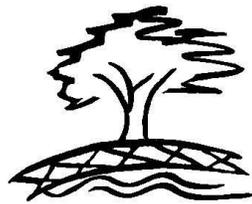


# **Naperville Youth Soccer Manual**



Naperville  
Park District™

*We're Serious About Fun!*

## INTRODUCTION

The Naperville Park District established Naperville Youth Soccer in 1976. While many changes have taken place in the program since then, it's original goals and objectives have remained the same. They are:

1. Participants will enjoy play and have equal opportunities for participation.
2. Participants will gain a better knowledge, understanding and appreciation of the game.
3. Participants will learn good sportsmanship, teamwork, responsibility and discipline.
4. Participants will feel a sense of accomplishment and enhanced self-esteem.
5. Participants will enhance social skills and enjoy the camaraderie of playing on a team.
6. Participants will have the opportunity to learn and develop soccer skills, and will maintain the desire to continue playing soccer.

The achievement of these goals and objectives is a cooperative effort involving players, parents, coaches, referees, other volunteers and the Naperville Park District staff. This program manual contains the information that each of these groups needs, including the rights and responsibilities of each group.

Immediately following this introduction are the 17 FIFA Laws of the Game. "Official soccer rules are determined and provided by the Federation Internationale de Football Association (FIFA), headquartered in Zurich, Switzerland, and these rules govern most national and all international competitions. Sports organizations such as the YMCA of the USA, Soccer Association for Youth, and American Youth Soccer Organization have modified FIFA rules to meet the needs of youth soccer players" (Coaching Soccer Effectively, Christopher A. Hopper and Michael S. Davis, Human Kinetics Books, 1988, p. 163). Some of the following rules are condensed versions of the 17 FIFA Laws of the Game and were found in the Hopper and David book just cited. Other laws are direct statements or restatements of the 1999 FIFA Laws of the Game, (which can be found on the internet at the FIFA Web site: [www.fifa.com](http://www.fifa.com) )

**After each law, in bold print, are any Naperville Youth Soccer variations or clarifications of that particular law. Where differences exist, the NYS interpretation in bold print shall take precedence.**

## INTERNATIONAL LAWS OF THE GAME

### Law 1: The Soccer Field

The field of play must be between 100 and 130 yards long and between 50 and 100 yards wide. The field is divided in half lengthwise by the halfway line and has a center circle 10 yards in diameter in the middle of the field. A goal is located at each end of the field and is 8 yards long and 8 feet high. A goal area, 20 yards long and 6 yards deep from the goal line, is located directly in front of the goal. A penalty area, 44 yards long and 18 yards deep from the goal line, is located in front of the goal. Corner arcs, with a radius of 1 yard, are located at each corner of the field.

#### NYS: Sizes vary

<b>Pre-K - Grade 1</b>	<b>Micro-Soccer Field:</b>	<b>70 feet by 140 feet</b>
<b>Grades 2 - 3</b>	<b>Small Soccer Field:</b>	<b>100 feet by 200 feet</b>
<b>Grade 4</b>	<b>Medium Soccer Field:</b>	<b>150 feet by 240 feet</b>
<b>Grade 5 - 6</b>	<b>Med.-Lg. Soccer Field:</b>	<b>180 feet by 300 feet</b>
<b>Grades 7 - 12</b>	<b>Large Soccer Field:</b>	<b>210 feet by 360 feet</b>

**To accommodate more children in the program, it is sometimes necessary for teams to play on fields normally assigned to a different grade.**

### Law 2: The Soccer Ball

Official soccer balls must be between 27 and 28 inches in circumference, should weigh between 14 and 16 ounces and should be inflated to between 8.5 and 15.6 pounds per square inch.

#### NYS:

<b>Kindergarten and Grades 1 &amp; 2:</b>	<b>Size 3 ball</b>
<b>Grades 3 - 6:</b>	<b>Size 4 ball</b>
<b>Grades 7 - 12:</b>	<b>Size 5 ball</b>

**NYS does not require that each player have a soccer ball, but does encourage this. Please mark your child's soccer ball if it is brought to practices.**

### **Law 3: Number of Soccer Players**

Regulation soccer games are played with 11 players to a side: 10 field players and 1 goalkeeper. Games may not be played if either team has fewer than 7 players. The number of players on a side, number of players needed to continue play, and number of substitutions will vary according to your grade level.

<b>Pre-K - Kindergarten</b>	<b>5 versus 5 (no goalie)</b>
<b>Grade 1</b>	<b>5 versus 5 (with a goalie)</b>
<b>Grades 2 - 4:</b>	<b>7 versus 7</b>
<b>Grades 5 and 6:</b>	<b>9 versus 9</b>
<b>Grades 7 - 12:</b>	<b>11 versus 11</b>

See diagrams beginning on page 40 for suggested player positions.

Substitutions are made at the end of each period for Pre-K - grade 1, at the end of each quarter for grades 2 through 4. Free substitution is allowed for grades 6 through 12.

All substitutions must enter and leave the field at the halfway line.  
Free substitution is allowed for grades 6 through 12:

By the team in possession:

- a. On a throw-in

By either team:

- a. On a goal kick
- b. When a goal is scored
- c. When a player is injured (only the injured player and one other player from the opposing team may be substituted)
- d. Between periods
- e. When a player is cautioned, the cautioned player may be substituted.  
The opposing team may also substitute one player.

Teams may play short-handed by up to 2 players. If a team is short by more than 2 players the opposing team **MUST** adjust their line-up until it has up to 2 players more than the short-handed team.

In situations where a team does not have enough rostered players to field a team, coaches are encouraged to drop or share players from the opposing team rather than forfeit a game.

Teams may not play more than the approved number of players on the field. Players must be of the same gender.

#### **Law 4:        Players' Equipment**

Players should wear clothes that are safe and consistent within a team. The usual equipment consists of a jersey, shorts, shin guards, knee-length socks, and shoes. Shoes are the most important piece of equipment for safety. Shoes that have metal studs or sharp cleats cannot be used. Goalkeepers must wear clothes different in color from those of the field players on his or her team. Goalkeepers often wear long-sleeved shirts, gloves, kneepads, and elbowpads to protect themselves.

**JERSEY:** Blue/gold reversible team shirts with the Naperville Youth Soccer logo, located in the upper left chest pocket area, are required for all participants. Jerseys may be purchased at local stores and clothing exchanges. All shirts must be tucked in during games and any additional clothing must be worn UNDER the official uniform. High school players will be provided a numbered jersey from the park district.

**SHORTS:** White gym shorts must be worn. While all-white shorts are preferred, white shorts with a different color trim or logo are acceptable. High school players will be allowed to wear any solid color.

**SHIN GUARDS:** Hard, molded shin guards or shin guards with hard, molded inserts are required. No foam, sock-like shin guards will be allowed.

**SOCKS:** Knee-length socks are required and must completely cover the player's shin guards. Shin guards must be covered with separate, knee-length socks at all games and practices.

**SHOES:** Gym shoes or soccer shoes with molded cleats are required. Baseball, football, track and golf cleats are not allowed because they are sharp and/or have a cleat at the toe.

**GOALKEEPER SHIRT:** Each team is provided with a goalkeeper shirt. These must be worn by all goalkeepers.

**SOCCER BALLS:** See Law 2.

**JEWELRY:** No jewelry of any type is allowed. Earrings on newly pierced ears may be worn if they are covered with tape or a bandage. Hair accessories containing metal are not allowed. Medical information tags must be taped against the body. Players who need to wear eyeglasses are encouraged to use straps to secure their glasses. Safety glasses or goggles are recommended.

**CASTS:** Casts of any type, regardless of construction or padding, are illegal and will not be allowed.

The referee shall be the sole judge of what constitutes illegal equipment in instances that are not covered by the preceding statements.

Parents are urged to label their children's clothing and equipment.

## **Law 5: Referees**

The referee is the official in charge of the game. In regulation games, one referee monitors play, keeps official time, stops play, allows substitutions and interprets and enforces all rules. The referee is in complete control of the game and all decisions made by the referee are final.

**Questions to the referee regarding rules, not judgement calls, may be made in a polite manner and away from the players and spectators at half-time or at the end of the game by coaches only.**

**Additional comments may be directed to the NYS Referee coordinator and/or the NYS Referee Trainers.**

**The Naperville Park District provides one or two referees for each game. On occasions when only one referee is present, a linesman may be provided by each team at the referee's request. The linesmen will only be responsible for calling the ball in or out of play and for indicating the direction of the return to play (which team takes the throw-in). The linesmen shall make no other calls.**

## **Law 6: Linesmen (Assistant Referee)**

Linesmen help the referee officiate soccer play. One linesman is assigned to each side of the field to determine when balls are out of play and which team is awarded throw-ins, goal kicks, and corner kicks. Linesmen are extensions of the referee and should be respected as such.

