



PALATINE CELTIC SOCCER CLUB HOUSE RULES OF PLAY

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Section 1. UNIFORMS

1. Players shall wear team shirts provided by the Club. They may wear their own replacement shirt if the Club shirt is lost or damaged, as long as the shirt is acceptable to the referee.
2. The Club may provide shirts with sponsors' names.
3. Teams shall wear black shorts and black or green socks as distributed by the club for the particular season.
4. Teams or coaches shall not purchase their own sets of shirts to wear instead of the Club team shirts.
5. Individual names, team names, and team insignia only may be put on the team shirts.
6. Only goalkeepers may wear sweatpants or warm-up suits over their shorts. Players are allowed to wear sweatshirts and sweatpants under their team uniforms. The Hood of a hooded sweatshirt is required to be tucked underneath the jersey.
7. Only those players listed on the official team rosters shall play in the program.
8. Every registered player, arriving for a game, wearing a minimum uniform, and otherwise dressed in accordance with Club Rules must be allowed to play for a minimum of one-half game.

Section 2. REFEREES

1. Prior to the start of play, the Referee shall inspect both teams to ensure that players' equipment conforms to the rules of play and safety.
2. The Referee shall meet with captains of both teams at the center of the field to answer any questions and to conduct the coin toss to determine kick-off and goal-defense.
3. The Referee shall ensure teams and spectators are on opposite sides of the field.
4. For the safety of players, referees and spectators the Referee shall ensure that all spectators are seated far enough from the Touch line as necessary for a safe playing environment.



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5. The Referee shall make an effort to ensure that the game begins on time and adheres to the established schedule as closely as possible.

The Referee should not suspend time except as is necessary to ensure the safety of the players.
6. The Referee shall not allow coaches, players, spectators or others to be located close to or behind the goal posts.
7. The Referee shall verbally advise the Director of Referees of all cautions (yellow cards) issued within 24 hours of the occurrence. The report shall include the name of the player or coach, the name of the team, and the reason for the caution. The Director of Referees shall keep a record of all cautions and bring any cases of repeated offenders to the attention of the Governing Board.
8. The Referee shall submit a written account of all ejections (red cards) issued, as soon as possible following the game in which the ejection occurred, to the Director of Referees. Ejected players may not return to the game and may not be replaced with a substitute. Coaches who are ejected must leave the field area IMMEDIATELY (50 yards) and shall not participate in any team activity for the duration of the game. Failure to comply immediately must be included in the Referee's report. The report shall include the name of the player or coach, the name of the team, and the reason for the ejection.
9. Games terminated due to inclement weather or poor field conditions, before completion of the first half, will be rescheduled, if possible, and played in full. Games terminated after the first half is played, due to inclement weather or poor field conditions, will be considered complete.
10. The disposition of games terminated due to any other reason, such as insufficient number of players after the game has begun, either by ejection, injury or other cause, shall be determined by Governing Board based upon the facts of the incident. The Referee shall advise the Director of Referees of any such occurrences and all relating facts as soon as possible following the incident.



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Section 3. FIELD PLAYABILITY

1. Decisions as to the field playability on a given day shall be made by the Referee, Club President, or a Celtic SC representative, and a Palatine Park District representative. Only the Referee, Club President, or the Celtic SC representative, can order to terminate a match that is underway due to poor or questionable field conditions. If you, the referee feels the field is not playable DO NOT referee the game. Safety is paramount. Coaches DO NOT decide whether the game will be played or not, the referee does, for safety reasons. The match will be played unless **the referee** has a valid reason to cancel the game.

The referee may declare a field unplayable for the following reasons:

Water-based Situations

- A substantial part of the field (20% of field or a key area such as penalty area) is covered with water so that the ball will not roll or bounce or is so soft that a ball will not bounce to knee height when dropped.
- Footing is slippery so that the ground will not support a sharp turn or could give way when a strong kick is made.
- Other condition would be Snow or Ice.

Dangerous Field Conditions

- Debris on ground, e.g., large amounts of broken glass, rocks, sticks, metal bar, and/or sprinkler heads on the ground or sticking up. This would constitute a hazard to players if they fell.
- Holes, burrows, or very rough surface; a field with holes which are large and deep enough so that if stepped into could cause injury. The number, depth and size of the holes should be the determining factor in deciding if a field is playable.

