



New Lenox Soccer Rules and Guidelines

The following rules and guidelines are required to be followed by all coaches, players, and referees.

Players Equipment

All players are required to wear shin guards under their socks during all practices and games. We highly suggest that the players wear soccer shoes although tennis shoes are acceptable. Baseball spikes (which have a front toe cleat) are not acceptable.

Goalies are required to wear a goalie jersey to differentiate them from the field players. Goalie gloves are optional.

Absolutely no jewelry is allowed. This includes earrings, rings, bracelets, wristbands, barrettes, necklaces, or any other items the referee or coaches feel could cause injury to the player or other players. We do not allow taping over training stud earrings. They should be removed before all practices and games.

We do recommend sport frames for players that require glasses.

Hard billed hats are not allowed. We do allow winter hats and gloves during colder conditions. We recommend non-hooded sweatshirts for wear under the jersey. Hooded sweatshirts must have hood tucked under jersey if worn.

General Guidelines for all levels

- No official score is kept.
- Coaches shall make a good faith effort to cause all players to have equal playing time and, at a minimum, each player must play at least half the game (2 quarters) and no player shall play 4 quarters until each player has played 3 quarters.
- Substitutions only enter the field of play at the halfway line and only during a stoppage of play. Example: Goal Kick, Throw-in, kick-off.
- Discuss with the Referee before the game about notifying him/her regarding substitutions.
- Visiting team starts the kickoff of the game.
- The referee will keep track of scoring only to institute the 3/5 rule when needed.
- 3/5 Rule: If one team goes up by 3 goals, the opposing team must add 1 additional field player to the game. If the team with the extra player scores, the additional player must be removed. If a team goes up by 5 goals, the opposing

team must add a second additional player on the field. This second player is in addition to the player that was added when the team was down by 3 goals.

U6 and U7 GUIDELINES

Field Size: Micro 30x50 yards

Ball Size: Size 3

Players: 6v6

Duration: 4- ten (10) Minute Quarters with a 5 minute break at half time and a 2 minute break between 1-2 and 3-4 quarters.

There are NO HEADERS – if header occurs, an indirect free kick is awarded to opponent

There are no offside.

There are no penalty kicks. Any fouls inside the penalty area to the attacking team will be awarded an Indirect Free Kick and have the ball moved to the 18 yard line.

There is no slide tackling.

All kids are expected to be rotated through the positions.

All fouls will result in an Indirect Free Kick.

All other FIFA rules apply.

U8 GUIDELINES

Field Size: Junior 40x70 yards

Ball Size: Size 3

Players: 7v7

Duration: 4- ten (10) Minute Quarters with a 5 minute break at half time and a 2 minute break between 1-2 and 3-4 quarters.

There are NO HEADERS – if header occurs, an indirect free kick is awarded to opponent

There are no offside.

There are no penalty kicks. Any fouls inside the penalty area to the attacking team will be awarded an Indirect Free Kick and have the ball moved to the 18 yard line.

There is no slide tackling.

All kids are expected to be rotated through the positions.

All fouls will result in an Indirect Free Kick.

All other FIFA rules apply.

U10 GUIDELINES

Field Size: Junior 40x70 yards

Ball Size: Size 4

Players: 7v7

Duration: 4- twelve (12) Minute Quarters with a 5 minute break at half time and a 2 minute break between 1-2 and 3-4 quarters.

There are NO HEADERS – if header occurs, an indirect free kick is awarded to opponent

The offside rules apply.

There are penalty kicks.

All other FIFA rules apply.

U12 GUIDELINES

Field Size: Full 60x76 yards

Ball Size: Size 4

Players: 9v9

Duration: 4- fifteen (15) Minute Quarters with a 5 minute break at half time and a 2 minute break between 1-2 and 3-4 quarters.

There are NO HEADERS – if header occurs, an indirect free kick is awarded to opponent
All other FIFA rules apply.

U15 GUIDELINES

Field Size: Full 60x76 yards

Ball Size: Size 5

Players: 11v11

Duration: 4- fifteen (15) Minute Quarters with a 5 minute break at half time and a 2 minute break between 1-2 and 3-4 quarters.

All other FIFA rules apply.

Below are some of the Laws of the game that most commonly occur during an NLSA match. All 17 Laws of the Game can be found at the following website: www.ussoccer.com

The Referee (FIFA – Law 5)

Each match is controlled by a referee who has FULL authority to enforce the Laws of the game in connection to the match to which he has been assigned.

Offside (FIFA – Law 11)

There is no Offside awarded for U6, U7, & U8 divisions.

Offside offense will be awarded for U10, U12, & U14 divisions.

Offside is when a player is past the halfway line, involved in active play, and closer to an opponents goal than the ball or the second to last defender, without possession of the ball.

Penalty Kick (FIFA – Law 14)

No penalty kicks are awarded for U6, U7, & U8 games.

Penalty kicks are awarded for U10, U12, & U14 games.

Throw-In (FIFA – Law 15)

Is awarded when the whole ball passes over the touch line, either on the ground or in the air.

A second Throw-In will be allowed if the player commits a foul on the initial attempt.
(U6, U7 & U8 only)

Coach or referee should explain the proper method before allowing the player to re-throw.

A goal cannot be scored directly from a Throw-In.

Goal Kick (FIFA – Law 16)

Is awarded when the whole ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air, and a goal was not scored.

The ball is kicked from any point within the goal area by a player of the defending team. All opponents must remain outside the penalty area until the ball is in play.

The ball cannot be touched by any player until it has left the penalty area.

The kick is retaken if it does not go beyond the penalty area.

A goal can only be scored directly against the opposing team off a Goal Kick.

Corner Kick (FIFA – Law 17)

Is awarded when the whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air.

The ball is placed inside the corner arc at the nearest corner.

The ball is kicked by a player of the attacking team. The ball is in play when it is kicked and moves.

The kicker cannot play the ball a second time until it is touched by another player.

Fouls and Misconduct (FIFA – Law 12)

All fouls will result in an Indirect Free Kick for U6, U7, & U8 games.

U10, U12, & U14 follow FIFA – Law 12 to award Direct and Indirect Free Kicks.

Coach or referee should explain all infractions (fouls) to the players.

Unsporting behavior by players will not be tolerated (i.e., “trash-talking”, name calling, pushing, tripping, elbowing, etc.). Players will receive a warning from the referee. Repeat offense will result in player being removed from the game for a period of five (5) minutes or more at the discretion of the referee.

Direct Free Kick

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:

- kicks or attempts to kick an opponent
- trips or attempts to trip an opponent
- strikes or attempts to strike an opponent
- jumps at an opponent
- charges an opponent
- pushes an opponent

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

- tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball
- holds an opponent
- spits at an opponent

- handles the ball deliberately (except for the goalkeeper within his own penalty area)

A goal can be scored directly from a Direct Free Kick.

Indirect Free Kick

Indirect Free Kick – A goal cannot be scored until the ball is touched by a second player of either team.

The following offenses result in an indirect free kick to the opposing team when committed by a goalkeeper inside his own penalty area.

- Takes more than 6 seconds while controlling the ball with his hands before releasing it from his possession.
- Touches the ball again with his hands after it has been released from his possession and has not touched any other player.
- Touches the ball with his hands after it has been deliberately kicked to him by a team-mate.
- Touches the ball with his hands after he has received it directly from a throw-in take by a team-mate.

An Indirect Free Kick is also awarded to the opposing team if a player, in the opinion of the referee

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

Last revised: April 25, 2021