**If the referee wishes to use linesmen, he/she shall ask for one volunteer from each team.**

**Linesmen must remain off the field of play.**

**Linesmen are not permitted to comment on play or coach players while officiating.**

**The referee has the authority to overrule the linesman and will have the final and official ruling.**

**Additional questions/comments may be directed to the NYS Referee coordinator and/or the NYS Referee Trainers.**

**The linesmen will only be responsible for calling the ball in or out of play and for indicating the direction of the return to play. The linesmen shall make no other calls. The linesmen must be at least 16 years of age.**

**Law 7: Duration of Soccer Games**

Regulation soccer games last for two halves of 45 minutes each with a 5-minute half-time period. The half-time period will be longer for most youth soccer leagues as long as the league and the referee allow it.

<b>Pre-K - Kindergarten:</b>	<b>Six 6-minute periods</b>
<b>Grade 1:</b>	<b>Four 10 – minute quarters</b>
<b>Grades 2 - 3:</b>	<b>Four 10-minute quarters</b>
<b>Grade 4:</b>	<b>Four 12-minute quarters</b>
<b>Grade 5 - 12:</b>	<b>Two 30-minute periods (halves)</b>
<b>Duration of halftime:</b>	<b>5 minutes</b>
<b>Duration of period breaks:</b>	<b>No more than 2 minutes</b>

**Any game ending in a tied score remains as a tied score. There are no overtimes or tie-breakers.**

**Referees have been instructed to shorten time periods, as needed, to maintain scheduled game times throughout the day. Referees will notify the head coach of each team if this occurs. Teams should be ready to take the field at game time. Pregame warm-ups should take place off the field prior to the scheduled game time.**

**At all grade levels, teams will change goals at half-time.**

**There are no time-outs. The referee may stop the clock for injuries, lost balls, etc. The clock will not be stopped for goals unless the referee feels that one of the teams is deliberately wasting time. Time will be extended to take a penalty kick if it is awarded as time runs out.**

## **Law 8: Start and Restart of Play**

Before play begins, a representative of each team participates in the coin toss to determine which team kicks off and on which end of the field it will play. The team that wins the toss decides which goal it will attack in the first half of the match. The opposing team takes the kickoff to start the match. Teams alternate field sides and kickoff after half-time. At kickoff and all other kicks, the ball is in play after it has moved forward. A dropped ball restarts a match after a temporary stoppage which becomes necessary, while the ball is in play, for any reason not mentioned elsewhere in the Laws of the Game.

**The Naperville Park District has elected to start play in the center of the field of play at all grade levels.**

**For the pre-game coin toss, the visitors shall call heads or tails.**

**In all grades, the team that wins the coin toss decides one of the following: to kick off or which goal it will defend the first period/quarter/half.**

**In pre-k - kindergarten micro-soccer, the team that kicks off the start the 1<sup>st</sup> period also will kick off to start the 2<sup>nd</sup> and 3<sup>rd</sup> periods. The other team shall then kick off the 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> periods.**

**In grades 1 through 4, the team that kicks off the start of the 1<sup>st</sup> quarter also will kickoff to start the 2<sup>nd</sup> quarter. The other team shall then kick off the 3<sup>rd</sup> and 4<sup>th</sup> quarters.**

**In Grades 5 through 12, one team shall kick off the first half. The other team shall then kick off the second half.**

**The player who kicks off may not touch the ball again until another player has touched the ball first. A re-kick is NOT awarded for a second touch. A second touch by the kickoff player results in the opposing team being awarded an indirect free kick from the spot of the foul. For any other infringement of the kick off procedure, the kick off is retaken.**

### **Special Circumstances**

A free kick awarded to the defending team inside its own goal area is taken from any point within the goal area.

An indirect free kick awarded to the attacking team in its opponent's goal area is taken from the goal area line parallel to the goal line at the point nearest to where the infringement occurred.

A dropped ball to restart the match after play has been temporarily stopped inside the goal area takes place on the goal area line parallel to the goal line at the point nearest to where the ball was located when play was stopped.

**Law 9:           Ball In and Out of Play**

The ball is out of play when it has entirely crossed the goal line or touchline, whether on the ground or in the air or when play has been stopped by the referee.

The ball is in play at all other times, including when it rebounds from a goal post, crossbar or corner flag or when it rebounds from the referee when he/she is on the field of play.

**Law 10:          Scoring Goals**

Goals are scored by legally passing the ball across the goal line within the goalposts. If neither team has scored a goal or has scored the same number of goals at the end of a game, a draw or tie is declared.

**The ball must completely cross the goal line, between the posts or flags and below the crossbar for a goal to be scored.**

**A goal also will be awarded if the goalkeeper carries the ball, steps back or falls back, over the goal line.**

**A goal cannot be scored directly from a throw-in.**

**In micro-soccer, goals cannot be scored directly from a goal kick, a throw-in or a free kick.**

**A goal may be scored directly from a kick off.**

## **Law 11: Offside**

A player is in an offside position if the player is nearer to his/her opponent's goal line than both the ball and at least two defensive players. One of the defensive players may be the goalkeeper.

It is not an offense in itself to be in an offside position. A player in an offside position is only penalized if, at the moment the ball touches or is played by a teammate, he/she is, in the opinion of the referee, involved in active play by:

- interfering with play
- interfering with an opponent or
- gaining an advantage by being in that position.

A player cannot be declared offside if he/she:

- is behind the ball
- is in his/her own half of the field of play
- is level with the second last opponent or
- is level with the last two opponents.

There is no offside if a player receives the ball directly from:

- a goal kick
- a throw-in or
- a corner kick.

For any offside offense, the referee awards an indirect free kick to the opposing team to be taken from the place where the infringement occurred.

**Offside is determined at the instant the ball is played.**

**The offside rule will be enforced starting in 4<sup>th</sup> Grade, for pre-k through grade 3 it shall be considered unsportsmanlike conduct to station an offensive player near the goal area.**

**Any direct or indirect free kicks or a ball punted by the goalie can result in offside.**

## **Law 12: Fouls and Misconduct**

### **Direct Free Kick**

**(Awarded for major fouls-can be kicked into the goal without touching another player.)**

A direct free kick is awarded to the opposing team if a player commits any of the following six offenses in a manner considered by the referee to be careless, reckless or using excessive force:

1. Kicks or attempts to kick an opponent.
2. Trips or attempts to trip an opponent.
3. Jumps at an opponent.
4. Charges an opponent.
5. Strikes or attempts to strike an opponent.
6. Pushes an opponent.

A direct free kick is also awarded to the opposing team if a player commits any of the following four offenses:

1. Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball.
2. Holds an opponent.
3. Spits at an opponent.
4. Handles the ball deliberately (except for the goalkeeper within his own penalty area). **Girls may use their arms for protection while doing chest traps. Hands should be on shoulders, and elbows must be kept down.**

A direct free kick is taken from where the offense occurred.

### **Penalty Kick**

A penalty kick is awarded if any of the above ten offenses is committed by a player inside his/her own penalty area, irrespective of the position of the ball, provided it is in play.

### **Indirect Free Kick (See Law 14)**

**(Awarded for minor fouls-cannot be kicked into the goal unless the ball has been touched by another player of either team.)**

An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following four offenses:

1. Takes more than 6 seconds while controlling the ball with his hands, before releasing it from his possession.
2. Touches the ball again with his hands after it has been released from his possession and has not touched any other player.
3. Touches the ball with his hands after it has been deliberately kicked or thrown in to him by a teammate.
4. Wastes time.

### **Indirect Free Kick Continued**

An indirect free kick also is awarded to the opposing team if a player, in the opinion of the referee:

1. Plays in a dangerous manner.
2. Impedes the progress of an opponent.
3. Prevents the goalkeeper from releasing the ball from his hands.
4. Commits any other offense, not previously mentioned in Law 12, for which play is stopped to caution or dismiss a player.

An indirect free kick is taken from where the offense occurred.

