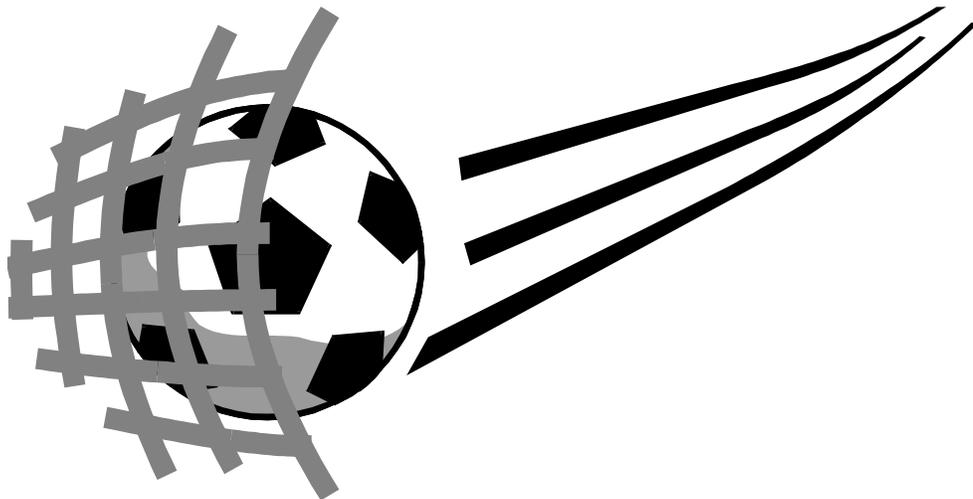




**Wilmette Park District**



**5 – 8 GRADE  
GIRLS  
SOCCER RULES**



**WILMETTE PARK DISTRICT  
FIFTH, SIXTH & SEVENTH GRADE GIRLS RULES  
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**5<sup>th</sup> – 8<sup>th</sup> GRADE GIRLS RULES**  
**WILMETTE PARK DISTRICT**  
**SOCCER LEAGUE REGULATIONS**

**RULE 1**  
**ELIGIBILITY**

- Section A** Any girl attending a Wilmette school or other schools that have been approved by the Wilmette Park District.
- Section B** 5<sup>th</sup> – 8<sup>th</sup> grade girls are combined due to registration.
- Section C** Teams will be mixed and made up of various schools.
- Section D** All players must be officially registered by the registration deadline. Children registered after the deadline will be put on a waiting list and will be put on a team when/if a spot becomes available.

**RULE 2**  
**TEAM ROSTER & SCHEDULING**

- Section A** Rosters are held to a maximum of 14 for 5<sup>th</sup> – 8<sup>th</sup> grade girls.
- Section B** Games will be played on Saturdays at the Community Playfield and scheduled at one and a half hour intervals from 9:00am until the schedule is completed. Teams should be ready on time for the game to begin. Arrive early and conduct warm-ups off the field. A coach must be in attendance during games and practice sessions.
- Section C** Season practices are to be determined by the coach and the players. One permit will be given out per team. These permits are for the Community Playfield only. Wilmette Public School land and other Park District parks do not need permits. The coaches need the permits at the time of practice in case of a conflict.

**RULE 3**  
**THE GAME**

- Section A** The Wilmette Park District will follow FIFA rules except where noted. Most rules will be mentioned in this packet. Also, there are some modifications that will be noted.
- Section B** **The Ball:** 5<sup>th</sup> – 8<sup>th</sup> grade girls will use a size #5 ball.

**Section C Playing Time:**

1. 5<sup>th</sup> – 8<sup>th</sup> grade girls play two 30-minute halves in regulation game.
2. 5<sup>th</sup> – 8<sup>th</sup> grade girls will have an 8-minute half time.
3. A continuous clock will be kept by the referee. The referee will use their discretion in the event that time needs to be stopped due to injury or other circumstances.
4. In the event of tie score at end regulation, then 2 complete 5-minute overtime (OT) periods will be played.

**Section D Number of Players:** 5<sup>th</sup> – 8<sup>th</sup> grade girls will have 9 players on the field with a maximum of 14 players per team.

