



**YOUTH SOCCER PROGRAM  
RULES AND REGULATIONS  
2025**

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**CAROL STREAM PARK DISTRICT**  
**YOUTH SOCCER PROGRAM**  
**RULES AND REGULATIONS**  
**2025**

**SECTION ONE: GENERAL PLAYING RULES**

**0. GENERAL RULES**

**0.1. PLAYING RULES AND ELIGIBILITY**

- 0.1.1. The rules of the Carol Stream Park District youth soccer program are to be strictly adhered to and will be enforced by the CSPD athletic staff. ANY AND ALL EXCEPTIONS WILL REQUIRE CSPD ATHLETIC STAFF APPROVAL.
- 0.1.2. Soccer will follow Federation International Football Association (FIFA) Rules.
- 0.1.3. Exceptions and additions contained in the CSPD playing rules will supersede or clarify FIFA rules.
- 0.1.4. All players for soccer will register and play at their current grade level.
- 0.1.5. Any youth meeting the Program requirements will be eligible to participate.

**0.2. SPORTSMANSHIP, TOBACCO, ALCOHOL, PROFANITY, JEWELRY**

- 0.2.1. The actions of the players, coaches, referees, and league officials must be above reproach. Coaches must make sure their conduct is proper in every respect and must make sure that their players and spectators do the same.
- 0.2.2. The use of tobacco is strictly prohibited on the playing field, on the players' bench, and by any player. Alcoholic beverages and any substance abuse in any form are strictly prohibited within the confines of the parks.
- 0.2.3. The use of profanity and obscene gestures by any player, coach, referee, spectator, family member or parent/guardian is prohibited.
- 0.2.4. Players will be prohibited from wearing any form of jewelry. Players found to be wearing jewelry will be told to remove it by the referee.
  - 0.2.4.1. Medical alert bracelets or necklaces are not considered to be jewelry, but must be secured to the body.
- 0.2.5. The CSPD disapproves of any form of taunting that is intended or designed to embarrass, ridicule, or demean others under circumstances including race, religion, gender, or national origin.
- 0.2.6. All parents/guardians, referees, and coaches will be required to sign a Code of Conduct.

**0.3. PARENTAL RESPONSIBILITY**

- 0.3.1. Parents must shoulder responsibility and take initiative to make the program successful. Each parent should join in the total effort. There is opportunity for all to participate.
- 0.3.2. Parents, spectators and family members must make sure their conduct is proper in every respect, demonstrate GOOD SPORTSMANSHIP and make sure their children and players follow the same conduct.

**0.4. CLEAN-UP**

- 0.4.1. All coaches, players, and parents/guardians are responsible for making sure all garbage is properly disposed of at the end of all games. This includes school and church fields as well as Park District fields. Please help keep our fields, stands, and parking lot areas clean.

**0.5. SCHEDULE CHANGES**

- 0.5.1. Prior to the season the Carol Stream Park District will make every attempt to schedule games around school and religious functions that affect multiple players.
- 0.5.2. There will be no changes in a team's scheduled game date, time, or location unless authorized by the CSPD athletic staff.