### **Cautionable Offenses (Yellow Cards)**

A player is cautioned and shown the yellow card if he/she commits any of the following seven offenses:

1. Is guilty of unsporting behavior.
2. Shows dissent by word or action.
3. Persistently infringes the Laws of the Game.
4. Delays the restart of play.
5. Fails to respect the required distance when play is restarted with a corner kick or free kick.
6. Enters or re-enters the field of play without the referee's permission.
7. Deliberately leaves the field of play without the referee's permission.

**Slide tackling is not allowed by NYS at any level (see below for definition of slide tackling). In pre-k - kindergarten and grades 1 - 4, a player slide tackling will be given a yellow card for the first offense. A second yellow card will be given for the second offense. Two yellow cards are equal to a red card. The team will play short one player for the remainder of the game.**

### **Sending-Off Offenses (Red Cards)**

A player is sent off and shown the red card if he/she commits any of the following seven offenses:

1. Is guilty of serious foul play.
2. Is guilty of violent conduct.
3. Spits at an opponent or any other person.
4. Denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his/her own penalty area).
5. Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick.
6. Uses offensive, insulting, or abusive language.
7. Receives a second caution in the same match.

## Sending-Off Offenses (Red Cards) Continued

Red cards are issued based upon the referee's judgment at the time of the infraction. There is no action that can be taken to overturn the referee's decision to issue a red card.

When a red card is issued, the player who was issued the red card will serve a penalty . If the card was issued in the first half of the game: pre-k - kindergarten periods 1-3, grades 1-5 quarters 1-2, and grades 6-8 1<sup>st</sup> half of the game, the player will not be allowed to play for the remainder of the game. If the card was issued during the second half of the game: kindergarten periods 4-6, grades 1-5 quarters 3-4, and grades 6-8 second half, then the player will not be allowed to play the remainder of that game and the first half of the next game. All red cards issued to High School or coaches will result in not playing in the remainder of that game and the next complete game.

Slide tackling is not allowed by NYS at any level (see below for definition of slide tackling). In grades 5-12, a player slide tackling will be red-carded. The team will play short one player for the remainder of the game.

The Naperville Youth Soccer League defines slide tackling as, "Any time a defensive player goes to the ground with the intention of playing the ball, which at the time is being played by an offensive player." **NO SLIDE TACKLING IS ALLOWED IN NYS AT ANY GRADE LEVEL. THERE ARE NO EXCEPTIONS.**

### Fouls Involving the Goalkeeper

A goalkeeper in possession of the ball cannot be charged, obstructed, or interfered with by opposing players. Violators will be cautioned on the first infraction and appropriately carded on subsequent infractions.

A goalkeeper has possession of the ball when one or both hands or arms are holding the ball. Possession is also a finger, hand, arm or leg on a STATIONARY ball brought under the control of the goalkeeper.

Once the goalkeeper has the ball in his/her possession and places it on the ground, he/she may not touch the ball again with his/her hands until it has been touched by a player from either team.

If a player either throws the ball to his/her own goalkeeper from a throw-in or intentionally kicks the ball back to his/her own keeper and the goalkeeper picks up the ball, the opposing team is awarded an indirect free kick from the spot the foul occurred.

### **Law 13: Free Kicks**

Free kicks are either direct or indirect.

For both direct and indirect free kicks, the ball must be stationary when the kick is taken and the kicker does not touch the ball a second time until it has touched another player.

In a direct free kick, a goal is awarded when the ball is kicked directly into the opponent's goal.

In an indirect free kick, a goal can be scored only if the ball is kicked and subsequently touches another player before entering the goal.

In both direct and indirect free kicks, the kicker is entitled to have the opposing team 10 yds. from the ball; however, the attacking team may choose to kick the ball any time after the foul has been called. If the attacking team asks the referee to enforce the 10 yd. rule, the ball cannot be kicked until the referee moves the opponents back the required 10 yds. and permission is given for the play to continue. If the kick is taken before the referee's signal, the kick is retaken.

### **Law 14: Penalty Kicks**

If a player commits a foul that leads to a direct free kick (see Law 12) while inside the penalty area, then the opposing team is awarded a penalty kick from the penalty spot, 12 yards directly in front of the goal. During a penalty kick, the offensive player shoots for goal with one touch and only the goalkeeper can attempt to save the ball. The goalkeeper must remain on the goal line, facing the kicker, between the goal posts until the ball has been kicked.

**The number of yards from the penalty spot to the goal line varies by field size. All players except the goalkeeper and the kicker must clear the penalty box when the kick is taken.**

**Additionally, all players except the goalkeeper and the kicker must clear the penalty area arc. The penalty area arc is a 10-yard arc drawn outside the penalty area from the penalty spot. (See field diagrams beginning on page 40.)**

**The penalty shooter must wait until the referee's whistle before shooting.**

**The goalkeeper may not move forward until the ball is touched; however, the goalkeeper may move laterally before the ball is touched.**

**If a goal is not scored on the penalty kick, play continues.**

**No goalkeeper substitution is permitted on a penalty kick. If there is a penalty against your team resulting in a penalty kick against you, the goalkeeper in the goal at the time of the penalty remains in the goal for the penalty kick.**

## **Law 15: The Throw-In**

The team that last touched a ball that goes out of play along the side of the field loses possession to the opposing team. The opposing team must restart play from the spot the ball went out of bounds by throwing in the ball. Players must hold the ball with both hands and throw the ball over the head while keeping some part of each foot on the ground. Incorrect throw-ins result in the ball being awarded to the opposing team.

**The thrower shall use both hands with equal force and shall deliver the ball from behind and over the head in one continuous movement.**

**The thrower's foot is considered to be on the ground if any part of the foot is on the ground.**

**In micro-soccer, an incorrect throw-in will not result in the loss of the ball. The referee will briefly stop play, instruct the player on the correct throw-in procedure, and allow the player to attempt the throw-in again.**

**Before the thrower can play the ball again (on a throw-in), another player must touch it. If the thrower touches it first, the ball is given to the other team for an indirect kick at the point of the foul.**

**A goal cannot be scored directly from a throw-in.**

**A throw-in shall be considered legal if both feet or any parts of each foot are on or outside of the touchline.**

**An opposing player may stand in front of the thrower as long as he/she remains motionless. An opposing player may not unfairly distract or impede the thrower or he/she will be given a yellow card for unsporting behavior.**

**An indirect free kick is awarded to the opposing team if the goalkeeper touches the ball with his/her hands after he/she has received it directly from a throw-in taken by a teammate.**

## **Law 16: Goal Kicks**

A goal kick is a method of restarting play. A goal kick is awarded when the whole of the ball passes over the goal line, either on the ground or in the air, having last touched a player of the attacking team, and a goal is not scored in accordance with Law 10. The ball is in play when it is kicked and moved. The team defending the kick must remain outside the penalty area until the ball is in play.

**The ball may be placed anywhere in the goal area. It does not have to be placed on the side where it went out of bounds.**

**Although unlikely, a goal may be scored directly from a goal kick.**

**There is no offside offense if a player receives the ball directly from a goal kick.**

**A goal kick can be taken by any player on the team.**

## **Law 17: Corner Kicks**

Balls that go out of bounds beyond the goal line and are last touched by the defensive team are restarted by the offensive team. The offensive team restarts play with a corner kick from within the corner arc on the side from which the ball went out of play. The corner kick is similar to a direct free kick, in that the kicker is entitled to have the defense move 10 yds. from the ball before it is kicked and moves. The player taking the corner kick cannot touch the ball a second time unless another player has touched it.

**A goal may be scored directly from a corner kick.**

**There is no offside on a corner kick, but the offside rule does apply on ensuing kicks.**

**If the player taking the kick touches the ball a second time before it has been touched by another player, an indirect free kick is awarded to the other team.**

**Players are not allowed to move the corner flags during a corner kick.**

## MICRO-SOCCER RULES

### 1. **PLAYING FIELD**

The field is 70 ft. by 140 ft.

There is a center-line across the middle of the field and a goal handling area line 18 ft. from the end line.

The goal is designated by 4' x 6' goals on the middle of the end line.

Corner arcs with a radius of 1 yd. are located at each corner of the field.

### 2. **BALL SIZE**

A size three ball is used.

### 3. **NUMBER OF PLAYERS**

Pre-K - kindergarten is played with 5 players: 5 field players and no goalkeeper.

First grade is played with 5 players: 4 field players and a goalkeeper.

### 4. **DURATION OF GAME**

Pre-K - kindergarten games will be six 6-minute periods. Half-times are 5 minutes. Period breaks are no more than 2 minutes.