**Section E** End lines must be kept clear of all coaches, parents, and spectators.

**Section F All-Play:** All-Play means that every recreation player on every team shall play at least 50% of each game. A coach shall be permitted not to play a player 50% of a game under special circumstances (e.g., unexcused absences from practice/game, unsportsmanlike conduct at practice/game, injuries). This should be explained to both the player and his/her parents prior to the game to avoid misunderstandings.

**Section G Player Equipment:**

1. Only the complete team uniform shall be worn. This includes the issued shirt, socks and shorts. Individualized player uniform attire will not be permitted.
2. **Shirts MUST be tucked in the shorts.**
3. No hats or caps are allowed.
4. Footwear must be soft, cleated soccer shoes.
5. **SHIN GUARDS ARE MANDATORY.** Shin guards are to be worn underneath the socks and placed in contact with the shin of the player. Shin guards should conform to manufacturer's specifications as to the height of the player.
6. Mouth guards are recommended, but are not mandatory.
7. If players need to share a jersey, please report to the referee.
8. No sunglasses are allowed.
9. Goalies who wear glasses are strongly advised to use protective eyewear over their glasses for safety.
10. Goalies will wear jerseys of a contrasting color.

**Section H Tournament Play:** Upon the determination of the WPD Youth Soccer Program Supervisor to be made by, and announced at, the fall coaches' meetings that the grade is eligible for Tournament Play, the Supplemental Rules for Tournament Play, attached as Appendix A to these rules, are in effect for that season.

## RULE 4 LAWS OF THE GAME

**Section A** The wearing of jewelry is prohibited under all soccer rules with the exception of medical medals, which shall be taped inside the uniform if worn. In the interest of safety for all players, coaches should check before each game to be certain that players are not wearing metal or plastic in the hair, bracelets, necklaces, chains or earrings. Players with earrings that cannot be removed must have earrings padded and taped. This precaution should avoid any unfortunate injuries and develop appropriate habits for soccer participation. (Rubber bands and soft headbands may be worn to control hair.)

**Section B** There will be no forfeits if at all possible. Teams should work together by alternating players back and forth. A team will need 6 or more players in a game or the team will have to forfeit. A 10-minute forfeit time will be allowed.

**Section C** **Start of Game:**

1. The referee will choose team to kickoff.
2. All players must be on their own half of the field.
3. Opponents must be 10 yards from the center mark while kickoff is in progress.
  - a. Ball must be stationary on center mark.
  - b. The ball may move in any direction and must be played by another player before the original kicker may play again.
  - c. A goal can be scored directly from kickoff.
4. At half, teams change ends, and the opposing team kicks off.

You cannot score directly on yourself from a kickoff.

**Restart:** A corner kick will be awarded to the opposing team.

**Section D** **Substitutions:**

1. Teams may make unlimited substitutions on the fly. A player may enter the field only from the center line and after the player being substituted has left the field. A player may leave the field at any point on the side or goal lines. An indirect kick will be awarded at the point of the infraction.
2. A team must substitute when a player has been "cautioned" (yellow card). Only the player receiving the "caution" may be substituted. The "cautioned" player may re-enter at the next legal opportunity.
3. A team shall not substitute for a player who is "ejected" (red card) during any period of play. The team will play short one player.
4. Coaches may be asked by the referee to remove a player for a period of time due to consistent violation of rules (e.g., slide tackling, swearing, hitting, etc.).
5. Goalkeeper substitutions may only occur during a stoppage in play. The substitute goalkeeper may only enter the field in they are properly equipped including wearing an appropriate jersey that

contrasts with both teams' jerseys. A player who is already playing on the field may not switch to goalkeeper without first leaving the field of play and becoming properly equipped.

**Restart:** An indirect free kick to the opposing team at the half way line where the goalkeeper entered the field.

**Section E** **Throw-in:** When the entire ball passes over a touch-line, either on the ground or in the air, it shall be thrown in from the point where it crossed the line, in any direction, by a player of the team opposite to that of the player who last touched it. The thrower at the moment of delivering the ball must face the field of play and part of each foot shall be either on the touch-line or on the ground outside the touch-line. The thrower shall use both hands and shall deliver the ball from behind and over his/her head. The ball shall be in play immediately when it enters the field of play, but the thrower shall not again play the ball until it has been touched or played by another player. A goal shall not be scored direct from a throw-in. A throw-in not entering the field of play will be retaken. You cannot score directly on yourself from a throw-in.

