

# HUNTLEY PARK DISTRICT

## HUMAN FOOSBALL LEAGUE RULES AND INFO

### Program Description

This program is developed to keep kids active while homing in on some basic soccer skills such as passing, shooting, team strategy, sportsmanship, physical fitness and fun while maintaining proper social distancing within a team activity.

### League Format

***REGISTRATION - All Divisions - Registration will only be taken by team only. No individual registration will be accepted. Rosters will be limited to a minimum of four (4) players and a maximum of Five (5) players. Players for your team must be given at the time of registration. One family will register and pay the team fee and provide the names of their team members at the time of registration.***

***All Games will be Played at Tomaso or Warrington Soccer Fields unless otherwise directed. Schedules and locations subject to change based on enrollment.***

**Recreational Division** - Open to recreational players only. No travel players may play within this division. We will take registration based on the grade level completed this past Spring (i.e. a child just completed Kindergarten would register for the Kindergarten division). All levels within the recreational division will be coed and allow for teams of all boys, teams of all girls or any combination within. Teams will play 2 games per week. Games can play Monday through Friday afternoon/evening & or Saturdays. Games will be played at either Tomaso Sports Park or Warrington Fields. Game times will be determined after the final count of teams for each division has been established. Levels offered for the Recreational Division include:

Kindergarten -	Mondays & Thursdays - 4 pm & Saturdays
1 <sup>st</sup> Grade -	Tuesdays & Fridays - 4 pm & Saturdays
2 <sup>nd</sup> Grade -	Mondays & Thursdays - 5 & 6 pm
3 <sup>rd</sup> Grade -	Tuesdays & Fridays - 5 & 6 pm
4 <sup>th</sup> Grade -	Mondays & Thursdays - 4 & 5 pm
5 <sup>th</sup> & 6 <sup>th</sup> Grade -	Tuesdays & Fridays - 4 & 5 pm
7 <sup>th</sup> & 8 <sup>th</sup> Grade -	Mondays & Thursdays - 6 & 7 pm

**Competitive Division** - Open to youth travel players who are currently on a travel club, HS aged teams & Adult (18 +) Coed teams. Teams will play two (2) games per week. Games can play Monday through Friday afternoon/evening & or Saturdays. Games will be played at either Tomaso Sports Park or Warrington Fields. Game times will be determined after the final count of teams for each division has been established. Coed teams shall have at least 2 of each gender on the team. Levels offered for the Competitive Division include:

U8 - Birth Years 2012 & 2013 -	W 4:00p, 5:00p, 6:00p & Sun afternoons
U10 - Birth Years 2010 & 2011 -	M, Tu, W or Th at 7:00p & Sun afternoons
U12 - Birth Years 2008 & 2009 -	Tu 6:00p, 7:00p & Saturdays
U14 - Birth Years 2006 & 2007-	F 6:00p & 7:00p & Saturdays
High School Coed -	W 4:00p & 5:00p & Sunday afternoons
Adult Coed -	W 6:00p & 7:00p & Sunday afternoons



## **Equipment & General Safety Protocol**

1. All safety protocol measures will be under the guidance of the Restore Illinois Phase in which the activity takes place.
2. The Park District will provide hand sanitizer for before and after games for player use.
3. The Park District will provide the game ball used.
4. There will be no team snacks shared during the program.
5. All participants must bring their own source of snacks/water to all team meetings.
6. All individual equipment bags must be six (6) feet apart from any other player's bags.
7. Wearing face coverings over the mouth and nose are not required as social distancing is built into the game rules. The field layout will allow for participants to maintain six (6) feet distance during play.
8. Spectators will be limited to one (1) per household/participant. All spectators must be within the designated spectator area and maintain six (6) feet apart from all other spectators.

## **Recommended Player Equipment**

- It is recommended that players wear cleats as games will be played on natural turf and can be slippery in wet conditions.
- Soccer Balls used (K-2<sup>ND</sup> & U8 – will use size 3) (3<sup>rd</sup> & 4<sup>th</sup> & U12 will use size 4) (5<sup>th</sup> -8<sup>th</sup> & U12, U14, HS & Adult will use size 5)
- Shin Guards are recommended, but not required. If shin guards are worn, they must be completely covered by socks.

## **Other rules pertaining to Equipment**

- Eyeglasses are permitted but must be secured with a strap. Sports glasses are recommended.
- All jewelry and metal hair barrettes must be removed. Earrings must be removed or covered with tape.
- Clothing for inclement weather is permitted if worn under the official uniform. Only soft fabric knitted ski-type hats may be worn on cold days. Headbands to control hair are permitted at any time if they conform to N.F.H.S. rules.

