



Rockford Elementary Soccer Rules and Guidelines

Conduct:

1. As a fan, parent or guardian be a positive role model.
2. Cheer positively and enjoy the competition but remember these are elementary school students and the referees are human. In no circumstances should you “put down” the other team.
3. Players may not be dropped off at either games or practices. They must have an adult present who is responsible for them.
4. Call your child’s coach ahead of time, if your child cannot attend a practice or game.
5. Make sure players arrive for games and practices on time and with the proper uniform and equipment. (Please see Uniform & Equipment section.)
6. During league games, both teams (players and two coaches, maximum) are to be located on the same side of the field separated by the mid field line. No player or coach shall cross the mid field line as to be on the opposing teams sideline.
7. All spectators are to be on the opposite side without exception.
8. No one is allowed behind the goal line and everyone is required to be at least one yard away from the sidelines.
9. Referees and coaches have a difficult job, and mistakes will be made. Arguing or yelling with the referees or coaches is unwarranted and useless. Excessive displays may result in removal from the activity and could ultimately prevent a spectator from attending an activity.
10. Please keep the fields clean and free of litter by depositing such in provided containers or carrying out what you bring into the area.

Uniforms & Equipment:

1. The issued uniform is required to be worn at all games. Each player must be dressed as follows:
 - a. Issued jersey or tee shirt with a number on the back. Jerseys or shirts must be tucked into the shorts when entering the game and remain as such while on the field. If a player attempts to enter the playing field without tucking the shirt into their shorts, the referee may refuse the substitution.
 - b. Shorts,
 - c. Socks that will appropriately cover their shin guards,
 - d. Shin guards,
 - e. Soccer or athletic shoes, that must be tied prior to entry onto the playing field,
 - f. And “no” jewelry may be worn by a player. This includes, but is not limited to watches, necklaces, bracelets, earrings, and hard hair barrettes (includes beads).
2. Anyone not wearing the issued jersey or tee shirt and the appropriate equipment will not be allowed to participate in the contest.
3. Sweatshirts and sweatpants may be worn under the uniform in cold or wet weather so long as the number remains visible.

NOTE: **No** shoes with toe cleats or metal spikes permitted, including football and baseball cleats. **No** bare feet or sandals permitted.

CONDENSED SOCCER RULES:

1. Unlimited substituting of players may be done on your team’s own possessions.
2. Play time is required. **Every player dressed will play.** This rule applies to all players dressed in uniform for that game. All players who are in uniform will be on the field for a minimum of 5 minutes per contest.
3. Principals, Coaches or a League Official may limit an individual’s playing time based on poor conduct, sportsmanship, attitude or behavior during practice or games. Playing time may also be reduced if a player fails to meet all eligibility requirements as outlined by their coach/s and / or school.
4. The contest will be comprised of 2 (two) 20-minute halves with a running clock.
5. If the contest is tied at the end of regulation, there will be one (1) 5-minute overtime period with a running clock.
6. If the contest remains tied after the overtime period, there will be a 3 kick per team penalty kick with each team alternating attempts at the same goal selected by the visiting team. The winner will be determined by the total of these kicks, if the score remains tied then it will be recorded as such. All penalty kickers must be selected from the players that were on the field at the end of regulation time.
7. Each team will field 9 players with one of those players being the goal keeper.
8. This is a Coed league and the ratio of male to female players on each team will be at a minimum of 1 female for every 2 male players unless the team has less than 3 female players. A school may choose to have all female or all male teams, but it is important to understand that the competition is between teams.



9. 4th and 5th grade students will participate in the league but the “**dressed and play**” rule will be enforced for all ages regardless of grade level.
10. Players may participate on only one team when their name appears on the original team rosters. Rosters must be submitted to the league office for each team indicating only that team’s members.
11. If a “rostered” player transfers from one participating school to another, there shall not be a penalty to that player, but this may occur only once for any one player during a season.
12. Offsides will be enforced, refer to the “Offsides” Section below for further clarification.
13. At the beginning of a game teams must play with equal numbers of players on the field. If one team has 9 players and the other has 7 players, then both teams play with 7 players on the field. Refer to “Red and Yellow” Cards Section below for further clarification concerning disqualification.

Playing the Game:

1. The field will be 55-65 yards in length and 35-45 yards in width.
2. The goal will be 6 ½ feet in height and 18 ½ feet in width that is positioned in the center of the goal line at each end of the field.
3. All contests will be played utilizing a #4 soccer ball not to exceed 25-26 inches in circumference and is between 11-13 ounces in weight.
4. The home team kicks off first each game, and the visiting team selects which goal they will defend first.
5. Each team must stay on its own half of the field prior to the kick off and the defending players must be at least 10 yards from the ball until it is kicked.
6. After a goal, the team scored upon will kick off.
7. After halftime, the teams change ends and the kickoff will be taken by the opposite team which started the game.
8. A ball is out of play when it has wholly crossed the goal line or sideline, whether on the ground or in the air.
9. A **goal** is scored when the “**whole of the ball**” has passed over the goal line, between the goal posts and under the cross bar.
10. A **Throw In** is awarded to the team who did not touch the ball last when it goes out on the sidelines. A goal cannot be scored directly from a throw in. The ball should be thrown overhead with two hands and both feet should be in contact with the ground at time of throw. An infraction of such, requires that the ball go over to the other team for a throw in at the same location.
11. A **Goal Kick** is awarded to the defense if the offense touches the ball last and it goes out of bounds at the goal line. The opposing players should leave the penalty area before the goal kick takes place. The ball must be kicked out of the penalty area before anyone else can play it.
12. A **Corner Kick** is awarded when the defense last touches the ball and it goes out at the goal line. It is put back into play by a kick from the corner of the field on the side the ball went out. The kicker cannot play the ball twice before being played by another player and that the opposing players must be moved back to at least a 10-yard distance. If a kicker plays the ball twice, the other team takes a free kick from the point of the second touch.