Section 4. MATCH RULES

1. The IFAB LAWS OF THE GAME, USSF RULES will apply to all Club Matches except as specifically amended herein.
2. Under-7 and Under-8 teams will play 4v4 with no goalkeeper, Under-9 and Under-10 will play 7v7, Under-11 and Under-12 will play 9v9 and Under-13 and Under-14 will play 11v11.



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LAW I. Field of Play

- a. The field for the Under-7 and Under-8 Divisions shall be rectangular, its length being 30 yards and its width 20 yards. A halfway line shall be marked out across the field, with a center circle with a 4-yard radius. A goal area 6 yards from each goal post and 3 yards into the field of play joined by a line drawn parallel with the goal-line. The goals themselves will be 6 feet wide and 4 feet high.
- b. The field for the Under-9 and Under-10 Divisions shall be rectangular, its length being between 50 and 60 yards and its width between 40 and 50 yards. A halfway line shall be marked out across the field, with a center circle with a 6-yard radius. A goal area 6 yards from each goal post and 6 yards into the field of play joined by a line drawn parallel with the goal-line. The goals themselves will be 18.5 feet wide and 6.5 feet high. Build out line is at midfield on both halves of the field.
- c. The field for the Under-11 and Under-12 Divisions shall be rectangular, its length being between 70 and 80 yards and its width between 50 and 60 yards. A halfway line shall be marked out across the field, with a center circle with a 8-yard radius. A goal area 6 yards from each goal post and 6 yards into the field of play joined by a line drawn parallel with the goal-line. The goals themselves will be 18.5 feet wide and 6.5 feet high.
- d. In the Under-13 and Under-14 divisions - no modifications.

LAW II. The Ball

- a. Size 3 for Under-7, Under-8, Size 4 for Under-9, Under-10, Under-11 and Under- 12.
- b. Size 5 for Under-13, Under-14 and older.

LAW III. The Number of Players

- a. An official game shall start on time if four (4) players are present from each team in the Under-7 and Under-8 divisions, six (6) players are present from each team in the Under-9 and Under-10 divisions, and seven (7) players are present from each team in the Under-11, Under-12, Under-13 and Under-14 divisions. A period of fifteen (15) minutes will be allowed to a team which does not have the required minimum of players, as stated above, at the scheduled starting time. If after fifteen (15) minutes a team is still unable to field the required minimum number of players, as stated above, that team shall forfeit.



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- b. If one team has fewer than 5 players in the Under-7 and Under-8 divisions, fewer than 8 players in the Under-9 and Under-10 divisions, or fewer than 11 players in the Under-11, Under-12, Under-13 and Under-14 divisions, and the other team can field a full amount, it is recommended (for sportsmanship) that each team play with an equal number of players on the field.
- c. A team forfeits the game if the team plays a player who is not on the official team roster of that team. If a team plays a player who is not on the official team roster of that team during a House tournament, that team forfeits the remainder of the games during that House tournament.

Substitution of players will be allowed, with the permission of the Referee, at the following breaks in play:

- i. By either team prior to a throw-in,
 - ii. By either team prior to a goal kick,
 - iii. By either team after a goal,
 - iv. By either team after an injury to a player. If a coach, etc. comes on the field for an injured player, that player must be replaced, unless that player is the goalkeeper, or the team has no substitutes.
 - v. At half-time by either team.
 - vi. A player receiving a YELLOW CARD (Cautioned), the player must be removed or substituted pending the next substitution for the team, at which time the player may return.
- d. A player who is being substituted must leave the field by the nearest point on the touchline/goal line (unless the referee indicates the player can leave quickly/ immediately at the halfway line or a different point because of safety, injury etc.)

Note: ALL substitutions must enter at the halfway line.

LAW IV. The Player's Equipment

The minimum uniform for team members, aside from the goalkeeper, shall be:

- a. Team shirt,
- b. Black shorts, as designated for the team,
- c. Socks, as designated for the team,
- d. Protective shin guards underneath the socks.
- e. No boots, baseball, football, lacrosse, hard-sole shoes, shoes with metal cleats, or bare feet are allowed.



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- f. No earrings (with the exception of taped starter earrings), metal or plastic hair adornments, belt buckles, rings, watches, religious emblems, allergy pendants or any other item, which in the opinion of the Referee may constitute a hazard to any player may be worn during the game. Non-removable medical alert bracelets can be worn if, in the opinion of the Referee, it is properly protected.
- g. No player shall be allowed to participate wearing a rigid cast or finger brace. THERE WILL BE NO EXCEPTIONS. Other supports, braces or bandages, which allow normal motion, and which contain no exposed metal or rigid plastic parts may be allowed. The Referee is the SOLE judge as to if a piece of equipment may be worn.
- h. Eyeglasses may be worn; however, it is STRONGLY recommended that players DO NOT wear them during match play. Sports goggles are recommended.
- i. If a player is wearing a hooded sweatshirt, the hood shall be tucked under the jersey.
- j. Players shall not be allowed to participate if the minimum uniform requirements are not met.
- k. The Referee's decision on all articles of player's equipment shall be final.
- l. Multi-colored/patterned undershirts are allowed if they are the same as the sleeve of the main shirt.