## **Game Rules**

### **# Of Players on the Field & Player Zones/Positions**

- Games are played 4 V 4 with no goalie. No players may use their hands during game play.
- The field will be broken into eight (8) zones. Each team will have a player occupy an alternating zone on the field.
- **Team Positions – Defender** (zone closest to goal defending) **Mid-Defender** (zone on defensive side closest to mid-field) **Mid Forward** (zone closest to offensive side near mid field) **Forward** (zone closest to offensive goal) (see diagram end of rules)
- Team rosters may consist of a minimum of four (4) players to a maximum of five (5) players on their roster. Players for teams must be given at the time of registration. Players may NOT be added after the season has started.

## **Game Length**

- Two (2) Halves consisting of fifteen (15) minutes per half Running Clock. One team coach will be designated to keep the time for the game. (Home team on the schedule will keep official time for the game.

## Other Game Rules

- **Field Size:** 135 Feet X 90 Feet (approximate) will be used for K-2<sup>nd</sup> Grades & U8 Divisions.  
**Field Size:** 200 feet X 120 Feet (approximate) will be used 3<sup>rd</sup>-8<sup>th</sup> Grades, U10-U14, HS & Adult Leagues.
- One (1) coach/parent per team may be on the sidelines. No exceptions in order to stay within Restore Illinois Guidelines.
- **Start of play:** To start a game the ball will be placed in the defender's zone of the Home team on the schedule. To start the 2<sup>nd</sup> Half the ball will be placed in the defender's zone of the Away team on the schedule. After a goal is scored the ball will be placed in the defender's zone to start of the team who was just scored upon to restart the game.
- The coaches are responsible for refereeing the games and keeping track of the game time. There are no formal referees for this program.
- **Restart:** When the ball goes out of play, the game is restarted by one of the following with an **indirect kick**. **There are two (2) scenarios for when the ball goes out of bounds. The ball is kicked past the sidelines. The ball is kicked over the end line (without the ball going into the goal).** Re-start kicks will be played as follows for each scenario:
  - Ball going out of bounds over a sideline.** The last team to touch the ball before the ball went over a sideline will lose possession of the ball (just like real soccer). The ball will be placed on the sideline to restart the game but must be placed at the spot near the sideline in which the ball went out of bounds or as close to the spot it went out of bounds within a "zone" for the team now possession of the ball (i.e. Blue team kicks it out of bounds – Red team must kick it from the sideline in a red team zone where the ball was kicked out of bounds)
  - Ball going out of bounds over an end line.** This will not be played like real soccer. No matter which team touches the ball last before it goes over an end line the ball will be awarded to the defensive team to restart the game.
- **Delay of game:** Players will have a maximum of 5 seconds once in possession of the ball to kick the ball out of their zone. Excessive holding of the ball will result in loss of possession and the ball must be given 1 zone back to the other team (i.e. mid-forward does delay of game ball must be given to opponents mid defender zone) or in the case that delay of game happens in the defender's zone it must be given up 2 zones to the other team. (i.e. defender does delay of game/ it must be given to other team in the Mid Forward Zone to restart play)
- **Fouls:** Since each player has their own designated zone, the only foul that is in play is if a player goes out of their zone purposely without playing a ball in the "distancing" zone (area between zones). If this happens play stops immediately, and a direct kick (goal may be scored from the kick) is awarded in from the forward zone of the team now in possession of the ball.
- All kicks (besides kicks from fouls see above) are indirect kicks (must be touched by another player before it can go into the goal). That is the kicker and a second person.
- **Substitutions:** Substitutions may be made whenever play must be restarted. Ex. Kick-in after ball goes out of bounds you may sub before the restart kick is made.
- **Playing Time:** It is the coach's responsibility to play all players in attendance at least half of the game during play.  
**Player Conduct:** If a player commits repeated fouls or is constantly disrupting the game the coach/referee reserves the right to have that player sit out the remainder of that half. That player may return to the game once it is their turn to play again.
- **Player Injury:** In case of an injury, play will stop when the coach blows their whistle. The whistle will be blown when the team with the injured player has possession of



the ball. In serious instances, play will stop immediately. The injured player's parents are only permitted to attend the injured player.

