
ROCK RIVER YOUTH SOCCER

RULES & REGULATIONS

Fall League 2026



Oregon Park District

Lesley Sheffield

P.O. Box 237

Oregon, IL 61061

Office: (815)732-3101

Lesley@oregonpark.org

Byron Park District

Aydin Coffey

500 N Colfax St

Byron, IL 61010

Office: (815)234-6232

acoffey@byronparks.org

ALL NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATION RULES WILL APPLY UNLESS OTHERWISE SPECIFIED HERE.

Divisions of play are grades U6, U7, U8, U9, U10, U11, U13 and U15 (8th grade max).

Players should register based on the following US soccer birth year chart:

U6- Born in 8/1/20-7/31/21

U7- Born in 8/1/19-7/31/20

U8- Born in 8/1/18-7/31/19

U9- Born in 8/1/17-7/31/18

U10- Born in 8/1/16-7/31/17

U11- Born in 8/1/15- 7/31/16

U13- Born in 8/1/13-7/31/15

U15- Born in 8/1/11- 7/31/13 (8th grade max, no high school players)

I. EQUIPMENT:

A. All players **must** wear shin guards. Neither metal spikes/cleats nor **toe cleats** are to be worn.

B. Players are encouraged to purchase sport safety glasses to wear during games and practices.

C. Mouth guards are recommended, but not mandatory.

D. Jewelry, barrettes, and watches may not be worn.

E. Ball sizes will be #3 for U6 and U7, #4 for U8, U9, U10, U11 and #5 for U13 and U15.

F. Field Dimensions:

U6: 30 x 20 yards

U7: 30 x 20 yards

U8: 60 x 40 yards

U9: 60 x 40 yards

U10: 80 x 50 yards

U11: 80 x 50 yards

U13: 100 x 65 yards

U15: 100 x 65 yards

G. Goal Posts:

U6: 6 Ft. Goals

U7: 6 Ft Goals

U8: 18 Ft Goals

U9: 18 Ft Goals

U10: 18 Ft Goals

U11: 18 Ft Goals

U13: 24 Ft Goals

U15: 24 Ft Goals

* If your town is unable to accommodate field and/or goal sizes similar to these dimensions please let us know as this will affect your town's ability to host games.

H. Arm casts are allowed with doctors release, ½" padding and League Administration approval.

II. ROSTERS & SUBSTITUTIONS:

A. Only players on the team roster are allowed to play in league games. If a team reaches the minimum number of players identified in section V. and the team is required to take a forfeit. If a team is struggling with numbers, they are allowed to move rostered players up from a lower age division in order to play the game, without having to take a forfeit. This should only be done if you are in danger of forfeiting and should not adversely affect the playing time of rostered players. All players must have played a minimum of 2 regular season games, in order to be eligible to play in the tournament. **ALL U8-U15 Rosters must be turned in (acoffey@byronparks.org or mailed- Byron Park District- 500 N. Colfax St. Byron IL 61010) prior to the first games of each season.**

Rosters must consist of the players' name, birthdate, and current grade level. Rosters should also be available to exchange between coaches if requested. **Players may only be rostered on one team.**

B. Number of players on the field, as follows:

U6- 4 Players (No Goalie)

U7- 4 Players (No Goalie)

U8- 7 Players (Including Goalie)

U9- 7 Players (Including Goalie)

U10 -9 Players (Including Goalie)

U11- 9 Players (Including Goalie)

U13- 11 Players (Including Goalie)

U15- 11 Players (Including Goalie)

C. Every effort at the U8-U15 levels should be made to divide teams as **equally as possible**. For example if a town has more than one team at the U9 level, every effort should be made to divide those teams as equally talent wise as possible. We suggest achieving this through some kind of skill evaluation followed by a coach's draft. It is also not appropriate to have one large team to avoid splitting talent. Towns failing to make every effort to equally divide teams at the U8-U15 levels will no longer be allowed to participate in the Rock River Youth Soccer league. This will be determined by the Oregon and Byron Park District staff.

D. **Substitutions shall be made with the best attempt of equal playing time. As a recreational league, we expect all players to play about half of each game.**

E. Substitution for U6 and U7: unlimited substitution between halves, on a goal kick, when play is stopped for any reason, an injured player is attended to, when a player is cautioned, throw in, and corner kicks.

F. Substitution for all U8- U15 divisions: either team may substitute between periods, on a goal kick, when play is stopped for any reason, when a player is injured, cautioned. The team losing possession may not substitute unless the team gaining possession is substituting at the same time.