LAW V. The Referee

- a. If a parent or spectator harasses the Referee, the Referee will stop the game, call the coach of that person's team onto the field, point out that there is a problem and remind the coach that he or she is responsible for the conduct of his or her spectators.
- b. If the harassment continues, the Referee will give final warning with a yellow card to the coach of the offending side and advise him/her that the game will be terminated with a recommendation to the Governing Board for forfeiting against the offending team.
- c. If the harassment continues, the game will be terminated with a red card to the offending team's coach, and a written report to the Director of Referees for review.
- d. A team official guilty of misconduct will be shown a YC (caution) or RC (sending-off) *; if the offender cannot be identified, the senior coach who is in the technical area at the time will receive the YC/RC
* Law 12 will have a list of YC/RC offenses.



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LAW VI. The Assistant Referee

- a. If no official lines persons are present, or if only one Referee is assigned to the game, each coach must provide a lines person who is acceptable to the Referee.
- b. The Referee will explain and specify the lines person's duties.
- c. The Referee may dismiss a lines person and order a new lines person be provided at any time should the selected lines person fail to perform their duties or behave in a manner which is, in the Referee's opinion, detrimental to the game.

LAW VII. The Duration of the Match

- a. At the commencement of a game, and once the game is underway, the Referee shall be the sole judge as to whether play can begin or continue with regards to field conditions, except if ordered to discontinue the game by the Club President or designate.
- b. Referees will always stop games when there is lightning observed or detected.
- c. Referees will not restart a game until 30 minutes after the last lightning strike, or until detectors sound an all-clear indication.
- d. Length of the game shall be:
 - 1. Under-7 and Under-8 – three 13-minute periods with 5 min breaks.
 - 2. Under-9 and Under-10 – two 25-minute halves.
 - 3. Under-11 and Under-12 – two 30-minute halves.
 - 4. Under-13 and Under-14 – two 35-minute halves.
- e. All games shall have a five-minute half-time.
- f. Difference between 'cooling' breaks (90 secs – 3 mins) and 'drink' breaks (max 1 min)

LAW VIII. The Start and Restart of Play

- a. Ball must clearly move to be in play for all kicked restarts.
- b. Ball can be kicked in any direction at kick-off.
- c. The team that wins the toss can now choose to take the kick-off or which goal to attack (previously they only had the choice of which goal to attack)



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- d. If play is stopped inside the penalty area, the ball will be dropped for the goalkeeper.
- e. If play is stopped outside the penalty area, the ball will be dropped for one player of the team that last touched the ball at the point of the last touch.
- f. In all cases, all the other players (of both teams) must be at least 4m (4.5yds) away.

LAW IX. The Ball in and Out of Play – no modifications

- a. If the ball touches the referee (or another match official) and goes into the goal, team possession changes or a promising attack starts, a dropped ball is awarded.

LAW X. The Method of Scoring

- a. U7/U8 – Limitations within goal arc..... Defending team cannot play in the arc, and the attacking team cannot score within the arc.
- b. U10 and up. Conform to IFAB.

LAW XI. Offside

- a. In the Under-7 and Under-8 divisions, no off-side rule applies.
- b. In the Under-9 and older divisions – no modifications.

LAW XII. Fouls and Misconduct – no modifications

LAW XIII. Free Kicks

- a. There are to be no direct free kicks in the Under-7 and Under-8 divisions. All free kicks are indirect.
- b. When there is a 'wall' of three or more defenders, the attackers are not allowed within 1m (1 yd) of the wall; an attacker less than 1m (1yd) from the 'wall' when the kick is taken will be penalized with an indirect free kick.
- c. When the defending team takes a free kick in their own penalty area, the ball is in play once the kick is taken; it does not have to leave the penalty area before it can be played.