First grade games will be four 10-minute quarters. Half-times are 5 minutes. Quarter breaks are no more than 2 minutes.

### 5. **OFFICIATING**

Referees are assigned to each game. Due to the size of the field, linesmen are not needed.

### 6. **PLAYER'S EQUIPMENT**

Hard, molded shinguards are required. These are to be worn inside the sock.

Solid color shorts are required. They may have a different color trim or logo.

A reversible blue and gold Naperville Youth Soccer shirt is required and must be worn by all participants. Soccer shirts must be tucked in. During inclement weather, clothes may be layered, but the required shirt and shorts must remain on the outside.

Soccer shoes with molded cleats or gym shoes are required. No jewelry may be worn. In the case where ears are newly pierced, the area must be covered by tape.

A red goalkeeper shirt is provided to each team and should be worn by the keeper. A shirt of a different color than the required yellow/blue jersey must be worn if the red goalkeeper jersey is not available for some reason.

For additional information see Law 4 located on page 4.

## Micro-Soccer Rules Continued

### 7. **START OF PLAY**

For the pre-game coin toss, the visitors shall call heads or tails. At all levels, the team that wins the coin toss decides one of the following: to kick off or which goal it will defend the first period/quarter/half. In pre-k - kindergarten micro-soccer, the team that kicks off the start the 1<sup>st</sup> period also will kick off to start the 2<sup>nd</sup> and 3<sup>rd</sup> periods. The other team shall then kick off the 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> periods. In grade 1 micro-soccer, the team that kicks off the start of the 1<sup>st</sup> quarter also will kickoff to start the 2<sup>nd</sup> quarter. The other team shall then kick off the 3<sup>rd</sup> and 4<sup>th</sup> quarters.

### 8. **GOALS**

To score a goal, the ball must pass completely over the goal line. Goals cannot be scored directly from a goal kick, a throw-in or a free kick.

### 9. **OFFSIDE**

There is no offside, however, it will be considered unsportsmanlike conduct to station an offensive player near the goal area. For the first offense, coaches will receive a warning. On the second offense, the coach will receive a yellow card (unsportsmanlike conduct). On the third offense, the referee will issue a red card to the coach.

### 10. **FOULS**

All fouls are penalized by an indirect free kick, (i.e. after the ball is kicked), and another player must touch it before a goal can be scored. Defenders must be at least 5 yds. away at the time of the free kick. There are no penalty kicks. Infractions for which an indirect free kick may be awarded by the determination of the referee are:

Handball

Kicking

Striking

Tripping

Holding

Pushing

Jumping

Charging

Charging from behind

Unsportsmanlike conduct

Dangerous play

Obstruction

Goalkeeper holding the ball for more then six (6) seconds

Kick back to the keeper by own teammate in which the goalkeeper picks up the ball with hands

### 11. **SLIDE TACKLING**

The Naperville Youth Soccer League does not allow slide tackling at any grade level. Slide tackling is defined as "any time a defensive player goes to the ground with the intention of playing the ball, which at the time is being played by an offensive player." Please see page 11 for information regarding red cards.

## Micro-Soccer Rules Continued

### 12. **THROW-INS**

The team that last touches the ball, which goes out of play along the side of the field (touchline), loses possession to the opposing team. The opposing team is awarded a throw-in. The player taking the throw-in must hold the ball with both hands and throw the ball with equal force over the head while keeping some part of each foot on the ground. At the Pre-Kindergarten – First grade levels, if there is an incorrect throw-in, the referee will briefly stop play, instruct the player on the correct throw-in procedure and allow the player to attempt the throw-in again. At the Second grade level and older, if there is an incorrect throw-in, the referee will award the ball to the opposing team.

After the throw-in is taken, another player must touch the ball before the thrower can touch it again.

A goal cannot be scored directly from a throw-in.

An opposing player may stand in front of the thrower as long as he/she remains motionless.

### 13. **GOAL KICK**

Balls that go out of bounds beyond the goal line and are last touched by the offensive or attacking team are restarted by the defensive team. The defensive team restarts play with a goal kick (an indirect free kick from within the goal handling area). The ball will be in play when an offensive player touches it or if the ball crosses the center line.

**The opposing team must be on or behind it's own side of the center line until the ball is touched by an offensive player.**

The ball may be placed anywhere in the goal handling area.

### 14. **CORNER KICK**

Balls that go out of bounds beyond the goal line and are last touched by the defensive team are restarted by the offensive team. A corner kick is taken from within the arc on the side of the field from which the ball went out of play. Defensive players must remain at least 5 yds. from the ball until it is touched and has moved. The player taking the corner kick cannot touch the ball a second time unless another player has touched it.

### 15. **GOALKEEPING 1<sup>st</sup> Grade Only (no goalkeepers Pre-K – Kindergarten)**

The goalkeeper may pick up the ball with his/her hands in the goal handling area. In keeping with the spirit of micro-soccer, the goalkeeper may move in support of his/her team outside the handling area and move backwards to the goal when the opposition wins possession.

The goalkeeper should be made aware that he/she may use his/her feet outside the handling area. The goalkeeper may not pick up a ball with his/her hands that has been intentionally passed back to him/her by his/her own teammate. The penalty will be an indirect free kick by the opposing team. During the game no coaches, players, or spectators are allowed behind the goal handling area. Individuals will be asked by the referee to move to their appropriate sideline.

## PRESEASON & PRACTICE PROCEDURES

1. Head coaches should notify parents of players on their teams as soon as possible after getting rosters at the coaches meetings to notify them of the time that the first practice will be held. Coaches of older players can speak with the players themselves instead of the parents. Any head coach who does not have an assistant can ask for a volunteer at this time. Please note that in an instance where a coach fails to notify his/her team by the first week of practice, that the Park District will release their name and number to the individuals on the team.
2. NYS recommends that each head coach hold a parent/child meeting prior to or at the beginning of the first practice. At that meeting, the coaches can communicate what they expect of the players and the parents and what the players and parents can expect of them. This would be an appropriate time to hand out a team phone tree in addition to other team information.
3. Head coaches choose the time of practice for their assigned day and location. Practices must be held between the hours of 4 p.m. and 7 p.m. A second practice may be scheduled during the week. Practice day, location, and time of the second practice is at the coach's discretion. Assistant coaches should be consulted about this, but the final decision lies with the head coach. It is suggested that, when possible, practices be held at the same time each week. The park district recognizes that coaches' personal schedules do not always allow for this. A scrimmage is considered to be a practice. No more than two practices a week are allowed. Coaches must hold three practices before the first game of the season.
4. Head coaches should attempt to arrive a few minutes early for each practice in order to be ready to begin at the scheduled practice time. Practices should end promptly at the scheduled ending time.
5. Parents should make sure that their children arrive promptly at the scheduled practice time and are picked up promptly at the scheduled ending time. Players should bring their own filled water containers to practices. Shin guards completely covered by socks must be worn at all practices and games. Players are encouraged to wear their soccer shoes/cleats to practices.
6. Coaches are permitted to ask players to bring a soccer ball to each practice. However, we ask that coaches understand that not all players will be able to do so.
7. Practice sessions will usually last no longer than one hour, possibly shorter for the younger players or slightly longer for the older players.
8. Coaches are encouraged to come to practices with scheduled drills and activities in mind. Each head coach has access to a comprehensive coaching manual containing suggestions for drills and activities. The manual is located on the NYS website, <https://www.napervilleparks.org/napervilleyouthsoccer> . Coaching clinics also are available at the beginning of each season.
9. To preserve the quality of our playing fields, practices and scrimmages should not be held on lined soccer fields. Certain parks will have practice goals available each season. Contact

your coordinator for locations of these parks. In addition, practices should not be held on park areas under the following conditions:

Preseason & Practice Procedures

- a. presence of large areas of standing water
  - b. unstable footing due to water and/or mud
  - c. presence of sharp or dangerous objects such as glass or large rocks
10. The park district does not issue permits for practice sites. There may be more than one team scheduled per site. Coaches are encouraged to share practice areas to accommodate more than one team. Practice goals are located at specific parks for practice use.
  11. Only head coaches and assistant coaches who have completed and returned all volunteer paperwork are permitted to coach at practices and/or games.
  12. Regular attendance at practices is essential to the development of both the player and the team. If your child cannot attend practices on a regular basis, we recommend that you reconsider your child's continued participation in the program.
  13. Unregistered players or coaches are not allowed to participate in any practices or games.