**Restart:** A corner kick will be awarded to the opposing team.

**Section F** **Corner Kicks:** When the entire ball passes over the goal line, either on the ground or in the air, and last touched by a defensive player, a corner kick will be awarded to the attacking team.

1. Corner kicks must take place on the same side of the field that the ball left the playing field over the goal line which was last played by a defensive player.
2. The ball must be placed inside the corner arc.
3. Opponents must be 4 yards away from the ball at the start of play.
4. The ball must travel one circumference to be in play.
5. A goal may be scored directly from a corner kick

**Section G** **Goal Kicks:** When the entire ball passes over the goal line, either on the ground or in the air, and last touched by an attacking player, a goal kick will be awarded to the defending team.

1. May be taken by any defensive player from any point inside or on the lines of the penalty area.
2. The ball must first be stationary.
3. The ball must travel outside the penalty area. (If the ball is played from inside the penalty area, by defender or attacker, the goal kick is retaken.)
4. Opponents must be outside the penalty area.

**Section H** **Free Kicks:**

1. **Indirect free kick** dictates that a second player from either team must play (touch) the ball before a goal may be scored.
2. **Direct free kick** is when a player taking the kick may kick directly into the goal without another player touching the ball.

**Section I**     **Penalty Kick:** A penalty kick is awarded to the opposing team by the referee when a foul that results in the awarding of a direct free kick has occurred by a player inside the penalty area. A penalty kick shall be taken from the penalty mark, and when it is being taken, all players, with the exception of the player taking the kick, properly identified, and the opposing goalkeeper, shall be within the field of play, but behind the penalty mark, and at least 10 yards from the penalty mark. The opposing goalkeeper must stand on their own goal line, between the goal posts, until the ball is kicked. The goalie may move laterally, but NOT forward. The player taking the kick must not play the ball a second time until it has been touched or played by another player. The ball shall be deemed in play directly when it is kicked.

**Section J**     **Offside:**  
A player is in an offside position if any of their body parts with which they can touch the ball during any other part of the play is in the opponents' half of the field and closer to the opponents' goal line than both the ball and the second-to-last opponent (usually, but not necessarily always, the last defensive player in front of the goalkeeper). Being in an offside position is not an offence in itself; at the moment the ball touches, or is played by, the player's team, the player must also be "actively involved in the play" in the opinion of the referee, in order for an offence to occur.

**A player shall not be penalized** for offside position if he/she receives the ball direct from a (1) goal kick, (2) corner kick, (3) throw-in, (4) drop by an official.

**Restart:** Indirect free kick awarded at the point the player in the offside position touches the ball.

**Section K**     **Fouls and Misconduct:**

**Direct Offenses**

1. Kicking or attempting to kick an opponent
2. Tripping or attempting to trip an opponent
3. Jumping at an opponent
4. Charging violently or dangerously
5. Charging from behind
6. Pushing an opponent
7. Punching, striking or attempting to strike an opponent
8. Holding opponent.
9. Handling the ball (including goalkeeper outside penalty area)

**Restart:** A direct free kick where offense occurred. When the defense commits these inside the penalty area, a penalty shot is awarded.

## Indirect Offenses

1. Dangerous play:
  - a. kicking ball held by goalkeeper
  - b. kicking high
  - c. heading ball low
2. Charging fairly when ball is not within playing distance (1-2 yards)
3. Intentionally obstructing opponent when not playing the ball:
  - a. obstructing the goalkeeper
  - b. waving arms
  - c. shielding the ball
4. Charging the goalkeeper.
5. Goalkeeper committing one of the following inside his/her penalty area:
  - a. takes more than 6 seconds to release the ball
  - b. plays ball 2 times
  - c. uses delay tactics
  - d. slide tackling
  - e. deliberate kick back to goalie

**Restart:** An indirect free kick where offense occurred. You cannot score directly on yourself from a direct or indirect free kick.

**Restart:** A corner kick will be awarded to the opposing team.

**Section L** **Goalkeeper:** The goalkeeper may catch with their hands any ball which comes into the penalty area and is last touched by the opponent. A goalkeeper may NOT use their hands inside the penalty area if the ball is passed to them intentionally by a foot of a teammate. (Chest or head is okay.)

