

COACH INFORMATION

HIGH SCHOOL SOCCER LEAGUE 2015/2016

Games: The High School Soccer league will consist of two leagues (Boys and Girls). The girl's games will begin in November/ December and will end January / February. The boy's games will begin in January/February and end March. Each league will consist of 10 games. Girls' soccer will play on Wednesdays only, while the boys' soccer will play games on Wednesdays as well games on both Monday and Wednesday when March begins.

Game Schedules & Team Sideline: Coaches will handout schedules to their own teams. If you did not receive enough copies, please contact Debbie Peterson at dpeterson@olparks.com to receive more copies at your next game. Coaches, parents, and players will be able to view the schedules for their league on Team Sideline. Once the schedule is set, there will be no change in the schedule. Please visit www.teamsideline.com/olparks for update schedules or call the Community Pavilion at 708-857-2420 if you have any questions

Shirts: Teams will need to supply their own jerseys for their teams; preferably with numbers on the back of the jerseys. **Jersey numbers should be listed on roster** There will be pinnies available for any teams that happen to be the same color and for the goalies.

Equipment: Players must wear sneakers or a good athletic shoe that fits. Players must also wear their team's shirt during all games. All players must wear shin guards under a pair of soccer socks. If a player does not have their shin guards on during a game, they will NOT be allowed to play. **No jewelry is allowed.**

Weather and Cancellations: It is our policy to cancel games only in extreme weather conditions. If games must be cancelled, coaches will be notified and they will be in contact with the players.

School Ids / Waivers: All players must provide a copy of their current 2015-2016 student ids from their respective schools. Also each player must sign a copy of the High School Soccer Waiver in order to compete in the league. A concussion form is also given to each participant, which is for the parents/guardians. This form details a few of the concussion symptoms. These forms will be available the first night of games by the onsite supervisor as well as attached to the email.

OAK LAWN PARK DISTRICT HIGH SCHOOL SOCCER RULES 2014/2015

- 1) **Field of Play:**
 - a) The field is approximately 185 feet long by 85 feet wide
- 2) **Ball:**
 - a) U10 & older: Size 5 ball will be used
- 3) **Players On Field:**
 - a) High School League: 5 players + 1 Goalie
- 4) **Game Duration**
 - a) High School League: 2 – 22 minute periods (2 minutes between periods) ****Free Substitution****
- 5) **Equipment:** All players must have shin guards. No jewelry, metal or dangerous cleats allowed.
 - a) Teams must be attired in shirts of the same color with the exception of the goalkeeper who shall wear a pinnie that distinguish him/her from the other players and the referee (All shirts must have a number on the back.
 - b) Footwear must be flat soled. Multi studded AstroTurf style shoes are not allowed. Sneakers with black soles are not allowed.
 - c) All players must wear shin guards that have been manufactured for that purpose. Shin guards are to be completely covered by the socks.
 - d) Players shall not wear anything that in the referee's judgment is considered dangerous to the other players.
 - e) Any player improperly attired or equipped shall be sent off by the referee to make appropriate adjustments. The player shall not return to the game without first reporting to the referee to make appropriate adjustments.
- 6) **Off-Sides:**
 - a) Off-Sides will not be called. Off-sides is when a player is closer to his opponents goal-line than the ball, unless;
 - (i) If he/she is in their own half of field of play
 - (ii) If he/she is not closer to his opponents goal-line than at least two of his opponents.
 - (iii) A player shall only be penalized for being off-sides if the ball touches him/her. The player who is off-sides also has to be interfering with an opponent or gaining an advantage by being behind the defenders near the goal.
- 7) **Free Kicks and Restarts**
 - a) The ball must be stationary when a free kick is taken and the kicker has five seconds to put the ball in play after being signaled by the referee to do so.
 - b) The referee is required to use his whistle to restart play only on kick-offs and corner kicks.
 - c) Failure to put the ball back into play during the five seconds will result in a free kick being awarded to the other team
 - d) During a free kick, all opposing players shall remain ten feet from the ball. Violation of this requirement shall result in a two-minute penalty.
 - e) The ball is in play once it has been touched.
 - f) All free kicks are direct - a goal may be scored
 - g) A player taking a free kick may not touch it again until another player has touched it.
 - h) A free kick taken from a team's penalty area is in play once it has exited the penalty area.