### **TEAM FORMATION**

Each season NYS participants register for a practice location through the Naperville Park District lottery registration. The team is automatically formed once the maximum number of registrants allotted for the team has been met. All waitlisted participants will be contacted prior to the season by program coordinators to offer openings that may still be available on other teams. For additional registration information, please refer to the Naperville Park District Program Guide. Spring soccer registration information is available in the Winter Program Guide. Fall soccer registration information is available in the Summer Program Guide.

## GAMES, PLAYER PARTICIPATION & CANCELLATIONS

1. Naperville Youth Soccer games are played on Saturdays at various sites in Naperville. The earliest games begin at 8 a.m.; later games usually begin no later than 5 p.m. Due to the limited number of fields and seasonal field rotation, we are unable to conveniently schedule your games near your practice locations.
2. Length of individual games for the various age groups is discussed in Law 7.
3. Each player is entitled to play in at least one-half of each game. In addition, no child may play three-quarters of a game unless every other child has played one-half of the game. No child may play the whole game unless every other child has played three-quarters of the game. These rules are proportionate for micro-soccer.
4. No player is permitted to play only the goalkeeper position for more than half of the game. A player who plays one or more periods as goalkeeper also must play at least one period in another position on the field.
5. Each player is entitled to be a "starter". Any child who did not start for the first period must go into the game for the second period. Coaches are asked to equalize the opportunities for all players to be "starters" throughout the season.
6. One of the goals of this program is for the players to develop the skills and appreciation for each position on a soccer team. It is, therefore, the policy of this league to rotate players into different positions. Each child must play on two different lines (forward line, midfield line, and defensive line) during each game. In addition, over the course of the season, the head coach should attempt to equalize each child's playing time on the three lines. All players should be encouraged to play the goalkeeper position.
7. Half-time refreshments are limited to non-carbonated beverages in unbreakable containers. The beverages are for fluid replacement only. Each team is responsible for picking up all water jugs, cups, bags or any other litter after its games.
8. **During games, all coaches and players occupy one side of the field, each team remaining on its own side of the centerline. All parents and other spectators occupy the opposite side of the field. Spectators must stay behind the spectator line. No spectators or coaches are permitted in the area behind either goal. Coaches may move from the center line to the start of the penalty box only. These rules apply to all age groups.**
9. Naperville Youth Soccer does not keep standings or records for the awarding of championships. Liaison reports are used only as a communication tool between the coaches and coordinators.

## Games, Player Participation & Cancellations Continued

### 10. **Game Cancellation General Information**

- a. Soccer games will be canceled if excessive rain has caused field conditions to become poor or unsafe in the judgment of the program manager, the program coordinators or the referees on the fields. Head and assistant coaches do not have the authority to cancel games. Coaches who do so **WILL NOT** have their games rescheduled. The NPD definition of "poor or unsafe field conditions" includes:
  1. standing water in an area of at least 3 feet in diameter on the field
  2. water surfacing or bubbling up when walking on turf
  3. field muddy to the point that footing becomes unstable (players slipping and sliding)
  4. presence of thunder and lightning
  5. sharp or other dangerous objects on field (broken glass or large, unmovable rocks)
- b. Soccer games **WILL NOT NECESSARILY BE CANCELED** due to light rain or sleet, hot or cold temperatures or high winds. Soccer games will be canceled only when poor or unsafe field conditions exist (i.e. standing water on field). Players should be dressed appropriately for the weather conditions that exist.
- c. **SOCCER GAMES WILL NOT BE RESCHEDULED FOR ANY REASON EXCEPT POOR OR UNSAFE FIELD CONDITIONS. A HEAD COACH WHO CANNOT ATTEND A GAME IS RESPONSIBLE FOR SCHEDULING AN ASSISTANT TO SUPERVISE THE GAME HE/SHE CANNOT ATTEND. GAMES MAY NOT BE RESCHEDULED DUE TO MISSING PLAYERS. TEAMS THAT ARE SHORT PLAYERS SHOULD SHOW UP AT GAME TIME. TEAMS MAY PLAY SHORT BY A MAXIMUM OF TWO PLAYERS. BEYOND THAT, THE TEAM WHICH HAS A FULL ROSTER MUST REDUCE ITS PLAYERS ON THE FIELD TO HAVE AN ADVANTAGE OF NO MORE THAN TWO PLAYERS.**

### 11. **Pre - 7:00 a.m. Saturday Cancellation Procedure:**

For NYS rainout/makeup information, please dial the Naperville Park District Information Network at (630) 883-4242 or refer to our web site: [www.napervilleparks.org](http://www.napervilleparks.org) and click on *Weather Cancellations and Closures* Rainout information will be updated by 7:30 a.m. each Saturday morning during the soccer season.

12. Soccer families are encouraged to sign up for text or email alerts. Cancellation information is sent out as soon as a decision is made.

## Games, Player Participation & Cancellations Continued

### 13. **Post - 7:30 a.m. Saturday Cancellation Procedure:**

After 7:00 a.m., the referees will make all game cancellation decisions on site at the fields. The web site will be updated as soon as possible as weather/field conditions change. Teams that are unsure of whether or not a game is canceled should show up at the field.

14. When games are canceled by the park district due to weather/field conditions, head coaches will receive makeup information from the rainout phone extension and the web site. Head coaches will be responsible for passing this information along to their assistants and to their players.
15. The park district has one makeup date built into the NYS schedule. In the case of partial rainouts or teams that have more than one rainout, program coordinators will contact head coaches with possible makeup options.

### **PLAYERS' RESPONSIBILITIES**

1. Players should use appropriate behavior before, during and after all practices and games. Respect should be shown toward all coaches, referees, spectators and other players.
2. The official behavior policy of the Naperville Park District is as follows: In keeping with our program goals, we encourage fun for all our participants; however, certain rules are necessary to ensure everyone's safety and enjoyment. Participants are expected to:
  1. Show respect for all participants and staff.
  2. Refrain from using foul language.
  3. Refrain from causing bodily harm to other participants or staff.
  4. Show respect for equipment, supplies and facilities.

If a participant continually behaves inappropriately, we will re-evaluate his or her enrollment. Also, if our staff has concerns about a child's behavior, parents will be consulted immediately. **Coaches have the authority to limit or alter playing time of a participant if they are in violation any of the above listed rules.**

3. Players should arrive at practices on time and with the proper attire. Shin guards covered by separate knee-length socks must be worn at all games and practices. Players should bring their own marked water bottles to practices and should bring a soccer ball, when possible, if the coach requests it. Players who are not being picked up after practices should return home immediately after the scheduled practice time. Those being picked up should be picked up immediately after the scheduled practice time.
4. Players should arrive for games on time and with the proper attire. Coaches usually ask that the team members arrive a few minutes early for pre-game warm-ups.
5. Players are responsible for notifying their coaches, as early as possible, if they will not be able to attend a game or practice. Coaches prepare for practice drills ahead of time and need

to know how many players will be there. Coaches complete lineup sheets before each game, so it is essential to know who will be at each game. Parents of younger players may help with coach notification.

6. Players should not bring friends to practices who are not members of the team. Only registered team members may attend practices. Only registered team members may play in games.

### **BILL OF RIGHTS FOR YOUNG ATHLETES**

1. Right to participate in sports.
2. Right to participate at a level commensurate with each child's maturity and ability.
3. Right to have qualified leadership.
4. Right to play as a child and not as an adult.
5. Right to share in the leadership and decision making of their sport participation.
6. Right to participate in safe and healthy environments.
7. Right to proper preparation for participation in sports.
8. Right to an equal opportunity to strive for success.
9. Right to be treated with dignity.
10. Right to have fun in sports.

### **PARENTS' RESPONSIBILITIES**

1. Parents should ensure that players arrive on time and in proper attire for games and practices. Please pick up your child promptly after practices and games. Notify the coach as early as possible if your child will need to miss a practice or a game.
2. Soccer games will not be canceled due to light rain, sleet, snow, cold temperatures or high winds. Soccer games will be canceled only when poor or unsafe field conditions exist. Parents are responsible for making sure that their children are dressed appropriately for the weather conditions that exist. Any extra clothing (sweats, tights, turtlenecks, spandex pants or shorts, etc.) must be worn UNDER the shorts and NYS shirt.
3. Referees' decisions are final. Your sportsmanlike conduct on and around playing areas can set a positive example for the players. Unsportsmanlike conduct by parents may result in a red card being given to the parent. The parent will then be asked to leave the field and/or park.
4. Focus on your child's effort and development rather than on winning or losing.
5. Parents are asked to refrain from coaching on the sidelines and are asked to be positive in support of their team.
6. Please introduce yourself to your child's coaches. Remind your child to thank his/her

coaches each season.

