-handling skills. It also allows all players to participate in drills at the same time. The ball should be clearly marked with the player's name and address (optional). Since Park District equipment is limited, requests will be honored on a case by case basis. Every effort will be made to set each team up for success (equipment-wise).

### 2) Shin Guards

**REQUIRED:** All players in every division are required to wear shin guards. If a player does not have shin guards, every attempt will be made to provide them with a pair.

### 3) Spikes

It is recommended that all players wear soccer spikes for all outdoor leagues, but they are not required.

## **N. Divisions**

The league will be divided into 4 divisions. Divisions may be combined in order to run a league. If this occurs, the divisions will be broken down by age, grade, or gender in order to make them as fair as possible.

## **O. Regulation Time**

- 1.) Pee Wee Division: will consist of 30-minutes of practice time followed by 30-minutes of game time each Saturday. Saturday practices will be conducted by a team parent, a park district official, or the referee. The 60-minute breakdown is as follows: The first 30-minutes each Saturday will be practice time followed by x4 5-minute quarters (or x2 10-minute halves). After each quarter, teams will have 1-minute water breaks. During practices, parents are welcome to join in the practices. During the game time, we ask that parents let the kids recreate. Game time may be shortened or lengthened based off the number of players in attendance (as well as double-headers).
- 2.) Intermediate Division: will consist of x4 8-minute quarters with 2-minute breaks after the 1st and 3rd quarter & a 5-minute break after the 2nd quarter. Game time may be shortened or lengthened based off the number of players in attendance (as well as double-headers).
- 3.) Junior Division: will consist of x4 10-minute quarters with a 2-minute break after the 1st and 3rd quarters & a 3-minute break after the 2nd quarter (at the beginning of the game, both teams can elect for the game to consist of two 20-minute halves with a 3-minute

break after the 1st half). Game time may be shortened or lengthened based off the number of players in attendance (as well as double-headers).

- 4.) Senior Division: will consist of x4 12-minute quarters with a 2-minute break after the 1st and 3rd quarters & a 3-minute break after the 2nd quarter (at the beginning of the game, both teams can elect for the game to consist of two 25-minute halves with a 3-minute break after the 1st half). Game time may be shortened or lengthened based off the number of players in attendance (as well as double-headers).

If a tie exists at the end of regulation time, the tie game will stand. Rest periods between halves may be adjusted to keep game times on schedule.

## **P. League Scores & Standings**

Pee Wee Division will not keep score for the season.

Intermediate, Junior, and Senior Divisions will keep score. The final score will ultimately be up to the Head Coach and/or Team Manager of each team. After the games, Athletic Supervisor will collect the weekend's scores. The scores will then be recorded on [www.quickscores.com/alsip](http://www.quickscores.com/alsip).

Alsip Park District reserves the right to not keep score or league standings in the unlikely event the season's scores become a problem.

## **Q. Forfeits & Substitute Players**

We wish to avoid a forfeit whenever possible. In the event that a team is short, the starting number of players will be adjusted in order to make the match even, as long as it is agreed upon by both coaches.

The exception to this rule would be the case of a player(s) being ejected from a game. In the case of a player being ejected, further actions may be taken by the Park District.

If a coach cannot field a starting team by the scheduled game time, a 10 minute grace period will be granted. As soon as the players arrive, the game must begin. If, after the 10 minute grace period has expired, the team is still unable to field a starting team, a forfeit shall be declared. The game still can be played in the allotted time period with short numbers if agreed upon by both coaches.

We will make every attempt to avoid forfeits whenever possible. Number of players on the field will be adjusted on the fly in order to play a game.

## **R. Participant Conduct**

Unsportsmanlike conduct will result in ejection from the game and possible team forfeiture of the game. Active participation in any type of disorderly conduct will also result in expulsion from the league for the remainder of the season. The Official/Athletic Supervisor will have the authority to declare forfeiture in this case. Possible further actions may be taken by the Athletic Supervisor/Park District. There will be no exceptions. Use of foul language will result in ejection from the game. If this happens twice by the same person, it will mean expulsion from the league. Any player who is ejected from a game by the Official will also be suspended from the



next actual game. The second ejection means immediate expulsion from the league. In the event this player causes problems, the Athletic Supervisor/Official has authority to ask the player to leave the premises. If this happens, further action may be taken by the park district.