**Section M** **Referee:**

1. **All referees' decisions are final!**
2. If you, as a coach, have a question about a rule and why a call was made or not made by an official, ask for an explanation when play has stopped. This should be an intelligent discussion and not a heated debate. As a coach, you are setting an example for the players on the field. Present a professional, adult attitude when pursuing a question with an official.
3. The referee **WILL explain all infractions to the offending players.**

**Section N** **No slide tackling allowed.**

**Restart:** A direct free kick where offense occurred. If a defender slide tackles inside the penalty area, a penalty shot is awarded.

**Section O** **Entire** ball over the line determines out of bounds and a good goal.

**Section P** **Method of Scoring:** Entire ball must pass over the goal line to be a goal.

**Section Q** If a game ends in a tie at the end of regulation play, two complete 5-minute overtime periods will be played.

## **RULE 5 CONDUCT**

**Section A** Each coach will be held responsible for the conduct of his/her team players and to see that all rules are observed. The coach must maintain complete control of him/herself and his/her team members at all times. This includes before, during, or after a game and any other time involved with the Wilmette Park District Soccer League. The key to a successful program is in the hands of the coach, and in turn, his/her players. Good leadership will ensure a good program.

**Section B** Officials and their decisions will be respected and not interfered with at any time. Unsportsmanlike conduct, disrespect, vulgarity or profanity will not be tolerated at any time. Any coach, player or spectator can be removed from a game and will receive disciplinary action from the Sports Supervisor. The type of disciplinary action will depend on the severity of the offense.

**Section C** Personal harassment of officials (referees, coordinators, supervisors) may be cause for either the team or individual to be suspended from the game or league.

**Section D** A game will be forfeited in the event a team or team's spectators fail to respect the official's authority or decisions. One warning will be given prior to such action.

**Section E** In any discussion on the field with an official, only the coach will be permitted to enter the discussion.

**Section F** Any player, coach or spectator guilty of threatening or physically striking an official will be immediately suspended for the season and may receive a lifetime ban from Wilmette Park District sporting events.

## **RULE 6 RAINOUT PROCEDURE, MAKE-UP GAMES & GENERAL INFORMATION**

**Rainout Procedure:** Soccer is an **ALL WEATHER GAME**. Games will be **played during wet and cold weather**. To receive notification of delays or cancellations, please call our **Rainout Line** at **(847) 920-7949, Ext. 1** or log onto **www.wilmettepark.org**, go to the Sports page and click on the Rainout link to register for electronic updates. You will have the option to receive updates via text or email for all sports programs.

**Practice Cancellation:** In case of practice cancellation, we cannot guarantee make-up availability due to limited building and field space. Contact Sara Hilby to inquire about making up a practice.

**Game Cancellation:** If the Park District must cancel a game, an additional game will be added to the end of the season. If a coach needs to cancel a game, he/she must notify

Andy Zavattero at (847) 920-3928 and also contact the opposing coach to schedule a make-up game, preferably on a Sunday, Monday or Tuesday. The Park District must have one-week notice to insure referees are available.

**Washroom Facilities:** Located on the blacktop area, directly behind the Junior High.

**Trophies:** Each child receives a trophy/medal. Please pick them up at the end of the season at the sports van. If your team has a bye the last week of games, please contact the Soccer Department at (847) 920-3928 or [azavattero@wilpark.org](mailto:azavattero@wilpark.org) to make other arrangements.

### **RULE 7 BAD WEATHER EMERGENCY PROCEDURES**

1. If you lightning or thunder are seen/heard during your practice, please stop practice and report it to the Field Supervisor. Practice will be delayed a half-hour after the last lightning or audible thunder has occurred.
2. If lightening or thunder occurs during a game, report it immediately to the Field Supervisor. At that time, the games will be delayed a half-hour after the last occurrence of lightening or thunder. A decision will then be made by the Field Supervisor to cancel or continue the games.
3. In case of a Tornado Alert, games **STOP**. Leave for a place of safety.