- i) When restarting the game after a stoppage of play for any reason not covered elsewhere in these laws, the referee shall drop the ball at the place where it was when play was stopped. If in the penalty area, it will be dropped at the nearest line that is part of the penalty area
- 8) **Out of Play Ball / Throw-Ins:**
- a) A ball is out of play when it crosses the line in its entirety. A throw in is awarded when it crosses the sidelines. Throw-ins will be from where the ball went out. Players will be allowed two throw-ins for instructional purposes. If a player is unable to do a throw-in, they can do a free kick from the line.
- 9) **Goal Kicks:**
- a) When the offensive team kicks the ball out over the end line, the defensive team is awarded a goal kick. Goal kicks will be taken from the designated spot (the circle at the top of the goal arc.) When the defensive team kicks the ball out over the end line, the offensive team is awarded a corner kick. Goal kicks and corner kicks are indirect.
- 10) **Clock:**
- a) The clock is continuous and will only stop for injuries and at the end of each quarter.
- 11) **Substitutions:**
- a) Substitution is unlimited and may occur on the fly. During substitutions, (a) the player leaving the game must be in his/her team's bench area (b) the player entering the game remains in the bench area until the player leaving the game has left the field; (c) neither player participates in the game while they are on the field of play. An illegal substitution will result in a two (2) minute time penalty and a free kick for the offended team at the point where the ball was when play was stopped.
- 12) **Open Wound Cuts:**
- a) Players must leave the field of play and cannot enter until the wound is covered up and not bleeding. When the clock is stopped for an injury, the injured player must leave the field of play until the next opportunity to substitute.
 - b) An injured goalkeeper must be substituted after the second stoppage.
- 13) **Slide Tackling:**
- a) **NO SLIDE TACKLING WILL BE ALLOWED.**
- 14) **Methods of Scoring:**
- a) A goal is scored when the entire ball has crossed the entire goal line, between the goal posts and under the crossbar, providing no infraction has been committed by the attacking team.
- 15) **Penalty Kick**
- a) A penalty kick shall be awarded for offenses committed by defenders against an attacker in the penalty area. The kick shall be taken from the penalty spot. The goalkeeper must stay on the goal line until the shooter touches the ball. The goalkeeper may move laterally along the goal line. All other players must remain outside the penalty area and the restraining arc until the kick is taken. The ball is in play once it has been touched and moved forward. The player may not play it a second time including rebounds from the perimeter wall until a second player has touched it.
- 16) **Goal Keeper**
- a) Goalkeepers may change on the fly provided they are properly attired. The goalkeeper must release the ball into play within five seconds after gaining full control with his/her hands. The

goalkeeper shall be considered in control of the ball by touching it with any part of either hand. The goalkeeper may not play the ball with the hands if the ball was played to him/her intentionally by a teammate with the foot. **(Boys & Girls HS-no punting).**

- b) Goalkeepers will not serve their own time penalties. They will be served by a teammate.
- c) Goalkeeper's distribution: Play restarts with a goalkeeper throw-in after an attacking player has last touched the ball before crossing an end perimeter wall between the corner marks. The restart is taken from any point within the penalty arch. Opposing players are at least 15 feet beyond the penalty arch until the ball is in play. The provision otherwise apply as to Free Kicks

17) Ball In and Out of Play

- a) The ball is out of play when it completely passes over the perimeter wall or touches the net along the end line perimeter wall. The ball shall be returned to play at the point where it passed over the perimeter wall. A ball played over the end line shall be put back into play via corner kick or goal kick as appropriate.
- b) A ball played over the end line shall be put back into play via goalkeepers distribution or corner kick as appropriate
- c) A ball deliberately played over the perimeter wall shall be returned to play by the opposing team at the top of the restraining arc of the defending team.
- d) A ball that strikes the ceiling shall be put back into play at the center of the closed red line.

18) Start of Play:

- a) A coin flip prior to the start of the game will determine who starts with the ball. Coaches need to be present during the coin flip. Kick off's will alternate from each team at the start of each quarter and whenever a goal is scored the defending team will begin with the ball.
- b) The ball is in play when it has been touched by a player of the team in possession. The ball may be kicked in any direction during a kick-off. A goal may be scored directly from the kick-off. All free kicks are direct.

19) Three Line Rule

- a) A ball played forward over both red lines and the center line in the air towards the opponents goal without touching a player, the perimeter wall or the referee shall be whistled dead and a free kick awarded to the opponent from the center of the first line that is crossed. This rule applies to goal kicks and keeper punts as well as balls played forward during the run of play. The goalkeeper while standing within his/her penalty area may throw the ball over all three lines. The goalkeeper may throw the ball into the opponent's goal with the results being a goal scored.

20) Referees:

- a) The referees shall be considered in authority as soon as they enter the field of play and shall remain so until they leave the field of play. The referee's decisions regarding play are final. There is no appeal

21) Spectators Conduct:

- a) All spectators (including parents) are not allowed on the field, the team bench, the sidelines, or behind the goals. Spectators must be on opposite side of the field from the teams. Abusive language or gestures by parents or spectators will not be tolerated. Parents and spectators that verbally abuse players, coaches, or officials will be removed from the premises. Coaches are responsible for their team's spectators, and must notify the recreation supervisor immediately if anyone is abusive.

