

RECREATIONAL RULES AND REGULATIONS:

- 1) All children and families must be registered members of the Orland Park Soccer Club (OPSC) in order to participate in any OPSC program.
- 2) All teams are rostered by the OPSC Board and coaches are not permitted to trade or add players. In an extreme emergency situation a player's parents may petition the OPSC Board to consider an exception.
- 3) The Outdoor Recreational games will start the weekend before Labor Day weekend. Practices will start on or after August 1st. For insurance purposes, coaches are not permitted to start practices before August 1st.
- 4) Practice time and space is assigned by the OPSC based upon the availability of facilities and coaches.
- 5) All Recreational leagues will follow FIFA rules, with some exceptions that will be covered by age specific OPSC rules.
- 6) Shin guards are mandatory pieces of equipment for all children, at practices and games. If glasses are worn, they must be "flex" frame glasses or protective glasses for recreational activities.
- 7) Jewelry of any kind will not be permitted and should be removed by a parent prior to game time.
- 8) All players must play a minimum of one half ($\frac{1}{2}$) of each game. The total recreational soccer experience for the players is to participate in practices and games. We encourage all players to participate in every practice session.
- 9) A player may play no more than one half of the game in goal.
- 10) Any coach that uses players not on his official OPSC roster will automatically forfeit the game. The following will occur if a coach is found to have used a non-rostered player:
 - a) First offense—one game suspension
 - b) Second offense—two game suspension
 - c) Third offense—coach will not be allowed to coach in any OPSC program.
- 11) A maximum of three coaches will be permitted for Grades 1 through 4. A maximum of two coaches are permissible for all other grades.
- 12) Coaches are responsible for the bench players, players parents and guests behavior.
- 13) Teams are always on one side of the field and parents/fans are on the opposite side of the field.

- 14) Coaches or parents are not permitted on the field or behind the end lines (goal line) of either goal during play.
- 15) Players on the same team must dress in the same color approved uniform provided by OPSC (jerseys, shorts and socks).
- 16) Goalkeepers must wear colors which distinguish them from all other players and referees.
- 17) Shin guards are mandatory and must be totally covered by socks.
- 18) Only molded rubber spikes may be worn on the field (no metal studded/screw-in spikes).
- 19) Slide tackles are not permitted.
- 20) A game suspension rule will automatically apply for anyone (coach or player) receiving a red card or accumulation of 3 yellow cards. Violation of this rule will result in the forfeiture of the game.
- 21) Forfeit time of 15 minutes will be kept by the referee. Game forfeit score will be 1 – 0.
- 22) The Orland Park District or the OPSC Grounds Director may cancel any game due to what they determine as any unplayable conditions.
- 23) If the referee fails to show up within 15 minutes after game time, coaches are advised to call Greg Kozik (708)267-7385 OR Joe Kehoe (630)742-1472.
- 24) Tie games remain ties except in play-off games or OPSC tournaments.
- 25) Any game protest must be filed with the OPSC Secretary within 48 hours of the official game and be accompanied with a \$50.00 fee. The fee will be returned if the protest is upheld.
- 26) Three points are given for a win and one point for a tie. At season's end, a tie in the standing will be broken according to the following priorities:
 - a) Head to head competition
 - b) Least number of goals given up
 - c) Most number of goals scored
- 27) Recreational teams sponsored by the OPSC may not participate in league tournaments or outside activities without OPSC prior approval.

AGE GROUP SPECIFIC EXCEPTIONS OR RULES

BOYS AND GIRLS IN 1ST AND 2ND GRADES:

- 1) Off-sides will not be called; however, offensive players should not be instructed to “camp out” in front of the opponent’s goal.
- 2) Teams will play even at all times, start with 7 versus 7 down to 5 versus 5 (Teams may play 6 versus 6 if both coaches agree).
- 3) Two throw-ins permitted
- 4) Referees are to instruct the players on an incorrect first throw-in.
- 5) If the second throw-in is done incorrectly, the other team gets possession.
- 6) Substitutions shall be limited to a maximum of three players per substitution.
- 7) Players who have been substituted for may re-enter the game.
- 8) Substitution can be made without the consent of the referee under the following circumstances:
 - a) The player being substituted for must have left the field of play at the touchline directly in front of his team’s technical area.
 - b) Each player must identify whom he or she is substituting for. (High five, hand shake, or hug).
- 9) No penalty kicks
- 10) Free kicks: All free kicks are indirect kicks from the point of the foul. This includes fouls in the penalty area (large box).
- 11) An indirect kick, awarded to an attacking team as a result of a foul in the goal area (small box) must be taken from outside the goal box.
- 12) Goal kicks are to be taken anywhere along the top of the “Penalty Area” (the large box).
- 13) Corner kicks are kicks from the corner.
- 14) Games consist of 2/20-minute halves.
- 15) A five-minute break between halves.
- 16) A number 3 ball is used.