- 0.5.3. Games will only be rescheduled if there is a conflict with an academic or religious function that affects at least three players on one team and would have a direct impact on their scholastic or religious standing.
- 0.5.4. Games will not be rescheduled when a coach is unavailable. An appointed volunteer parent will be responsible for coaching the team on game day.
- 0.6. RESCHEDULING OF RAIN OUTS AND SUSPENDED GAMES
  - 0.6.1. The Park District Staff will reschedule all games and contact the head coaches with the game times.
  - 0.6.2. In most cases make-up games (rainouts and suspended games) will be rescheduled to be played no earlier than one week from the date of the rainout and no later than three weeks.
  - 0.6.3. Parents should be notified of the date of the rescheduled game as soon as possible.
  - 0.6.4. Games will not be rescheduled around coach requests.
- 0.7. GAMES PER WEEK
  - 0.7.1. Even number of teams.
    - 0.7.1.1. Games will normally be played on Saturdays.
  - 0.7.2. Odd number of teams.
    - 0.7.2.1. This will require at least one game to be scheduled during the week. It will also require that one team plays two games during the week. This is done in lieu of teams having bye weeks so that the season is completed on a timely basis (bye weeks will extend a season).
  - 0.7.3. Make-up games.
    - 0.7.3.1. Can be scheduled during the week.
- 0.8. FIELD SCHEDULING
  - 0.8.1. The CSPD athletic staff will schedule all field usage.
  - 0.8.2. All changes to field usage must be communicated to the CSPD athletic staff.
  - 0.8.3. Practices.
    - 0.8.3.1. No team is permitted to begin practicing before rosters have been officially distributed at the coaches meeting and before the parents have signed the medical release form.
    - 0.8.3.2. Practices will be scheduled appropriately for each level by the CSPD athletic staff.
    - 0.8.3.3. No practices shall be held on game fields unless approved by CSPD staff.
- 0.9. PLAYER ATTENDANCE
  - 0.9.1. In-house players are encouraged to attend all games and practices. If a player is unable to attend a practice or a game, a courtesy call should be made to the coach as soon as possible.
- 1. PLAYERS, FIELD AND EQUIPMENT**
- 1.1. POSITIONS AND EQUIPMENT OF PLAYERS
  - 1.1.1. All players must wear their CSPD issued team uniform during the game. In cold weather players will be able to wear sweatshirts, jackets and/or long pants under their uniforms. Gloves and hats may be allowed.
  - 1.1.2. No headgear/garments are to be worn during games unless deemed appropriate and allowed by the CSPD athletic staff.
  - 1.1.3. Shin guards are MANDATORY.
  - 1.1.4. Footwear
    - 1.1.4.1. Tennis shoes or soft-cleated soccer shoes are acceptable. No metal spikes are allowed. No toe spikes are allowed i.e. football or baseball cleats.

- 1.2. GAME FIELD
  - 1.2.1. Game fields shall have the following dimensions:
    - 1.2.1.1. Grade 1-2 (U8): 50 yds x 40 yds
- 1.3. EQUIPMENT
  - 1.3.1. Ball size
    - 1.3.1.1. Grade 1-2 (U8): Size 3
  - 1.3.2. Goals
    - 1.3.2.1. Grade 1-2 (U8): 5' x 9' (Size May Differ Slightly)
- 1.4. CASTS
  - 1.4.1. A player with a soft or hard cast must submit a medical release signed by his/her doctor to the park district prior to play. The cast must include at least one inch of foam padding on all sides of the cast. The player must provide the referee with the doctor's note and allow the referee to inspect the padding prior to play. The final decision in regards to the safety of the cast is at the discretion of the referee. If the referee approves the cast prior to the game he/she reserves the right to remove the player based on any incidents that occur during the game that put any other players at risk.
- 2. SUBSTITUTING, COACHING, COURTESY RULE, FIELD CONDUCT**
  - 2.1. SUBSTITUTING
    - 2.1.1. There are unlimited substitutions during the course of a game.
    - 2.1.2. Substitutions can occur only with the referee's consent.
    - 2.1.3. Substitutions shall be permitted during the appropriate times for each age level.
      - 2.1.3.1. See level specific rules for substitutions.
  - 2.2. COACHING
    - 2.2.1. Playing time requirement (equal playing time rule).
      - 2.2.1.1. Each player shall play a minimum of 50% of the game.
  - 2.3. COURTESY RULE / SPORTSMANSHIP RULE
    - 2.3.1. **The sportsmanship rule dictates that if a team is winning by four (4) goals, the coach in the lead should begin to pull back his/her players.**
      - 2.3.1.1. **When up by five (5) or more goals, the losing team may put on an extra attacker. The coach must inform the referee and must return to the regulation number of players as soon as the deficit drops below five (5) goals.**
  - 2.4. FIELD CONDUCT
    - 2.4.1. A total of one (1) head coach and a maximum of two (2) assistant coaches may occupy the team's side of the field for grade 1-2 (U8).
    - 2.4.2. No coach will leave the team area except to tend to an injured player with referee consent, tend to family emergencies, or tend to personal hygiene.
    - 2.4.3. No one other than the coaches and players are allowed on the player side of the field.
    - 2.4.4. All parents/spectators must remain on the opposite side of the field behind the 8-foot courtesy line.
    - 2.4.5. No one is allowed behind either goal during the course of the game.