7. **If a problem develops between a player or parent and a coach, first discuss the problem with the coach. If the problem cannot be resolved at that level, contact the specific coordinator for that age group. The coordinator's name and phone number are on your child's game schedule. At this point, the coordinator will take the necessary steps to resolve the issue.**
8. Some soccer games are held at neighborhood parks with small parking lots or street parking only. Please be considerate of the homeowners in these areas. Please do not turn around in residents' driveways, block driveways or mailboxes, or cut through residents' yards.
9. Your child should bring his or her own water or non-carbonated beverage to practices. Label your child's water bottle as well as all other soccer equipment.
10. It is the responsibility of the parent to discuss any special needs of his/her child with the coach prior to the first practice. Examples are: asthma, hearing loss, behavior disorders, or any other learning, social or physical problems.
11. It is the responsibility of the parents of players to notify the appropriate coordinator if their child is not being played fairly and according to these guidelines.
12. Please remember that soccer registration takes place well before the start of the season. The soccer staff needs this time to recruit and train coaches and referees, form teams, schedule games and much more. Consult your Naperville Park District Program Guide for soccer registration information.
13. Help us continue to improve the quality of the soccer program by completing and returning a post-season evaluation. These are distributed by head coaches prior to each season. If you do not receive one, contact your coordinator. Program evaluations also are available on our web site: [www.napervilleparks.org](http://www.napervilleparks.org)
14. If you have questions or comments regarding the officiating or rules interpretation, please call the **Referee Coordinator** at 848-5000.

## **GUIDELINES FOR DEALING WITH SPORTS CONFLICTS**

It is recognized that children participate in a number of activities throughout the year. Participants should be encouraged to experience many activities as this contributes to their growth and development. It is also recognized that, on occasion, two or more activities may conflict and a choice must be made.

The following guidelines have been adopted to assist in the decision-making process, and to ensure fairness to all of the coaches, players and programs involved. Parents and coaches should recognize that these programs are for the kids. The child's feelings should be taken into account, and when dealing with conflicts, adults must not put undue pressure on young athletes.

Communication is the key to resolving many conflicts. If coaches are aware of problems in advance, often the conflict can be worked out to the benefit of the participants, coaches and teams involved.

1. School-related sports, activities and homework must have first priority. It is the parents' responsibility to assure that school commitments are taken care of before extracurricular activities are scheduled for their children.
2. A game or competition in one sport shall take priority over a practice in another. The coach of the sport the child will not attend should be given reasonable advance notice.
3. When a game-game or practice-practice conflict occurs, the parents and child must make a decision. The coach of the sport the child will not attend should be given reasonable advance notice in fairness to the rest of the team.
4. When conflicts exist, a child shall not be penalized for choosing one activity over another.

Endorsed by:

Naperville Little League

Naperville Pony League

Naperville Youth Soccer

Naperville Park District

Naperville Youth Football League

## COACHES' RESPONSIBILITIES & CODE OF CONDUCT

1. Volunteering to be a head coach or an assistant coach does not mean that you will automatically be assigned a team. Occasionally, we have more volunteers than are needed for a team during that particular season. Please do not let this keep you from volunteering in the future as the program's needs vary from season to season. Each head coach will be advised of his/her assignment by means of a coach confirmation letter. These letters also will contain information regarding the date, time and location of the preseason coach meetings. Letters will normally be sent at least one month prior to the date of the first scheduled game, listed in the park district Program Guide. As a courtesy to our coaches who take advantage of priority registration, they will receive confirmation of their enrollment and coaching choice prior to lottery registration.
2. After attending a preseason coaches meeting, head coaches are asked to contact each team member as soon as possible, preferably within 5 days of the meeting. The soccer staff realizes that it is not always possible to schedule the time of the first practice immediately, but a notification phone call to each player should be made as soon as possible.
3. Coaches should request that a parent attend the first practice or the beginning of the first practice. At that time, the coach can distribute rosters, schedules, game location sheets, program evaluations, and any other paperwork. The coach also can discuss practice times, phone trees, etc. These meetings are essential for coaches of younger players and strongly urged for all age groups.
4. **Prior to attending any practice or game, all head coaches and assistant coaches must complete and submit to the park district all volunteer paperwork.** This includes:
  - a. Coaches' Code of Conduct Coaching Contract (See page 32.)
  - b. Naperville Park District Volunteer Agreement
  - c. Authorization for Youth Program Background Check by the Department of Children and Family Services.

**In addition, completion of this paperwork each season is necessary for coaches to receive priority registration for the following soccer season.**

5. Coaches are responsible for the timely distribution of all team handouts to their assistants and their players. Ideally, all player handouts will be distributed at the first practice.
6. A comprehensive soccer coaching manual is provided to each head coach at the time of his/her first season as a head coach for NYS. Coaching clinics are provided each season to teach new techniques and drills. It is essential that the head coach, with the help of the assistant coaches, prepare for each practice. Naperville's library has several soccer videos and numerous soccer books to add to your knowledge. Your practices will be better organized and you will maintain the attention of your players if you have a "lesson plan."

## Coaches' Responsibilities & Code of Conduct Continued

7. Each head coach is provided with a ball bag, two soccer balls, 8 discs, a NYS coach shirt, a medical kit and a goalkeeper shirt. Before using any other equipment, please contact your coordinator. Coaches should remind players that it is unsafe to climb the goals.
8. Sportsmanlike conduct is required of all those connected with the Naperville Youth Soccer League. **As a coach, your positive attitude and sportsmanlike conduct will serve as examples for your players, other coaches, referees and spectators.** Each coach is responsible for his/her own conduct and that of the players, both on the field and on the sidelines. A caution will be given on the first infraction. In the event of continued misconduct or unsportsmanlike activity, the referee may terminate the game and players and/or coaches involved may be suspended from the league. Continued unsportsmanlike conduct by any coach will result in probation. Further noncompliance will result in dismissal. Please discuss officiating issues with the referee coordinator.
9. Fair and impartial treatment of all players is required. Coaches must adhere to player participation requirements described in numbers 3 through 6 under GAMES, PLAYER PARTICIPATION & CANCELLATIONS.
10. Lineup sheets are provided to all teams. Head coaches should fill out their lineups for each game period prior to arriving at the game. Remind the players that they must notify you if they will miss any games, as early as they can. The use of these lineup sheets will help you to equalize playing time and position rotation throughout the season.
11. Good coaching requires patience and an understanding of individual differences. Coaches are asked to:
  - a. Use a tone of voice that is informative and not demeaning.
  - b. Use words that instill self-esteem and do not promote a “winning at all cost” attitude.
12. During games, coaches, assistants and substitute players are asked to refrain from:
  - a. Making derogatory remarks or gestures to the referees, other players, substitutes or spectators.
  - b. Using profanity.
  - c. Inciting disruptive behavior in any way.

Players or coaches may be ejected from the game and asked to leave the field and/or park for infraction of these rules.
13. Coaches should remember that instruction should be given only during practices or between periods of the game. This gives players the opportunity to learn to make decisions based on the flow of the game and to begin to develop a sense of teamwork among themselves.

14. All coaches, assistants and substitute players must remain on their side of the field and each team must remain on their own side of the centerline. Coaches may only move from the centerline to the start of the penalty box. Coaches or parents may not coach the goalkeeper by standing behind the goal.
15. Home team coaches are listed first, by team number, on the game schedule. Home team members wear the gold/yellow side of their game jerseys. Each home team coach will be called by the liaison after the game. The liaison will ask for game scores and comments and complete a game report. These reports are then sent in to coordinators on Monday.
16. Head coaches are urged to read through this NYS manual completely. Bring it to practices and games for reference.
17. Coaches should notify their specific coordinator if there are any corrections needed on their rosters. Coordinators are listed on staff sheets, included in coach packets for each head coach and assistant coach, as well as on the bottom of the team's game schedule.
18. Coaches do not assign players to teams. Any parent who approaches a coach regarding team placement should be referred to the coordinator of that age group.
19. Only registered coaches wearing their NYS coaching shirts are allowed on the sidelines with the team.
20. Coaches are urged to attend clinics prior to each season of soccer. ASEP (formerly ACEP) certification is strongly suggested for each head coach.
21. Coaches do not have the authority to cancel or reschedule games under any circumstances.
22. Please review the NPD behavior policy, as stated on page 24. Parents should be notified if a participant behaves inappropriately after being cautioned by a coach. If problems persist, parents may be asked to attend practices and games.
23. Enjoy yourself. If you're having a good time, your players will too!