BOYS AND GIRLS IN 3RD AND 4TH GRADES:

- 1) Play starts with even teams, normally of 8 versus 8 down to 6 versus 6 (Even play does not apply to Orland Cup Games.)
- 2) Games consist of 2/25 minute halves.
 - a) A five-minute break between halves.
- 3) A number 4 ball is used.
- 4) All other F.I.F.A. rules are in effect.

BOYS AND GIRLS IN 5TH AND 6TH GRADES:

- 1) Play starts with even teams of 11 vs. 11 down to 7 vs. 7. (Even play does not apply to Orland Cup Games.)
- 2) Games consist of two 30 minute halves with a five-minute break between halves.
- 3) A number 4 ball is used.
- 4) All other F.I.F.A. rules are in effect.

ALL OTHER AGES GROUPS:

- 1) Play starts with even teams of 11.
- 2) 7th and 8th grades: games consist two 30 minute halves
- 3) A five-minute break between halves.
- 4) High School teams will play 35 min halves
- 5) A five-minute break between halves.
- 6) A number 5 ball is used.
- 7) All other F.I.F.A. rules are in effect.

All Teams are responsible for the Equipment

The Orland Park Recreation and Parks Department is not responsible for putting up or taking down soccer nets. This is the responsibility of the FIRST and LAST OPSC coach on the field. The nets, cones, flags, balls, and tools are the property of the OPSC. This equipment is purchased with the membership fees.

The rules regarding OPSC equipment are as follows:

- 1) The first coaches on the field are responsible for setting up the goal nets and the flags. Goal nets at Centennial Field will be maintained by the Park District.
- 2) The last coaches on the field are responsible for taking down the nets and placing them in the equipment bag assigned to each field, and removing the flags/cones from the field. The last coaches are also responsible for insuring that the hammer and first aid kit are in the bag. Also that the bag, flags and three-step ladder are placed in the equipment box. The equipment must be properly closed and locked. If there is a problem locking the box do NOT leave the equipment in the box but take it home with you and send an email to administrative@orlandparksoccerclub.org. Someone will come and pick up the equipment and will repair the equipment box or lock.

POLICY REGARDING YELLOW/RED CARD (COACHES AND PLAYERS)

1st Yellow Card - Automatic substitution is required. The player who receives the Yellow Card must leave the game and remain off of the field for a minimum of eight (8) minutes. A substitution may be made for this player immediately. (Coaches may elect to not reinstate this player for the remainder of this game if they feel that the player is in jeopardy of receiving a second Yellow Card, which is equivalent to a Red Card.) When a player receives a Yellow Card the playing time rule does not apply to that player.

2nd Yellow Card - A second Yellow Card served on the same player in the same game is equivalent to a Red Card. The player receiving a Red Card is immediately ejected from the game and must leave the facility. This player may not be substituted for and the team must play short for the remainder of the game.

1st Red Card - The first Red Card will result in immediate game ejection and suspension from the next (regular season or playoff) scheduled game. The team must play short for the remainder of the game in which the Red Card was issued. The team will be able to play at full strength in the game in which the suspension is served.

2nd Red Card—A second Red Card will result in immediate game ejection and a minimum suspension from the next two (2) (regular season or playoff) scheduled games and will be reviewed by the referee committee and possible additional game suspensions. The team must play short for the remainder of the game in which the Red Card was issued. The team will be able to play at full strength in the games in which the suspension is served.

3rd Red Card - The third Red Card will result in immediate game ejection and suspension for the remainder of the season (including playoff). Membership in the OPSC for the following fiscal year will be subject to review by the Board of Directors. The team must play short for the remainder of the game in which the Red Card was issued. The team will be able to play at full strength in the games in which the suspension is served.

A Red Card for fighting will be equivalent to the issuance of a Second Red Card.

Failure to comply with any of the above guidelines will result in an automatic forfeiture by the offending team of the game in which the infraction occurred. When a player, coach or spectator is ejected from the game he or she must leave the facility and is prohibited from any further contact, direct or indirect, with the team during the remainder of the game. Failure to comply shall result in termination of the game.

BILL OF RIGHTS FOR YOUNG ATHLETES

The OPSC Board of Directors supports these rights for young athletes:

Children have the right to participate in sports...

- 1) at a level commensurate with their maturity and ability
- 2) with qualified adult leadership
- 3) as a child and not as an adult
- 4) with some leadership and decision-making opportunities
- 5) in a safe environment
- 6) with adequate preparation for the sport
- 7) with opportunities to experience improvement and success
- 8) and be treated with dignity
- 9) and have fun with soccer

CODE OF ETHICS FOR COACHES

- 1) I will treat each player, opposing coach, official, parent and administrator with respect and dignity.
- 2) I will do my best to learn the fundamental skills, teaching and evaluation techniques and strategies of my sport.
- 3) I will become thoroughly familiar with the rules of my sports.
- 4) 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.
- 5) 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 refereeing of games.
- 6) 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.
- 7) I will conduct my practices and games so that all players have an opportunity to improve their skill level through active participation.
- 8) I will communicate to my players and their parents the rights and responsibilities of individuals on our team.
- 9) 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.
- 10) 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.