- 2.5. MISCELLANEOUS
  - 2.5.1. All players shall stay on their side of the field while the game is in progress.
- 3. **STARTING AND ENDING THE GAME**
- 3.1. STARTING A GAME
  - 3.1.1. Home team
    - 3.1.1.1. The home team shall provide the game ball.
  - 3.1.2. Minimum number of players
    - 3.1.2.1. The minimum number of players necessary to play in the Grade 1-2 (U8) is five (5). When necessary, players will be used from the other team.
- 3.2. PROTESTED GAME
  - 3.2.1. There will be no protested games.
- 3.3. APPEALS
  - 3.3.1. There will be no appeals. The referee's decision/ruling is absolute and final.
- 3.4. GAMES
  - 3.4.1. Saturday games are scheduled every hour and fifteen minutes (1:15) apart.
  - 3.4.2. Game times are subject to change.
- 3.5. PLAYING CONDITIONS
  - 3.5.1. Darkness
    - 3.5.1.1. A game stopped due to darkness is at the referee's discretion or as agreed upon by both coaches in leagues without referees.
    - 3.5.1.2. The score at the end of the last completed quarter will determine the outcome provided it is a complete game.
    - 3.5.1.3. An official game is any time after the start of the second half.
  - 3.5.2. Rain
    - 3.5.2.1. A game stopped due to rain is at the referee's discretion or as agreed upon by both coaches in leagues without referees.
  - 3.5.3. Any game stopped due to rain or storms and is not an official game will be treated as a suspended game. The game will restart with the score being zero – zero (0-0).
  - 3.5.4. In the event of poor playing conditions and/or bad weather, the CSPD will make the decision if the game(s) should be played. Once the game has started, only the referee can stop the game. (In leagues without referees the coaches are responsible for these decisions.)
- 3.6. ELECTRICAL AND THUNDER STORMS/ EMERGENCY SIRENS
  - 3.6.1. If lightning is seen, if thunder is heard, or if the park district severe weather warning signals/sirens go off (15 second blast), the following must be strictly adhered to.
  - 3.6.2. All games and practices must be stopped and the players cleared from the field/park. Any coach refusing to comply will be immediately suspended until the CSPD athletic staff reviews the incident.
    - 3.6.2.1. At locations that have the park district severe weather warning system, wait for the all clear (3 short horn blasts). **If the all clear has not sounded after 30 minutes, the game or practice must be canceled.**
    - 3.6.2.2. At locations that do not have the park district severe weather warning system, there will be a mandatory twenty (20) minute wait, **from the last lightning seen or thunder heard**, to see if the storm passes before any play can be resumed. **However, the game or practice must be canceled if the severe weather has continued for thirty (30) minutes.**

- 3.6.3. At the referee's discretion, coaches and players will take shelter inside a vehicle or building. At the referee's discretion, if the storm passes the game can restart from the point where it left off provided the field is playable and weather conditions are safe.
- 3.6.4. In leagues without referees both coaches are responsible for these decisions.
- 3.6.5. For practices the coach is responsible for making these decisions.
- 3.7. **PLAYER INJURY**
  - 3.7.1. In case of an injury, play will stop when the referee blows the whistle. The whistle will be blown when the team with the injured player has possession of the ball. In serious instances, play will immediately stop.
  - 3.7.2. All players shall take a knee while the injured player is being attended to.
- 3.8. **BALL IN AND OUT OF PLAY**
  - 3.8.1. **Out of play**
    - 3.8.1.1. The ball is out of play when it has wholly crossed the end line or touch line on the ground or in the air.
    - 3.8.1.2. The referee has stopped play.
  - 3.8.2. **In Play**
    - 3.8.2.1. The ball rebounds from a goalpost, crossbar, or corner flag and remains in the field of play.
    - 3.8.2.2. The ball rebounds from the referee when they are on the field of play.
- 3.9. **OFFSIDE**
  - 3.9.1. A player is in an offside position if he is nearer to his opponent's goal than both the ball and the second to last opponent except when in his own half of the field of play.
  - 3.9.2. A player is offside if at the time the ball is played by one of his teammates, he is in an offside position and interfering with play, interfering with an opponent, or gaining an advantage by being in that position.
  - 3.9.3. There is no offside offense when receiving the ball directly from a throw-in or corner kick.
  - 3.9.4. For any offside offense, the referee awards an indirect free kick to the opposing team to be taken from the point of incursion.
  - 3.9.5. Offside shall be called for Levels U10, U12 and U14 only.
- 3.10. **HEADING**
  - 3.10.1. When a player deliberately heads the ball in the game, an indirect free kick should be awarded to the opposing team from the spot of offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal line parallel to the goal line at the point nearest to where the infringement occurred. If a player does not deliberately head the ball, then play should continue.
- 3.11. **THROW-INS**
  - 3.11.1. Throw-ins are awarded in the following situations:
    - 3.11.1.1. When the whole of the ball passes over the touchline, either on the ground or in the air.
    - 3.11.1.2. From the point where it crossed the touchline.
    - 3.11.1.3. To the opponents of the last team that touched the ball.
- 3.12. **CORNER KICKS**
  - 3.12.1. Corner kicks are to be performed when the ball crosses the end line out-of-bounds on the field and was last touched by a member of the defending team.
- 3.13. **PENALTIES**
  - 3.13.1. A penalty kick is awarded against a team that commits an offense for which a direct free kick is awarded, inside its own penalty area and while the ball is in play.
  - 3.13.2. A goal may be scored directly from a penalty kick.