**NAPERVILLE PARK DISTRICT**

**Coaches Code of Conduct  
Coaching Contract**

I understand that my responsibilities as a youth coach are of great importance and that my actions have the potential to significantly influence the young athletes whom I coach. Therefore, I promise to uphold the following rights of young athletes to the best of my ability.

- I. Right to participate in sports
- II. Right to participate at a level commensurate with each child's maturity and ability
- III. Right to have qualified leadership
- IV. Right to play as a child and not as an adult
- V. Right of children to share in the leadership and decision-making of their sport participation
- VI. Right to participate in safe and healthy environments
- VII. Right to proper preparation for participation in sports
- VIII. Right to an equal opportunity to strive for success
- IX. Right to be treated with dignity
- X. Right to have fun in sports

I also promise to conduct myself in accordance with the Code of Ethics for Coaches as given next.

- 1. I will never coach or appear in public under the influence of drugs or alcohol.
- 2. I will treat each player, opposing coach, official, parent and administrator with respect and dignity.
- 3. I will do my best to learn the fundamental skills, teaching and evaluation techniques, and strategies of my sport.
- 4. I will become thoroughly familiar with the rules of my sport.
- 5. I will become familiar with the objectives of the youth sports program with which I am affiliated. I will strive to achieve these objectives and communicate them to my players and their parents.
- 6. I will uphold the authority of officials who are assigned to the contests in which I coach, and I will assist them in every way to conduct fair and impartial competitive contests.
- 7. I will learn the strengths and weaknesses of my players so that I might place them into situations where they have a maximum opportunity to achieve success.
- 8. I will conduct my practices and games so that all players have an opportunity to improve their skill level through active participation.
- 9. I will communicate to my players and their parents the rights and responsibilities of individuals on our team.
- 10. I will cooperate with the administrator of our organization in the enforcement of rules and regulations, and I will report any irregularities that violate sound competitive practices.
- 11. I will protect the health and safety of my players by insisting that all of the activities under my control are conducted for their psychological and physiological welfare, rather than for the vicarious interests of adults.

The park district reserves the right to terminate immediately any coach or volunteer if it deems it to be in the best interest of the Naperville Park District.

With my signature, which I voluntarily affix to this contract, I acknowledge that I have read, understood, and will do my best to fulfill the promises made herein.

\_\_\_\_\_  
Signature of Coach

Date

Print Name

## REFEREES' RESPONSIBILITIES & SIGNALS

1. Referees are responsible for learning and implementing the 17 Laws of the Game, the Naperville Youth Soccer League interpretation of those laws, and for learning and enforcing the application of all other soccer laws (USSF and FIFA) that apply.
2. Referees are responsible for attending all mandatory referee training clinics and are urged to attend additional clinics each season.
3. Referees should arrive at game sites on time, at least 15 minutes before game time. They should know their schedules and adhere to them. The Referee Coordinator will notify referees if there are any players or coaches who may not play/coach in games due to red card suspensions. Referees also will be notified by the Referee Coordinator concerning games officially cancelled in advance.
4. Wear and/or bring all necessary equipment.
  - a. Black referee shirt (provided by NPD) or personal uniform (USSF) for certified referees only
  - b. Black referee shorts
  - c. Watch
  - d. Coin for coin toss
  - e. Whistle
  - f. Rules
  - g. Red and yellow cards
  - h. Linesman (assistant referee) flags
  - i. Referee packet with season forms
  - j. Referee wallet with score sheets
  - k. Clothing appropriate for game day weather
  - l. Cell phone (if possible)
  - m. Personal refreshments (including water)
5. Conduct all phases of pre-game preparation.
  - a. Inspect the field, goals and the lines on the field. Determine where the penalty spots should be. If any problems exist regarding any facets of the field or equipment, complete a field inspection report and forward it to the Referee Coordinator within 48 hours.
  - b. Introduce yourself to the coaches. Shake hands. Ask each coach for a volunteer linesman if you are the only referee. **Linesmen (assistant referees) will be mandatory for all fourth grade games and above.** Ask the home team coach for a game ball. Inspect the ball prior to the start of the game.
  - c. Inspect player equipment. Required player equipment is described in Law 4. Discuss any questions regarding equipment with the coaches. **During your pre-game inspections of both teams, players and coaches should be reminded of specific rules including goalkeeper contact, slide tackling, dangerous play and direct violations including charging, pushing and handling the ball.**

## Referees' Responsibilities and Signals Continued

- d. When linesmen are being used, give them linesman flags and instruct them on their duties. See Laws 5 and 6. Remind the linesmen (assistant referees) that they are to remain neutral while performing their duties. If not, request the coach to provide a different person to perform the responsibilities.
- e. Ask each head coach to send a team representative or captain to the center of the field for the coin toss. See Law 8. Give any special instructions and have the captains call their teams to the field. If games are running late, do all of b, c, d, e, and f off the field.
- f. Check to make certain that each goalkeeper is wearing the jersey issued by the Naperville Park District. If the issued jersey is not available, a shirt of a different color than the reversible blue/yellow shirt must be worn. **Goalkeepers in the high school coed program must wear distinctive colors that readily distinguish them from the two team colors.**
- g. Make certain that the game is started as close to the scheduled time as possible. Teams should warm up off the field when time is limited.

### 6. The Play of the Game

- a. Count players. Ask the goalkeepers if they are ready.
- b. Blow whistle to start play. **Indicate the direction of play.** Begin to keep the time on your watch.
- c. Keep up with the play at all times but don't overrun the play.

### 7. Whistles

#### a. **BLOW THE WHISTLE TO:**

Start each period of play

Indicate a foul

Stop play for an apparent injury

Direct the attention of the players, such as to indicate where to take a throw-in

Signal the scoring of a goal

Restart play after a goal

Signal the taking of a penalty kick so that the kicker and the keeper will both be ready

Call attention to the fact that play is being restarted after a long stoppage, such as for an injury or substitution

Signal the end of all game periods, quarters and the end of the game itself. Utilize a multiple blast of your whistle. This is done loudly.

Signal a non-obvious out of play ball

## Referees' Responsibilities and Signals Continued

### b. **DO NOT BLOW THE WHISTLE TO:**

Signal an obvious out-of-play ball  
Signal the use of "advantage"  
Summon a coach, player or parent  
Move spectators  
Move players back for a free kick

### c. **Blow the whistle with sharp, short, loud sounds.**

d. If the whistle is blown in error, restart play with a drop ball. A second whistle is normally not needed on free kicks, throw-ins, goals, or corner kicks.

## 8. Referee Signals

- a. Diagrams of the various referee signals follow the referee responsibility section of this manual. **These signals should be used at all grade levels.**
- b. It is not necessary to place the ball at the exact spot of the foul. The ball should be placed CLOSE to the spot of the foul.
- c. Be sure to signal for an indirect kick so that players and coaches know that a direct kick was not awarded. **One arm should be clearly raised to indicate the indirect kick.**

## 9. Game Control

- a. Be consistent, firm and fair. You do not need to recite the rules. Use a firm voice. A smile will help to relax the players and coaches. Always communicate with the players and coaches and quickly explain any call to the player committing the violation.
- b. Take control of the game from the start. Don't delay making calls in the hope that things will "settle down". Always call fouls when they occur and be prepared to call offsides when applicable.
- c. Try to position yourself in anticipation of the play that is developing. **Your main responsibility is to protect the players who are following the rules from the players who are not.** Your knowledge of the rules of the game and the rules of the league is essential. See positioning diagram on page 42.
- d. If a red card is issued, the referee should note the player's name, team name and number (if applicable) and the name of the coach. This information must be recorded on the red card violation form and submitted to the Referee Coordinator within 48 hours of the violation. The Referee Coordinator will notify that player's referee for the following week's game. The Referee Coordinator will also notify the appropriate soccer program coordinator.