22) Fouls and Misconduct:

- a) A player who intentionally kicks, trips, strikes, boards, jumps at, pushes, holds, plays in a dangerous manner, obstructs an opponent or handles the ball shall be penalized by the awarding of a free kick to the offended team. Any of the above fouls committed in the penalty area shall result in the awarding of a penalty kick and a two-minute time penalty. ****Note:**

dangerous play and/or obstruction committed in the penalty area shall be penalized by the awarding of a free kick to the offended team from the top of the restraining arc.**

- (1) A two minute timed penalty may be assessed for:
 - (a) Boarding, elbowing, unsporting behavior, or any offense
 - (b) Deemed to be tactical, severe, or blatant in nature.
 - (c) Illegal substitution
 - (d) Referee crease violation
 - (e) Spitting on the floor
 - (f) Unsporting conduct
 - (g) Improper equipment after a warning has been issued.
 - (h) Encroachment
 - (i) Persistent infringement of the laws of the game
 - (j) Inadvertent profanity
- (2) When a two-minute penalty is assessed, the referee shall show a blue card to the offending player. An accumulation of three blue card penalties by an individual player during a single game shall result in a red card expulsion. The offending player will be dismissed from the game and a teammate shall serve the two-minute penalty.
- b) A red card will be assessed against any player, substitute or Coach for spitting, striking, violent conduct, serious foul play, use of offensive, insulting or abusive language, physically contacting game official, leaving the bench or penalty box to engage in misconduct or foul play that intentionally denies a team a goal scoring opportunity.
 - i) If assessed, a red card shall result in player or coach send off, a five-minute time penalty and suspension for the next game. The five--minute time penalty shall be served in full and shall not be shortened by goal scored by the opposing team. The game shall not be restarted until the offending player or coach has left the bench area. The team shall forfeit the game if a coach who has been issued a red card has no replacement.
- c) Any player shall serve time penalties assessed to bench personnel from the team roster. A time penalty will be delayed if it would reduce a team to less than the minimum number of players. If a goal is scored during a power play, the player serving the timed penalty shall return to play. If more than one player from the same team is serving time in the penalty box, the player with the least amount of time remaining shall re-enter the game. If an equal number of players from both teams are legally on the field of play when a goal is scored, no player serving a time penalty shall return to play.

23) **Administrative Matters**

- a) Team rosters will consist of no more than eighteen players.
- b) Waivers must be signed by each participant's parent or guardian and on file with the Supervisor prior to the second game.
- c) Rosters, waivers, and copies of the high school ids are due prior to the second game. Those who fail to comply will be excluded from play.
- d) Each team is responsible for the behavior of their fans. No abusive language or derogatory signs or gestures will be permitted. Spectators are not allowed in the bench area of behind the goal area. Spectators who do not conduct themselves in a civilized, mannerly way will be asked to leave the building.
- e) No non-playing or unauthorized personnel may be in the bench area during the game.
- f) The game clock will start at the scheduled game time. Team personnel are responsible for being on time and ready to play at the scheduled game time. No delay will be tolerated.
- g) Throwing, kicking, or playing of any kind is not allowed outside of the arena dasher boards. Those who engage in this activity will be warned once, and then excluded from play.
- h) There will be no timeouts.
- i) If a participant is ejected for fighting, he/she will not be allowed back in the program.
- j) If two teams engage in fighting a double forfeit will be called and play will end. The matter will be reviewed by a committee who shall determine whether the teams will be ejected from the league. **No refunds will be given if the teams are ejected.**

- k) Abusive language by parents or spectators will not be tolerated. Parents and spectators that verbally abuse players, coaches, or officials will be removed from the premises. Coaches are responsible for their team's spectators, and must notify the Recreation Supervisor immediately if anyone is abusive.
- l) Any coach ejected from a game for any reason will be suspended from the next game and possibly removed from coaching for the remainder of the season. If a coach verbally or physically assaults any referee, official, supervisor, or timekeeper, they will be barred from coaching indefinitely. Assault includes but it's not limited to, swearing, touching, pushing, grabbing, belly-bumping, spitting, or any other action that may be threatening in nature. If any official is assaulted in the Oak Lawn Park District leagues or programs the offender's action may be reported to the proper authorities. Coach's ejections and or suspensions will be reviewed by a committee. Please remember that this is a recreational league.

24) **Matters Not Covered:**

- a) For matters not specifically covered in these rules, FIFA Laws of the Game shall be followed when reasonably applicable. Park District Management reserves the right to make decisions appropriate to the effective and efficient administration of the program.
- b) The Oak Lawn Park District reserves the right to change, alter, and/or delete any rule as deemed necessary in the best interest of the leagues, its participants, and/or the district.
- c) Players are not allowed to jump over the walls during the transition of substitution – players must use the doors at all time **(NO EXCEPTIONS)**

25) **Team Scoring:**

- a) Win: 1 points
- b) Loss: 0 points
- c) The team with the best record after the regular season wins the league.
- d) In case of tie records, the following tie-break procedures will be used:
- e) If one of the tied teams has any forfeits they will assume the lower position
 - i. Head to head competition between tied teams
 - ii. Point differential in head to head competition among tied teams
 - iii. Point differential in all games played
 - iv. The league supervisor reserves the right to implement any necessary tie breaking procedures needed (coin toss, etc)

Any questions, concerns, or suggestions please call Debbie Peterson, Recreation Supervisor at (708) 857-2420.



DIVISION AGE: High School Indoor Soccer League 2015/2016 Team Roster

COACH: _____

PHONE: _____

TEAM NAME: _____

TEAM COLOR: _____

	Player Name	Age	Phone #	Jersey #
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				