- 3.14. FREE KICK
  - 3.14.1. For both direct and indirect free kicks, the ball must be stationary when the kick is taken.
    - 3.14.1.1. A goal is awarded if a direct free kick is kicked directly into the opponent's goal.
    - 3.14.1.2. A goal can only be scored on an indirect free kick if it is legally touched by another player before entering the goal.
    - 3.14.1.3. After the kick, the kicker cannot touch the ball a second time until it has touched another player.
- 3.15. METHOD OF SCORING
  - 3.15.1. A goal is scored when the ball completely crosses the goal line, between posts and beneath crossbar provided a rule infringement was not committed by the scoring team.
  - 3.15.2. Games ending in a tie shall remain a tie. There are no shoot-outs or overtimes.
- 3.16. DURATION OF A GAME
  - 3.16.1. The game shall be divided into equal halves/quarters.
  - 3.16.2. There shall be a half-time break of five (5) minutes.
  - 3.16.3. See level specific rules for complete duration of halves.
- 3.17. POSITIONS
  - 3.17.1. There are four main positions in the game of soccer
    - 3.17.1.1. Forward
    - 3.17.1.2. Mid-fielder
    - 3.17.1.3. Defender
    - 3.17.1.4. Keeper
- 3.18. MISCONDUCT
  - 3.18.1. Yellow Card
    - 3.18.1.1. In the event that a player/coach receives a yellow card, it shall be warranted as a warning.
  - 3.18.2. Red Card
    - 3.18.2.1. If a player/coach receives a red-card, the player/coach shall immediately be removed from the game. Suspension shall follow for the next scheduled game.
      - 3.18.2.1.1. Suspension - The player/coach shall not be permitted to attend the next game as a player/coach or spectator.
- 3.19. ENDING THE GAME
  - 3.19.1. Upon completion of the game, both opposing teams and coaches shall meet on the field and shake hands.
- 4. REFEREEING**
  - 4.1. In leagues without referees, both coaches are responsible for making decisions normally made by the referee under the rules of this program.
  - 4.2. Only the coach can request an explanation of a call or rule.
  - 4.3. No one is allowed to argue judgment calls with the referee. Doing so is grounds for ejection via red card.
  - 4.4. Each referee has authority to rule on any point not specifically covered in the CSPD or FIFA rules.
  - 4.5. Physical contact with a referee is not permitted and will not be tolerated. Anyone making contact with a referee will be immediately ejected and suspended from further participation in all Carol Stream Park District programs pending review of the incident by the CSPD athletic staff. It shall also be noted that physical contact with a referee can result in being reported to the police department.
  - 4.6. Questions and/or comments regarding referees are to be directed to the CSPD athletic staff.

## SECTION TWO: SPECIFIC LEAGUE RULES

### 1. HOUSE COED LEAGUE

#### 1.1. COED: GRADE 1 AND 2 (U8)

##### 1.1.1. GENERAL

- 1.1.1.1. This is a non-competitive league.
- 1.1.1.2. There are no standings.
- 1.1.1.3. No scores will be kept.
  - 1.1.1.3.1. Except in the playoffs.
- 1.1.1.4. Participation awards will be given to each player.
- 1.1.1.5. Single elimination playoff will immediately follow the regular season.

##### 2.2.1. GAMES

- 2.2.1.1. There will be eight (8) games.
- 2.2.1.2. Games will consist of four (4) 12-minute quarters.
- 2.2.1.3. Each quarter will be separated by a break
  - 2.2.1.3.1. There will be a one-minute break between quarters
  - 2.2.1.3.2. There will be a five-minute half time.
- 2.2.1.4. An official game is any time after the start of the third quarter

##### 2.2.2. FIELD SET UP

- 2.2.2.1. Field Size
  - 2.2.2.1.1. Game fields shall have the following dimensions
    - 2.2.2.1.1.1. 50 yds x 40 yds
  - 2.2.2.1.2. Goals 5' x 9' (size may differ slightly) goals will be placed at the end lines of the game field.
- 2.2.2.2. Center Circle
  - 2.2.2.2.1. Located in the center of the field where kick-off takes place.