## Referee's Responsibilities and Signals Continued

- e. **When a yellow or red card is issued, the referee should hold it up so that all players and coaches can see it. The referee should notify both coaches of the reason for the card. The referee should insure that the player committing the violation fully understands the call and the reasons supporting the decision.**

### 10. Time Breaks

- a. Only enough time is taken at quarters to enable each head coach to make substitutions. No more than two minutes should be allotted unless extremely hot weather warrants a longer time to allow all players to have water.
- b. Half-time shall only be five minutes in duration.
- c. Between periods, the referee should retain possession of the ball or place it at midfield. If there is a need to talk with linesmen (assistant referees) or coaches, the referee should do this between periods.
- d. If an injury appears only minor, wait until a break in the action to call time out. If the injury seems serious or you aren't sure, whistle for time out immediately. **DO NOT MOVE OR TREAT** the injured player, but have the coach or parent take action. Move other players away from the injured player. Play will resume with an indirect free kick by the team in possession of the ball at the time of the whistle. If neither team had clear possession, or if you are not certain, start play with a drop ball.
- e. If play is running late, you may have to shorten periods. Be sure to notify both teams' coaches that you are doing so and by how much you are shortening each period. This must be done as it is imperative that all games start on time as scheduled.

### 11. Post-Game Responsibilities

- a. Contact the Referee Coordinator as soon as possible, if you had any problems at your game. This may include, but is not limited to:
  - Field conditions
  - Coaches
  - Players
  - Linesmen (assistant referees)
  - Parents
  - Other referees
- b. Record the games you officiated using the time sheet format provided by the Referee Coordinator and Naperville Park District.

### 12. Cancellations & Substitutes

- a. **RELIABILITY!** The referee is a vital part of the game. Players, coaches and spectators are all let down if a referee does not show up. They are counting on you!

## Referee's Responsibilities and Signals Continued

- b. You are jointly responsible for finding your own substitute and notifying the Referee Coordinator of the change. In case of an emergency, contact the referee coordinator as soon as possible. Do not call the Referee Coordinator the night before a game to cancel unless due to illness or a family emergency. The Referee Coordinator must be contacted immediately if you are unable to officiate your scheduled games.

### 13. Pay Schedule

The Naperville Park District determines the basic pay schedule. Referees will be paid a set amount, as determined by the park district, regardless of the grade level at which they work.

### 14. Qualities of a Good Referee

- a. Experience
- b. Knowledge of all program rules and laws
- c. Game preparation
- d. Physical fitness
- e. Good officiating dynamics and mechanics
- f. Dependability

### 15. Attitudes of a Good Referee

- a. Concentration
- b. Image
- c. Control
- d. Self-confidence
- e. Non-defensive behavior
- f. Cooperation
- g. Motivation
- h. Flexibility

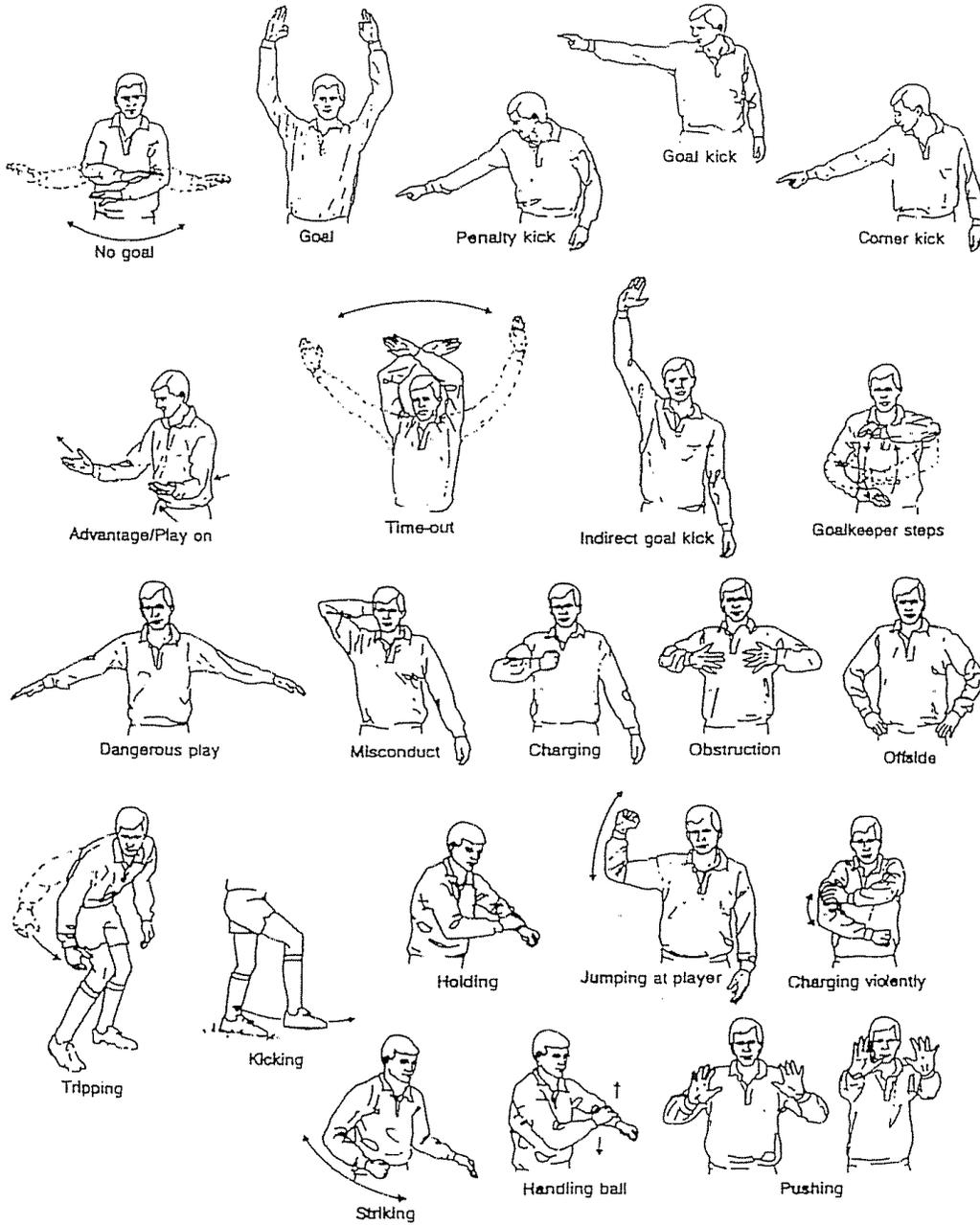
### 16. Special Considerations

- a. The following is permitted at the beginning of the season, slightly longer for micro-soccer. When technical errors are committed for the first time, instruct the player on the correct method and allow him/her to try it again. Examples of this might be: improper throw-ins, a kick-off touched twice by the kicker or a drop ball kicked before it touches the ground. After a second error, a free kick is awarded to the other team. Referees will stop time for these early season explanations. Please read the micro-soccer rules for a further explanation of instructional rules for grades kindergarten and first grade.
- b. The ball must leave the penalty area on all goal kicks or free kicks taken from within the penalty area before it is considered to be in play.
- c. If technical questions arise, tell the interested party that you or the Referee Coordinator will get back to him/her. Let the Referee Coordinator know of the question. It will be explained to all those concerned.

## Referee's Responsibilities and Signals Continued

- d. The last few minutes of the game can be the most intense. Stay focused on the game and the events on the field. Be alert!
- e. If hassled by a player, coach or spectator, remain in control. Talk about it with the coach at the break, away from the players and spectators. If a second referee is present, utilize him/her as a witness to all conversations with all coaches and parents. Be sure to inform the Referee Coordinator immediately after the game if any incidents occur. Do not get into a verbal argument during a game! Do not use any foul or abusive language.
- f. If hassled by a player or coach, initially provide them with a firm verbal warning. Stress that any further vocalization will result in a yellow or red card. If the situation escalates, proceed with a yellow card or a red card, depending on what is said.
- g. If a coach curses at you, issue them a red card immediately. You may also call the game and leave as a last option. All red cards must be reported to the Referee Coordinator and the red card violation form completed and sent to the Referee Coordinator within 48 hours.
- h. Continually study the laws of the game and the laws of the Naperville Youth Soccer League contained in this manual. Attend all mandatory training clinics provided by Naperville Park District. We encourage all referees to seek additional training by attending local USSF clinics and training sessions. Utilize and study the training materials provided. Becoming certified is also an important step in your officiating career.
- i. Referee only at the level at which you feel comfortable. If you have questions, speak with the Referee Coordinator or with other senior referees.
- j. A good referee learns from his/her mistakes. Continue to work harder and enjoy what you are doing!!

## Soccer Officiating Signals



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# Field Terminology

