

ARLINGTON HEIGHTS PARK DISTRICT HOUSE LEAGUE SOCCER LAWS MODIFICATIONS – effective 8/15/2025

Rule	Kindergarten	1 st grade	2 nd grade	3 rd Grade & 4 th grade	5 th / 6 th grade	7 th / 8 th grade
Period duration	4x8 min. quarters	4x10 min. quarters	2x25 min. halves	2x25 min. halves	2x30 min. halves	2x30 min. halves
Sub break in period	None (see below)	None (see below)	Midway thru half – clock running	Midway thru half – clock running	None. Advise coaches of time near mid-point	None. Advise coaches of time near mid-point
Heading	Not permitted.	Not permitted.	Not permitted.	Not permitted.	Not permitted.	Not permitted.
Punting	Does not apply	Not permitted.	Not permitted.	Not permitted.	Not permitted.	Not permitted.
Build Out Line	Does not apply	Enforced.	Enforced.	Enforced.	Does not apply	Does not apply
Throw in/Kick in	Kick in	Kick in	Throw in, 2 attempts	Throw in, by the rule	Throw in, by the rule	Throw in, by the rule
Offside	Does not apply	Does not apply	Does not apply	By the rule	By the rule	By the rule
Slide Tackling	Not permitted.	Not permitted.	Not permitted, IFK or DFK for serious foul	Not permitted	Not permitted	Not permitted
Goal Kick	Anywhere on goal line	Halfway btw goal and penalty area lines	By the rule	By the rule	By the rule	By the rule
Ball size	3	3	4	4	4	5
# of players	4 max/ 3 min	5 max/ 3 min	7 max/ 4 min	7 max/ 4 min	9 max/ 6 min	9 max/ 4 min

Kick Off – On a kick off, the ball may be kicked in any direction. The player taking the kick and only that player may step on the opposing side of the field to take the kick off.

Mercy Rule – A team losing by 4 goals may add a player. For each additional 2 goals scored by the leading team, the other team may add another player.

Substitutions are allowed, with permission of the referee, in the following situations:

- **Kindergarten / 1st Grade:** on any stoppage in play.
- **Grades 2-8:**
 - On either team's throw-in (i.e. white may sub on blue throw-in), delay of game not permitted.
 - On either team's goal kick.
 - After a goal has been scored.
 - After an injury with a stoppage in play (any number of subs by both teams).
 - After a player receives a yellow card (only that player may be subbed).