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LAW XIV. The Penalty Kick

- a. There are to be no penalty kicks in the Under-7 and Under-8 divisions. All penalty kicks are indirect and shall be taken from the point on the penalty area nearest to where the foul occurred.
- b. The team's penalty taker can have (quick) treatment/assessment and then take the kick.
- c. The goalkeeper must not be touching the goalposts/crossbar/nets; they must not be moving.
- d. The goalkeeper must have at least part of one foot on/in line with the goal line when the kick is taken; cannot stand behind the line.

LAW XV. The Throw-in

- a. In the Under-7 and Under-8 divisions, being instructional, a player should be allowed to retake a throw-in, following player receiving instruction as to the proper method of taking a throw-in by either the coach or the Referee.
- b. In the Under-9 and Under-10 divisions, players are allowed to retake one improper throw-in.
- c. In the Under-11 and older divisions – no modifications.

LAW XVI. The Goal Kick

- a. The ball is in play once the kick is taken; it can be played before leaving the penalty area.

LAW XVII. The Corner Kick – no modifications

Section 5. GUIDELINES FOR U.S. SOCCER'S PLAYER SAFETY: CONCUSSION INITIATIVES & HEADING FOR YOUTH PLAYERS.

1. Consistent with the U.S. Soccer mandates on heading the ball, heading is banned for all division players U-11 (U-12 and below for programs without single age divisions) and below in both practices and games.

Limited heading in practice for players in U-12 and U-14 programs. More specifically, these players shall be limited to a maximum of 30 minutes of heading training per week, with no more than 15-20 headers per player, per week.



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2. An indirect free kick will be awarded to the opposing team if a player age 10 or younger, deliberately touches the ball with his/her head during a game.
 - a. The indirect free kick is to be taken from the place **where the player touched the ball** with his/her head.
 - b. An indirect free kick awarded to the attacking team inside the opposing team's goal area, **must be taken on the goal area line** parallel to the goal line at the point nearest to where the player touched the ball with his/her head.
3. Neither cautions nor send offs shall be issued for persistent infringement or denying an obvious goal scoring opportunity related to the heading infraction.
4. **Referees should enforce these restrictions by age group according to the specified rules.** Referees will not be assessing the age of individual players on the field; they will enforce the rules for the age group.



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Section 6. SPECIAL RULES

1. Under-7 Division:
 - No goalkeeper. Keep players moving (4 v 4)
 - Build out line at the mid-field. The attacking team must wait for a second touch.
 - Assist in throw-ins.
 - Players are not allowed to remain stationary IN or ON the arc for extended periods to either "cherry-pick" for offensive advantage or solely defend/be a goalie without engaging in active play. All players must stay involved in the flow of the game by moving with the play. Defenders should mark opponents rather than camp in the arc, and attackers must actively position themselves rather than stand in the arc for an easy scoring opportunity.
2. Under-9 Division:
 - Goalkeepers cannot punt or drop kick the ball.
 - Build-out line (between mid-field and top of the goal box). The attacking team must wait for a second touch.
 - Assist in throw-in (one extra try/one re-do). No extra tries/re-do throw-ins during the Tournament.
3. Under-11 Division: None
4. Under-14 Division: None
5. Under-9 through Under-14:
 - All substitutions at mid-field.
6. Coaches shall work with their teams at practices to implement strategies to prevent goal differentials from exceeding five goals. Possible strategies include, but are not limited to, playing possession soccer without shooting on the goal (IE: the "goal" becomes how many consecutive passes are made by the team prior to losing possession); switch the more offensively skilled players into defensive positions and vice versa; a shot can be taken on goal only if every player on the team has a touch on the ball during a possession including the goalkeeper.

If a goal differential of five goals is exceeded at any point during the game, then the trailing team shall add a player to the field of play until a goal differential of five goals or less is achieved again. If the trailing team does not have an adequate amount of substitute players



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to add a player to the field of play, then the winning team shall remove a player from the field of play.

If the game ends with a goal differential of greater than five (5) goals, then the winning team's coach shall submit a written match report via email to their Division Director within twenty-four (24) hours of the conclusion of the game explaining what strategies they implemented in order to prevent a goal differential of greater than five (5) goals. At its sole discretion, the Club may decide to suspend the head coach of the winning team for the following game, depending on the coach's explanation.

7. The Home team is responsible for wearing pinnies if requested by the referee.



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Section 7. CODE OF CONDUCT

Welcome to the Palatine Celtic Soccer Club (Palatine Celtic SC). This Code of Conduct applies to all players, coaches, assistant coaches, parents, household members, and spectators.

