**Lombard Park District Fall 2022 Soccer Rules:**

**Playing Rules - All Levels:**

Note: Any rules not specified in the playing rules section will follow normal FIFA Laws of the Game.

1. **Rule Change:** New official rule change in regards to heading the ball consistent with U.S.

Soccer and AYSO recommendations:

* Intentional heading of the ball is banned for all U-11 player in both practices and games
* Heading for players in U-11 through U-14 is limited to a maximum of 30 minutes per week with no more than 15-20 headers per player.
* An indirect free kick spotted at the location where the player touched the ball will be awarded to the opposing team if a player deliberately touches the ball with his/her head during the game

2. **Good Samaritan Rule** - If one team is short players, the other team should either share players or play with the same number of players.

3. **50% Playing Time** - All players attending the game will play at least 50% of the time unless there is an injury, illness, or an unwillingness to play.

4. **Three Goal Advantage** - If one team gets ahead by three goals, the opposing team can add one player until the deficit is fewer than three goals. If the deficit reaches five goals, the team ahead should remove a player or a second player can be added to the field for the team that is behind. **Coaches must take any measure possible to keep from running up the score and keep the game fun for both teams.**

5. **Tie-games remain as ties** - There are no “shootouts” or overtime periods played.

6. **Goalies -** Upon making a save, goalies shall release the ball in no fewer than 8 seconds. They must stay inside the goalie box if touching the ball.

7. **A Goal kick must leave the goal area to become live** - If a player enters the goalie box and makes contact with the ball too soon, the ball will be re-kicked by the goalie.

8. **Only 1 attempt** will be allowed on a corner kick

**Grades: 1st-2nd**

1) Length of match: **Four, 10 minute quarters** (2 minutes between quarters) Halftime: 5 minutes

2) Number of players: **7 players per side**

3) Ball Size: **#3**

4) Only one coach is allowed on the field. Please do not interfere with the flow of play. A second coach may be stationed off of the field behind your goalie. No coach is allowed behind the opposing team’s goal.

5) Substitutions will be allowed at quarter breaks, halftime, after a goal is scored, goal kicks and on your own throw-ins. You cannot change on the fly during a live ball situation.

6) There are no off-sides called for this age division.

7) Throw-ins: The same player will redo the throw-in until it is done legally.

8) No penalty, free, or indirect kicks will be used, possession of the ball will change.

**Grades: 3rd-4th**

1) Length of match: **Four, 12 minute quarters** (2 minutes between quarters) Halftime: 5 minutes

2) Number of players**: 7 players per side**

3) Ball Size: **#4**

4) Coaches must remain on sidelines (No coaching on the field)

5) Substitutions will be allowed at quarter breaks, halftime, after a goal is scored, goal kicks and on your own throw-ins. You cannot change on the fly during a live ball situation.

6) Offside will be called and enforced. Players have no restrictions in regards to the midfield line and remaining back on defense.

7) Throw-ins: The first throw-in attempt must be legal, or a violation will occur.

8) Indirect kicks will be taken instead of Penalty kicks and free kicks.