

2022 - FALL RECREATIONAL RULES AND REGULATIONS

1. Rosters

- a) All children and families must be registered members of the Orland Park Soccer Club (OPSC) in order to participate in any OPSC program.
- b) 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.
- c) Any coach that uses players not on his official OPSC roster will automatically forfeit the game. If a coach is found to have used a non-rostered player, the coach's family will immediately forfeit all membership privileges.
- d) A maximum of three coaches will be permitted for each team in all divisions. All coaches are required to complete a Background check with the National Center for Safety Initiatives. If we do not complete the required Background check you will not be allowed to coach.

2) Schedules

- a) Practice days, times and locations are to be assigned by the OPSC based upon the availability of facilities and coaches.
- b) Recreational teams sponsored by the OPSC may not participate in league tournaments or outside activities without OPSC prior approval.

3) Equipment

- a) Shin guards are mandatory pieces of equipment for all children at practices and games, and must be totally covered by socks.
- b) For safety, participants who need to wear glasses while playing are required to wear prescription sports goggles intended for soccer (must meet or exceed the ASTM F803 standard). Standard and flex-frame eyewear will not be allowed. This will be enforced for both games AND practices.
- c) Jewelry of any kind will not be permitted and should be removed by a parent prior to games and practices.
- d) Players on the same team must dress in the same color approved uniform provided by the OPSC (jerseys, shorts and socks).
- e) Goalkeepers must wear colors to distinguish them from all other players and referees.
- f) Only molded rubber spikes may be worn on the field (no metal studded/screw-in spikes).

4) Gameday

- a) Coaches are responsible for the behavior of their players – both on field and on sideline – as well as player’s parents and guests at the game..
- b) Teams are always on one side of the field and parents/fans are on the opposite side of the field.
- c) Coaches or parents are not permitted on the field or behind the end lines (goal line) of either goal during play.
- d) Forfeit time of 15 minutes will be kept by the referee. Game forfeit score will be 1 – 0.
- e) Halftime consists of a 5-minute break between halves at all divisions.
- f) Number of Substitutions.
 - OPSC prefers to maintain 2 subs on the sideline for every game – thus, play down to (division specific) if necessary. Coaches should work together with the referee(s) to make this determination before the game. If the coaches are not in agreement, the referee will make the final call based on conditions and number of players.
 - It is not MANDATORY, but the prevailing rule is that if a coach has only 1 sub and therefore wants to have both teams play short a player, it is required.
 - If the coach that is short doesn’t want to play the game with both teams down a player, then only the referee can force it based upon conditions (heat, etc.).
- g) The time clock for all games will start at the times dictated by the schedule. The match can begin as soon as the minimum fielded player count is achieved.
- h) The Orland Park District or the OPSC Grounds Director may cancel any game due to what they determine as any unplayable conditions.
- i) If the referee fails to show up within 15 minutes after the scheduled game time, coaches are advised to call Mark Friesen (312) 890-7347.
- j) Tie games remain ties except in the event of the Orland Cup.
- k) Any game protest must be filed with the OPSC Secretary within 48 hours of the game and be accompanied with a \$50.00 fee. The fee will be returned if the protest is upheld.
- l) The winning coaches should post the final scores (results) of their games to the OPSC website within 48 hours. Games without scores will be marked as 0-0 ties for the purpose of determining standings for playoff seedings and All-Star coach selections.
- m) 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: 1) Head to head competition 2) Least number of goals given up 3) Most number of goals scored

- n) 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 (where applicable). This is the responsibility of the FIRST and LAST OPSC coaches on the field. The nets, cones, flags and tools are the property of the OPSC. This equipment is purchased with the membership fees.

The rules regarding OPSC equipment are as follows:

- 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.

- The last coaches on the field are responsible for:
 - o Taking down the nets (where applicable) and placing them in the equipment bag assigned to each field
 - o Removing the flags/cones from the field.
 - o Ensuring that the hammer and first aid kit are in the bag net bag.
 - o Ensuring that the net bag, flags and three-step ladder are placed in the equipment box.

- The equipment box 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@orlandparksc.org. Someone will come and pick up the equipment and will repair the equipment box or lock.

5) General Rules of Play

- a) All teams will follow FIFA rules. Exceptions are covered below.
- b) Yellow cards will be issued by the referee for cautionable offenses per FIFA rules. A second caution for the same player in a match is equivalent to a red card. A red-carded player is to be ejected from the game and may not be substituted for – the team must play short for the remainder of the game.
- c) A game suspension rule will automatically apply for anyone (coach or player) receiving a red card or accumulation of 3 yellow cards.
- d) A player may play no more than one half of the game in goal. A yellow card will be issued if a coach attempts to play a goalie for longer than one half. A second infraction during the season will be reported to the board.
- e) Slide tackling is not allowed in any division. Any intentional sliding to the ground with other players in the immediate vicinity will be considered a slide tackle.
- f) All players must play a minimum of one half (½) of each game. Please note that each game is a distinct event and the play time requirement is for each individual game and not cumulative over multiple games. For example, strategically playing a particular player 20% of one game and 80% of another due to the skill level of the opponents is NOT allowed.