## **S. Appropriate Behavior**

ACCEPTABLE BEHAVIOR IS REQUIRED AT ALL TIMES. This includes all parties involved with the activity: participants/players, parents, spectators, guests, coaches, ETC.

Please remember parents/guardians and spectator guests are extensions of the players themselves and will be treated as such. Any unacceptable behavior will be met with disciplinary actions that may include

- Verbal warnings
- Ejection from game/entire season
- Forfeiture of game
- Suspension from future programs

### **Notes on Acceptable Behavior:**

- **Not engaging in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; using profane language or gestures. It is everyone's responsibility to encourage good sportsmanship by demonstrating positive support for all players, coaches, and Officials at every game, practice, or other youth sports event.**
- **Support coaches and Officials working with our children and encourage a positive and enjoyable experience for all.**
- **Your agency demands an environment for our children that is free of drugs, tobacco and alcohol and will refrain from their use at all youth sports events.**
- **Remember, Youth Activities are for YOUTH (we have Adult Activities that are exclusive to adults).**
- **It is everyone's responsibility to make youth sports fun for everyone involved.**
- **We need to continue to teach our children to play by the rules and to resolve conflicts without resorting to hostility or violence.**
- **Continue to teach our children that doing one's best is more important than winning, so that no one will ever feel defeated by the outcome of a game or his/her performance.**
- **Praise our children for competing fairly, trying hard, and make our children feel like winners every time.**
- **Never ridicule or yell at our children or other participants for making a mistake or losing a competition.**
- **Emphasize skill development and practices and how they benefit our children over winning.**
- **RESPECT: respect the Officials and their authority during games and will never question, discuss, or confront coaches at the game: take time to speak with coaches at an agreed upon time and place.**
- **Refraining from coaching our children or other players during games and practices without the head coach's blessing: it takes a village to raise a team.**

**Failure to comply will result in disciplinary actions being taken to resolve the issue. Actions may include but are not limited to verbal warnings, ejections and/or suspensions. Incidents will be handled how the League Administration deem appropriate based on the severity of the incident.**

## T. Additional Rules

1. All items of jewelry (necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc.) are strictly forbidden and must be removed. Using tape to cover jewelry is not acceptable.
2. A player will be ADDED to the playing field from the losing team if they are down by 5 goals. If the team goes up by 6 goals, the losing team will add another player (if applicable). If the losing team scores and makes the margin back to 5 or 4 they must remove their extra players from the field. Teams should try their best to avoid 5/6 goal leads. PLEASE NOTE: depending on the number of players: the winning team should take away a player (in the instance the losing team does not have a player to add).
3. Every team in every division should do everything in their power to play every player in every game. All divisions using a goalie must utilize every player in the goalie position (if player doesn't desire to play goalie, they do not have to be goalie). Enforcement of this rules can be difficult, cooperation by all teams is required. If a coach or parent notices an under-utilized player, they should contact the Athletic Supervisor.
4. It is in the interest of the program and players to develop skills and appreciation of every position on the soccer field. It is therefore, the policy of the program to rotate players in a different position from time to time so that they can experience every position.
5. Charging the goalkeeper shall not be permitted in the penalty area, nor shall the goalkeeper be harassed or interfered with while attempting to put the ball in play.
6. The actions normally used by the goalkeeper holding, bouncing or throwing the ball in the air and catching it – are allowed.
7. Excessive coaching from the sidelines shall not be permitted. A yellow card will be issued which constitutes a warning to the Head Coach. A red card will be issued if violations continue and will result in ejection from the game for the offending coach. This also applies to parents and spectators.
8. Foul/abusive language will not be tolerated on the field, sidelines, etc. by players, coaches or parents/spectators.
9. There are no timeouts. The Official may stop the clock for injuries, lost ball, etc. The clock will not be stopped for a goal unless the Official feels one of the teams is deliberately wasting time. Time will be extended and a penalty kick awarded to the opposing team.
10. Each coach is responsible for his/her conduct and that of his/her team, both on the field and on the sidelines. A caution will be given for the first infraction. In the event of continued misconduct or unsportsmanlike activity, the Official may declare a forfeit.
11. Headers will NOT be allowed in Pee Wee and Intermediate Divisions. If a player heads the ball on purpose an indirect kick will be awarded to the opposing team. Although this is strongly discouraged, Headers will be allowed in Junior and Senior Divisions.
12. The Alsip Park District reserves the right to adjust or alter any rule(s) which is deemed in the best interest of the league.