III. **THE GAME:**

A. **U6 will play (4) 6 minute quarters, U7 will play (4) 8 minute quarters, U8 & U9 will play (4) 10 minute quarters. U10 & U11 will play (2) 25 minute halves. U13 and U15 will play (2) 30 minute halves. During the regular season of play, games will end in a tie at the end of regulation play and there will not be any shoot outs.**

B. Before the game, the home coach will pick ½ of the field for their home bench and will stay there for the full game.

C. All teams will alternate kickoff at quarters and halves. (Team #1 kicks off 1 & 3 quarters, Team #2 for 2-4 quarters) Teams will switch ends of field at the half.

D. The interval between quarters is one minute and between halves is 5 minutes.

E. **HEADERS ARE ONLY ALLOWED AT THE U13 AND U15 LEVELS!**

F. Slide tackling shall be considered dangerous play. (Indirect kick for offended team)

G. Goalkeepers will have 6 seconds to put the ball back into play. (U8, U9, U11, U13 and U15 levels)

H. **Off-sides** will not be called for U6 & U7 division, but will be called in all other age groups:

A player is off-sides if he/she is involved in the play and is behind the last defender and is nearer his opponent's goal line than the ball at the moment the ball is played by a teammate unless:

- He/ She is in his/her own half of the field of play,
- He/ She is not nearer to his/her opponent's goal line than at least two of his/her opponents
- The ball was last played by an opponent, or he/she receives the ball directly from a goal kick, corner kick, or throw-in.

I. For the U9, U10, U11, U13 & U15 divisions of play (FALL ONLY):

- A. Tournament games ending in a tie following regulation play will immediately proceed to a shoot-out/penalty kicks to determine a winner. 5 players for each team will kick, and the team with the most kicks in the goal will be the winner of the game. A maximum of ONE full shootout round will take place followed by sudden death.
- B. Game results must be reported to the host site's coordinator. Community coordinators will be responsible for reporting game day results. Scores should be reported no later than noon on the Monday following games.
- C. Ties in the standings will result in the following tie breakers used- 1. Head to head result, least goals allowed, coin flip.

IV. INCLEMENT WEATHER PROCEDURES:

- A. The host site will contact community coordinators in regards to cancellations due to inclement weather.
- B. Notification will be given no earlier than 8:00 a.m. for the first two rounds of play and a decision for the rest of the day will be made by 10:00 a.m.
- C. Officials must stop the games when electrical storms are present.
- D. Games called after 1 half of play due to weather are considered complete and the score stands for league play, where applicable.
- E. Games not played/cancelled due to weather conditions will not be rescheduled by the league and will not count in the standings, where applicable. (*Exception: Upon the agreement and arrangement of coaches and approval by their designated community coordinators, makeup dates may be scheduled at the U9, U10, U11, U13 and U15 grade divisions.*)

V. FORFEITS:

- A. Less than 5 players (U8 & U9), 7 players (U10 & U11) and 9 players (U13 & U15) on the field 5 minutes after a scheduled game time, constitutes a forfeit. (Offending team loss, other team wins).
- B. Poor fan, coach, or player behavior may also result in a forfeit.

VI. U6 and U7 DIVISION RULE EXCEPTIONS:

- A. Coaches are the referees and will control play. Games are played on a single field, and players may sub at any time. Fields shall have a box painted the width of the goal and 2 yards out in front. This is to keep defenders from standing in front of the goal. No players are allowed in the goal area and they may not use their hands to play the ball with the exception of a throw-in.
- B. Each team is allowed to have 3 offensive attackers and 1 defender with jersey. The designated defender must stay on the defensive side of the field. The defender can't use their hands. When the defender crosses the midline, the coach must instruct the player to return back to their position. Defenders may be rotated at breaks, quarters, or stop of play.
- C. In U6 & U7, if the ball stops inside the box area in front of the goal, the defending team will take a goal kick. No players should stand or play in this area.
- D. Upon taking a goal kick the opposing team must move back to the midfield line. Once the ball has been kicked play will resume as normal.
- E. With less than four players, teams are allowed to share players so the kids can play the game.
- F. No offsides will be called.
- G. Coaches are encouraged to help each team learn the game.

VII. COACHES:

- A. There may be 2 coaches in front of their own bench, between penalty line and centerline of team side of the field.

- B. No spectators, parents, etc. will be allowed along the goal lines or on the players' side of the field. (Exception for U6 & U7)
- C. There will be designated spectators' areas and team/coach areas.