##### 2.2.3. EQUIPMENT

- 2.2.3.1. Each coach shall bring a ball suitable to play with for each game.
- 2.2.3.2. A size 3 ball is used.

##### 2.2.4. UNIFORMS

- 2.2.4.1. The league t-shirt is mandatory for all participants and shall be worn during game situations.
- 2.2.4.2. No headgear/garments unless approved by the referee of a park district official.
- 2.2.4.3. All glasses shall be secured with a strap.
- 2.2.4.4. Jewelry is prohibited and must be removed before the start of the game.
- 2.2.4.5. Shin guards are MANDATORY.
- 2.2.4.6. Footwear
  - 2.2.4.6.1. Tennis shoes or soft-cleated soccer shoes are acceptable. No metal spikes. No toes cleats will be allowed i.e. football or baseball cleats.

##### 2.2.5. PLAYER INFORMATION

- 2.2.5.1. Maximum number of players on a field during a game is seven (7) per team.
  - 2.2.5.1.1. Six (6) field players
  - 2.2.5.1.2. One (1) goal keeper

- 2.2.5.2. Playing Time
  - 2.2.5.2.1. All players must receive equal playing time regardless of skill or ability. This will be reflected by each player sharing an equal number of minutes on the field.
- 2.2.6. SCORING
  - 2.2.6.1. No score is kept.
    - 2.2.6.1.1. Except in playoffs
  - 2.2.6.2. In order for a goal to be counted, the ball must completely cross the goal line, between posts and beneath crossbar.
  - 2.2.6.3. Keepers are to be protected at all costs.
    - 2.2.6.3.1. If the keeper is touching the ball in any way, no other player may kick the ball.
- 2.2.7. TIE-SCORE
  - 2.2.7.1. During the regular season, games will end in a tie if the score is tied at the end of regulation.
  - 2.2.7.2. Playoff Games: If the game ends in a tie both teams will play golden goal for 5 additional minutes. Whichever team scores first within the 5 minutes, will be the winner. If the score is still tied, teams will enter into a penalty kick shootout. Teams will select 3 players to take a penalty kick. If the score remained tied after 3 kickers per team, each team will continue adding an additional player until the tie has been broken
  - 2.2.7.3. Teams must use a different player for each attempted penalty kick.
    - 2.2.7.3.1. Each kicker may take a second turn only after everyone has had their first kick
- 2.2.8. REFEREES
  - 2.2.8.1. Patched or new referee program individuals are used at this level.
  - 2.2.8.2. All rule infractions shall be briefly explained to the offending player.
- 2.2.9. CORNER KICKS
  - 2.2.9.1. Corner kicks are to be performed when the ball crosses the end line out-of-bounds on the field and was last touched by a member of the defending team.
- 2.2.10. BUILD-OUT LINES
  - 2.2.10.1. Once the goalie gains possession of the ball or a goal kick is rewarded all defensive players must most behind the build out line.
  - 2.2.10.2. The defense cannot move past the line until the ball is played to an offensive player and then touched twice by the offense. Once the ball has been touched twice the defense can move forward.
- 2.2.11. THROW-INS
  - 2.2.11.1. Throw-ins are to be completed from the point where the ball left the field.
  - 2.2.11.2. Throw-ins are awarded to the opponent of the player who kicked the ball out of play.
  - 2.2.11.3. Awarded when the whole of the ball passes over the touchline, in the air or on the ground.
- 2.2.12. FREE KICKS
  - 2.2.12.1. All free kicks shall be indirect from the point of incursion
  - 2.2.12.2. Opponents must be 6-yards from the kicker.
- 2.2.13. PENALTY KICKS
  - 2.2.13.1. All penalty kicks shall result in an indirect free kick from the point of incursion
  - 2.2.13.2. Opponents must be 6-yards away from the kicker.
- 2.2.14. OFFSIDES

2.2.14.1. There is no offside in grade 1-2 (U8) games.

2.2.15. SUBSTITUTIONS

2.2.15.1. Will be on the fly at any time.