Fouls and Misconduct:

1. A player who intentionally
 - a. kicks or attempts to kick,
 - b. trips,
 - c. jumps at,
 - d. charges violently,
 - e. makes a sliding tackle from behind,
 - f. strikes or attempts to strike,
 - g. holds,
 - h. pushes an opponent,
 - i. or intentionally handles the ball,
2. Shall be penalized by a direct free kick. (from which a goal can be scored directly against the other team). Any one of these nine offenses committed in the **penalty area** by a defender will result in a penalty kick to the offensive team. A **penalty kick** is a direct free kick taken at the penalty mark. All players except the player taking the kick and the goal keeper must stay outside of the penalty area and at least 10 yards from the ball. The defending goalkeeper will stand on the goal line,



between the goalposts, until the ball is kicked. The player taking the kick must wait until the referee blows the whistle and must kick the ball forward and shall not kick it a second time until it has been touched by another player.

3. A player committing less flagrant violations such as offsides, goal keeper playback, dangerous plays, obstructing, or unsportsmanlike conduct will be penalized by an indirect free kick. (from which a goal cannot be scored unless the ball has been touched by a player other than the kicker before entering the goal.) For all free kicks, the offending team must be at least 10 yards away from the ball until it is kicked.

Red & Yellow Cards:

1. The referee may give a verbal warning to a player after a foul or misconduct.
2. The next warning issued by the referee for a continued infraction will be the showing of the yellow card. The yellow card signals that a player has received the final warning prior to ejection from the game, and will be recorded by the referee as such.
3. If the infraction continues, or the referee deems an action abusive such as fighting, bad language, or disrespect to the official, a red card shall be issued. A red card signals that a player has been ejected from the game. A substitution is not allowed for the remainder of the game and the player is suspended from the next scheduled league game.
4. When a red card is given to a spectator or coach, they are ejected from the playing field. If they do not leave, the referee has the right to terminate the game. After the game, the referee shall notify the league administrator of any red cards issued.
5. Any player, spectator or coach issued a red card, will not be able to participate in or observe the next scheduled league game.

Goalkeepers:

1. Goalkeepers may handle the ball any time the ball is in the penalty area.
2. The goal keeper has six (6) seconds in which to put the ball back into play.
3. Once the goal keeper has fingertip control of the ball, he/she may not be charged, nor be interfered with while attempting to put the ball in play.
4. If a field player deliberately kicks the ball to his/her own goalkeeper, the goalkeeper is not permitted to touch the ball with the hands. If the goalkeeper does touch the ball with the hands, he/she shall be penalized by the award of an indirect free kick to be taken by the opposing team from the point of infraction.

Offsides:

1. A player is offsides if he/she is involved in the play and if he is nearer his opponent's goal line than the ball at the instant the ball is played by a teammate unless
 - a. he is in his own half of the field of play,
 - b. he is not nearer to his/her opponent's goal line than at least two of his/her opponents,
 - c. the ball was last played by an opponent, or
 - d. he/she receives the ball directly from a goal kick, corner kick, or throw-in.

Compliance with Rules:

1. All groups wishing to participate in REBA sponsored athletic games, meets and contests must have the following documentation on file:
 - a. Parental Permission Form/Agreement,
 - b. Medical Emergency Form,
 - c. and the Sportsmanship Agreement Form.
2. Each of the forms must be completed and must have the appropriate signatures as indicated on the document prior to participation in any practice, games, meets or contest.
3. Coaches must maintain a completed and signed copy of the "Medical Emergency Form" for each participant in their possession while the participant is actively engaged in practice, games, meets and contests. Random audits will occur to verify compliance with this policy.
4. Members of this Association must comply with the rules as stipulated in the Constitution and By-laws of the Rockford Elementary Soccer League in all matters pertaining with athletic and activity programs, competitions and other events, with or against any other school, whether it is a member or non-member of the league.



5. All interscholastic athletic games, meets and contests participated in by Rockford Elementary Soccer League participating schools shall only be governed by the rules written or officially adopted for those respective sports by the National Federation of State High School Association and modified by the IHSA and the Rockford Elementary Soccer League Committee.
6. Referees shall enforce the Rockford Elementary Soccer League policies.
7. Referees shall put great emphasis on the welfare of the players, and promote good sportsmanship.
8. While the referee's decisions may not always be agreeable, their decisions are final and do not warrant arguing.
9. No useful purpose is served by arguing with the referee, so please show courtesy and respect and a referee may address a coach or spectator who is not conducting themselves with a positive attitude.
10. The referee has the right to ask an individual to leave the field should inappropriate behavior warrant.
11. The referee may suspend or terminate the game due to interference by a spectator(s).
12. The referee may determine that the game conditions require suspension of play and may ultimately terminate play based upon weather conditions.

Inclement Weather Policies:

Rockford Elementary Soccer League will follow the inclement weather and school closing guidelines established by the RPS 205 policies. If games are to be cancelled, the Rockford Elementary School Activities website at www.rps.8to18.com will have the announcement on the front page. Please check there prior to making any calls. This will be the quickest and easiest way for you to find out if games have been cancelled. If parents have doubts as to whether games will be played due to weather or school closings, they should first check the website, then check with their child's coach. Make up games will not be scheduled within the season due to weather cancellation or school closing.