VIII. UNSPORTSMANLIKE CONDUCT:

- A. Players receive yellow card for first warning.
- B. Players receive red card---removal from game and no replacement (team plays short).
- C. **Fans receive one warning:** if behavior is not modified, it causes forfeiture of game (loss for offending team). Referee's discretion will decide; decision will be final.
- D. It is the responsibility of the head coach of each team to report any red cards issued to themselves or any member of the team or fan base to the league administrator.
- E. All red cards will be reviewed by the league administrator. Additional discipline may be implemented. This may include suspension or expulsion from the league.
- F. Any player, coach, or fan ejected from a game for any reason will be banned for a minimum of one league game. Byron and Oregon Park Districts will decide on the length of the ban based on the ejection circumstances.
- G. Both Oregon Park District and Byron Park District will work together on all administrative disciplinary decisions.
- H. Blatant running up of the score by a team will not be tolerated. Every effort should be made with position substitution to ease a heavily lopsided game outcome when possible. If it is determined that a team has intentionally run up the score in a game, they will receive a written warning to the town administrator. If this continues, they will at a minimum, be banned from tournament participation and the coach may receive a ban from the league.

IX. OFFICIALS:

- A. The game officials will be provided by the organization hosting the games for U8 – U15.
- B. Linespersons will make out-of-bounds calls only. (if not using 2 officials)
- C. For the U13 and U15 divisions, the site coordinator will make every effort to secure two officials.

Rock River Youth Soccer Roster Sheet



Division: _____ **Team:** _____ **Head Coach:** _____

Player Name (First & last)

Birth Date

Current Grade

[illegible]

By submitting and signing this roster sheet, you are certifying that the league roster policy was followed. No changes can be made to this roster without league administrator approval. Roster sheets are due to league administrators prior to the first league game. Send to acoffey@byronparks.org or Byron Park District – 500 N. Colfax St. Byron, IL 61010

Head Coach Signature:

Witness Signature :

(Preferably a town admin)

Parent's Code of Ethics/Conduct

Helping parents to be aware of their roles and responsibilities and offers ways they can make the youth sports experience more enjoyable and positive is a goal of the Rock River Soccer League.

Responsibilities and Expectations

For a program to be truly successful, it takes the cooperation of everyone involved: players, coaches, officials, staff, spectators and especially parents. Parents have the following responsibilities and expectations when participating in any Rock River sponsored athletic program:

1. Parents have a responsibility to their children.

To make sure that your child gets the most out of his or her playing experience, parents should show their unwavering support, including positive reinforcement of your child's performance and effort. This is essential, especially at an early age, to ensure their healthy development. Parents should also be positive role models, including, but not limited to, always showing proper sportsmanship and refraining from negativity of any kind.

2. Parents have a responsibility to the coaches.

Coaches volunteer their personal time to spend it with your child. They need you to be supportive of their decisions and not undermine their efforts. If you don't agree with a coach, you are expected to tell that coach, but make certain it is done at the right time and place, in a non-argumentative manner and not in front of the children. Parents are also expected to drop off and pick up their children on time for games and practice, and it is highly encouraged for parents to stay and participate to maintain control of the group and to assist the coach as needed.

3. Parents have a responsibility to the league.

Staff cannot be at games and practices for all teams. Therefore, to maintain the positive nature of these programs, it is essential for parents/spectators to report any abusive behavior or any other situation that needs to be addressed to staff. This is the only way that these programs can achieve their intended goals.

4. Parents/Spectators have a responsibility to other parents.

Personal gain and satisfaction should not be derived from a child's performance. Competition and taunting between parents is never acceptable, and no parent/spectator should ever feel embarrassed or disappointed by their team or child's performance. Good plays should always be cheered, and disappointments should always be consoled, no matter whose team it affects.

Parent Signature: _____

Per Game Host Fee Structure

Per game fees to be collected by the host site after the season concludes.

U6 - \$12
U7- \$12
U8- \$28
U9 - \$28
U10- \$35
U11 - \$35
U13 - \$40
U15 - \$40

Host Sites

Stillman Valley- 306 IL- 72, Davis Junction, IL 61020

Oregon Park West- 14th St, Oregon, IL 61061

Byron Soccer Fields- 696 N Colfax Street, Byron, IL 61010 (Behind the High School)

Winnebago Soccer Fields- 301 N. Church St. Winnebago

Polo Soccer Fields, 407 W. Division St, Polo, IL 61064

Schedules and results can be found online here:

<https://rockriversports.org/sites/ByronParkDistrict/schedules> or
<https://www.teamsideline.com/sites/oregonparkdistrict/schedules>