- g) Excessive Scoring. It is the Coach's responsibility to ensure that all players from both teams have an enjoyable and worthwhile experience. Running up scores does neither team any good. Therefore, the following rule will be enforced at all grade levels:

Slaughter Rule 1 – If Team A is up by 4 goals, then team B will add a player for the rest of the game.

Slaughter Rule 2 – If team A is up by 6 goals, then Team A will remove a player (so there will now be a 2 player difference). Team A may not add this player back until and unless Team B comes back and takes the lead. At that point, Team A will be at full strength again, but Team B will still be playing with an extra player.

This is a painful but ultimately a very effective rule. Complaining about this rule will NOT be effective. Coaches can avoid the enforcement of this rule by making changes PRIOR to taking a 4-goal lead. Effective changes can include positional changes (placing a dominant offensive player at defense or goalie, for example, and enabling less experienced players to work on their offensive games), tactical changes (emphasizing possession over scoring for a time period ... for example requiring 4 consecutive successful passes or requiring the team to switch the ball from one side of the field to another before shooting), etc.

6) Age Group Specific Rules:

Divison / Grades	Players Fielded	Min. Players	Game Length	Ball Size	Free Kicks	Offsides?	Build Out Line?	Subs on Fly?	Head-ers?
Girls 1/2	5 v 5	4	2 x 25	3	Indirect	At BuildOut*	Yes	Yes	No
Girls 3/4/5	7 v 7	6	2 x 25	4	FIFA	At BuildOut*	No	No	No
Boys K/1	5 v 5	4	2 x 25	3	Indirect	At BuildOut*	Yes	Yes	No
Boys 2/3	7 v 7	6	2 x 25	4	Indirect	At BuildOut*	Yes	Yes	No
Boys 4/5	7 v 7	6	2 x 25	4	FIFA	At BuildOut*	No	No	No
Coed 6/7/8	11 v 11	10	2 x 30	5	FIFA	Full	No	No	Yes

- a. **Offsides.** Offsides will be called differently at different age-group levels.

- **Offsides at Build-Out Line*:** At these age levels, the full offsides rule will be enforced, but the offsides line will be the Build-Out line, rather than midfield.
- **Full Offsides:** At the older age group levels, the full FIFA offsides rule will be enforced, using the midfield line.

b. Build-Out Line

- For younger age groups (see preceding chart), a Build-Out line, halfway between the top of the penalty circle (top of the box) and the midfield line, is used to promote playing the ball out of the back.
- Goal kicks are to be taken anywhere along the goal box (the small box). When the goalie has the ball in hand (from a save), or a goal kick is being taken, the opposing team should move behind the Build-Out line. After the ball is put into play, the opposing team may not cross the Build-Out line until either:
 - The ball is RECEIVED (touched) by a teammate behind the build-out line,
 - OR, the ball crosses the build out line.

Once this occurs, players can cross the Build-Out line and play resumes as normal. Goalies cannot punt or dropkick the ball in age groups where the Build-Out line is used.

- For these age groups, the buildout line is also used for the offsides rules (see preceding section).

c. Players on Field.

- For all age group levels, play starts with even teams (even play does not apply to Orland Cup Games). Age groups with 1st & 2nd grade players will play even at all times. Referees may issue cards if teams at other levels play uneven numbers.

d. Substitutions.

- For levels with Substitutions on the Fly (see preceding chart), substitutions are allowed at any time without referee consent. The player leaving the field must meet the player coming onto the field near mid-field within two yards of the touch-line and exchange a "high-five". Players who have been substituted for may re-enter the game.
- For all other levels, Substitutions are allowed with referee consent at your team's throw in, the opposing team's throw in if they are substituting, and all goal kicks & kickoffs. Players waiting to substitute into the game should stand on their team's sideline, near the midfield line. Players who have been substituted for may re-enter the game.

e. Restarts.

- Throw-ins. For age groups with 1st & 2nd grade players, two throw-ins will be permitted. For these age groups, referees are to instruct the players on an incorrect first throw-in. If the second throw-in is done incorrectly, the other team gets possession.
- Free kicks. For age groups with 1st & 2nd grade players, all kicks are indirect kicks from the point of the foul. This includes fouls in the penalty area (large box). For all other age groups, regular FIFA rules for restarts will be enforced.
- Headers. For age groups where headers are not allowed (see preceding chart), a purposeful header will result in an indirect kick at the spot of the header for the opposing team.