### **RULE 8 ACCIDENT REPORTING PROCEDURES**

Report all accidents/injuries involving players, coaches, spectators or Park District employees immediately to the Field Supervisor. Inform him/her that 911 has been called, so that he/she can assist in directing emergency personnel to the exact location of the injured party. If an accident occurs while practicing, please report it to the Field Supervisor. On Saturdays, each field is equipped with a red first-aid bag.

**EVERY COACH SHOULD BE THOROUGHLY FAMILIAR WITH THESE RULES  
AND SEE THAT EACH PLAYER HAS A SIMILAR AWARENESS.**

# APPENDIX A

## **Supplemental Grade 5 – 8 Rules for Tournament Play**

The following rules changes supplement these rules in the WPD Youth Soccer Program for purposes of the implementation of tournament play:

### Section 1 Length of Game

- A. Length of regulation play in games is 30-minute halves. (Half times are 8 minutes.)

**In the event of tie score at end of regulation:** Two complete 5-minute overtime (“OT”) periods will be played.

- B. **If tied after OT in tournament games:** Penalty shoot-out using the ABBA system. Each team will select five players and shoot on the same goal. Continue if tied after 5 rounds until one team leads after equal chances. Only one shot per roster player. If still tied after roster has been exhausted, then continue in same order for a second time through the roster as necessary. If a team receives a red card during normal play the other team will drop one player from the roster for penalty kicks.

### Section 2 Tournament Scheduling and Seeding

- A. Qualifying regular season play: All teams qualify for tournament play. Teams play the other teams as often as possible as determined by the Program Supervisor in regular fall and spring season. Point totals determine standings at end of regular season play. (Win = 2 pts., OT tie or loss = 1 pt., loss = 0 pts.)
- B. The Program Supervisor will determine the structure/elimination in tournament play in advance of the fall half of the regular season and may amend that choice as necessary before the start of the last regular season game in the spring.

### Section 3 Other Rules

- A. Rosters and Eligibility:  
All coaches must present to referees a team roster with names and numbers of players in ascending numerical order at least 5 minutes before the start of all regular season and tournament games. Only players who are present may be listed on the roster.

Any player omitted from the roster list as presented at the beginning of the game is ineligible to play in that game except as follows:

(1) At the discretion of the referee and upon application by the player's coach, a player may be added to the roster and allowed to play if it allows a team to play with, or closer to, the maximum permitted number of players on the field.

(2) With consent of the opposing coach and at the discretion of the referee, upon application by the player's coach, a player may be added to the roster and allowed to play after the start of play.

Any player listed on roster but not registered with WPD prior to play will result in a forfeiture and loss by the team of that game.

#### B. Referees and Cards:

Referees will maintain scoring and game sheets for all regular season and tournament games and turn them in to Supervisor at van.

Red card removes player in tournament from play in the remainder of the game and the next tournament game.

Two yellow cards at any time during a tournament and regular season games equal a red card.

Throughout the spring season, referees must report all cards, including to whom they were issued (name and number), offense, and time in game to supervisor(s) at van.

All decisions of the referees are final. The field van supervisor shall keep the tournament records and post results as received from the referees. At the discretion of the WPD Youth Soccer Program Supervisor, standings will be posted by single word, team chosen names only or by team jersey colors.

#### C. Applicability of Rules:

All rules for the grade of the WPD Youth Soccer Program to which this Appendix A is appended will apply except as modified by these changes.

**IMPORTANT NUMBERS**

**Ambulance ..... 911**

**Police Department..... 911**

**Fire Department..... 911**

**Community Recreation Center .....(847) 256-9686**

**Andy Zavattero, *Program Coordinator*.....(847) 920-3928**  
[azavattero@wilpark.org](mailto:azavattero@wilpark.org)

**Sara Hilby, *Program Supervisor* .....(847) 256-9689**  
[shilby@wilpark.org](mailto:shilby@wilpark.org)

**Carol Heafey, *Recreation Program Manager* .....(847) 256-9692**  
[cheafey@wilpark.org](mailto:cheafey@wilpark.org)

**Notification of Delays or Cancellations:**

**Rainout Line ..... (847) 920-7949, Ext. 1**

**[www.wilmettepark.org](http://www.wilmettepark.org)**, go to the Sports page and click on the Rainout link to register for electronic updates. You will have the option to receive updates via text or email for all sports programs.