The values of our league center around **Sportsmanship**, with a dedicated focus on **Commitment, Education, Leadership, Teamwork, Integrity, and Community**. Our core belief is that sportsmanship supersedes all others. This applies to all coaches', spectators', and players' actions while on Palatine Park District property during and after play and as a representative of Palatine Celtic SC.

All players, parents, coaches, and spectators are expected to:

- Treat referees, coaches, players, and opponents with respect
- Avoid yelling, arguing, or criticizing officials or players
- Accept referee decisions without confrontation
- Support positive behavior over winning at all costs

1. Coach Expectations & Requirements

As a Palatine Celtic SC coach, your character is constantly being evaluated and sets the standards for our players. Your demonstration of character and attitude is more important than the soccer skills you teach.

- **Background Checks:** All coaches are subject to background checks. Based on the results, Palatine Celtic SC reserves the right to deny any application for volunteerism.
- **Role Modeling:** You are expected to be a positive role model for your players, opposing players, opposing coaches, and parents. You set the tone for what is appropriate on and off the field.
- **Model Respect:** Avoid yelling at, arguing with, or criticizing other coaches, players, referees or opponents. Support positive behavior and effort over winning.
- **Player Development:** Prioritize player safety and developmental growth over winning at all costs. Commit to teaching fundamentals and sportsmanship fairly to all players.
- **Spectator Responsibility:** Coaches will be held responsible for the conduct of their team's spectators. Coaches will be responsible for serving the disciplinary action.
- **Termination:** Your position as a volunteer coach is subject to termination any time for conduct found to be in violation of the "CODE OF CONDUCT". Suspension, terminations, and disciplinary action are at the sole discretion of the Palatine Celtic SC Board of Directors.



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2. Parent, Household Member, & Spectator Conduct

As a Palatine Celtic SC household member you are responsible for the actions of yourself and any guests in attendance at practices or games.

- **The Golden Rule of Youth Soccer:** “Let the coaches coach, the referees ref, and the players play.”
- **Sideline Behavior:** Be positive and encouraging from the stands. Do not coach or shout instructions from the sidelines.
- **Model Respect:** Avoid yelling at, arguing with, or criticizing coaches, players, referees or opponents. Support positive behavior and effort over winning.

3. Zero-Tolerance Referee Policy

All referees are certified by the **U.S. Soccer Federation Referee Program**. Palatine Celtic SC utilizes adult and minor referees (which can be identified with Green Patches). Coaches, players, parents, and spectators are expected to maintain a controlled, professional, and undemonstrative attitude at all times.

- **No criticism:** It is **never appropriate** to direct any criticism toward a referee, nor is it appropriate to vocally question a referee's call to either the players or those in attendance.
- **No Engagement:** It is strictly prohibited to confront a referee during or after a game.
- **Reporting Grievances:** Complaints regarding a specific referee must be submitted formally and in writing to the league referee coordinator or house division directors.

4. Player Behavior Expectations

Players are the heart of our community and are expected to uphold the club's core values at all times.

- **Fair Play:** Play fairly, follow the rules of the game, and accept referee decisions without confrontation or complaint.
- **Respect:** Show absolute respect toward teammates, opponents, coaches, and officials.
- **Zero Unsportsmanlike Conduct:** Taunting, fighting, use of profanity, or disrespectful actions will not be tolerated.



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5. Player Safety & Physical Contact Boundaries

To ensure a safe environment, strict boundaries regarding physical contact between coaches and players are enforced.

6. Disciplinary Actions & Enforcement

Violations of this Code of Conduct and disciplinary actions are at the sole discretion of the Palatine Celtic SC Board of Directors.

- **Profanity:** The use of profanity by anyone at practices or games will result in disciplinary action at the discretion of the Palatine Celtic SC Board of Directors.
- **Cards & Ejections:** Referees can issue yellow or red cards to a coach or player during a game in progress.
 - **Red Card Mandate:** Any coach or parent issued a red card is required to **leave Park District property immediately**. Failure to do so could result in the immediate forfeiture of the game plus additional league sanctions.
- **Board Discretion:** Any coach or player issued a red card or found to be in violation of the code of conduct is subject to additional disciplinary action— including suspensions and permanent terminations—at the sole discretion of the Palatine Celtic SC Board of Directors.
- **Minor Referees:** Palatine Celtic Soccer Club is committed to protecting youth officials. In accordance with U.S. Soccer Policy 531-9: Any disciplinary offense committed against a referee who is a minor (under the age of 18) may be subject to a "minor multiplier," resulting in double the standard punishment at the discretion of the Palatine Celtic SC Board of Directors.