### **Weather/Playing Conditions**


Soccer is played in all kinds of weather conditions, *except lightning*. Strict adherence to schedules prevents problems with field availability. Please attempt to play all games according to the schedule. Coaches are not to cancel or reschedule games without notifying the Huntley Park District Athletic Department.

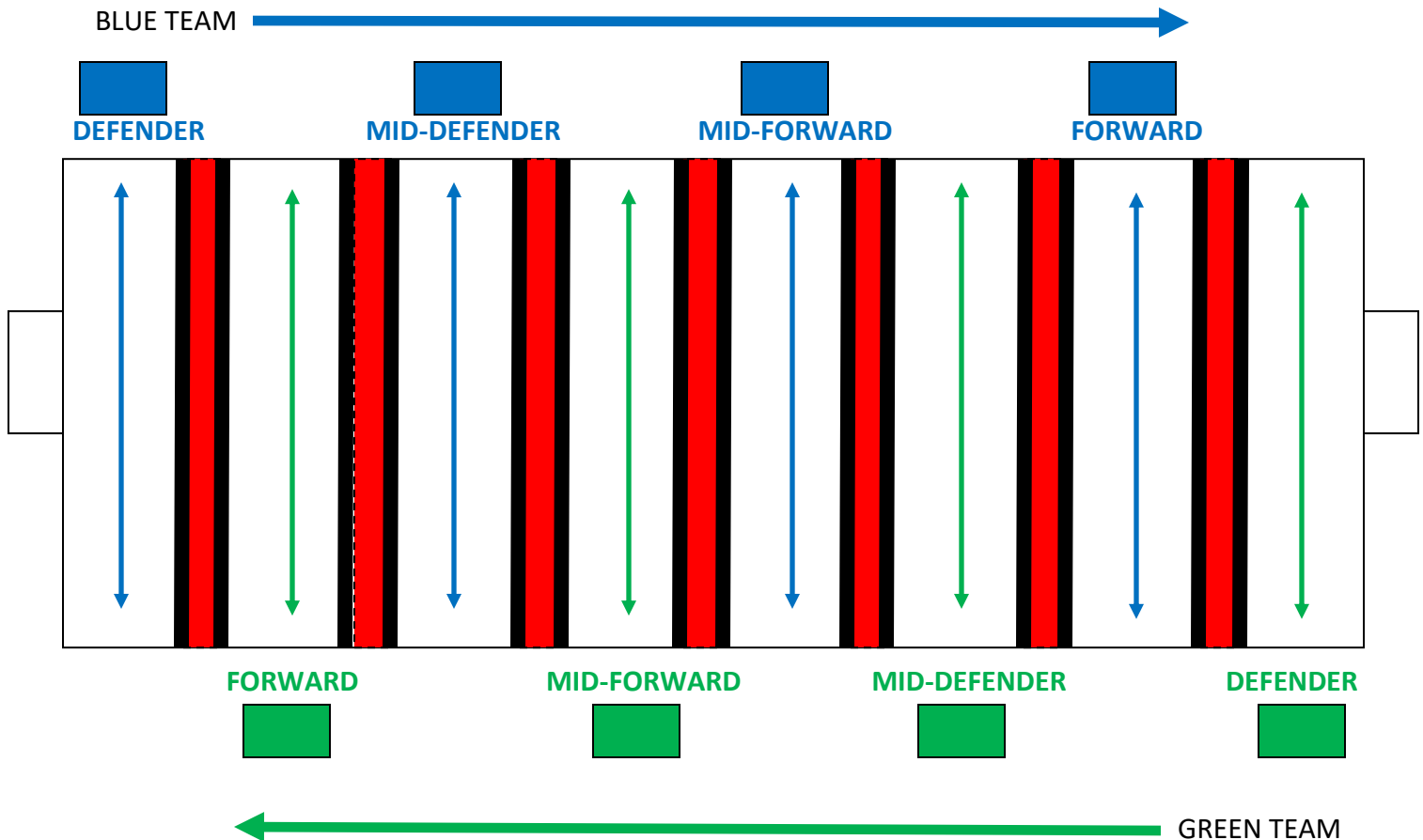
Huntley Park District will attempt to make decisions no later than 2 pm on game days.

Coaches and participants will only be notified of cancellations.

Visit for changes due to inclement weather please see our [Weather Page](#).

# HUNTLEY PARK DISTRICT HUMAN FOOSBALL FIELD LAY-OUT

 = Distancing Zone – 6 feet between zones



## Field Dimensions

Kindergarten, 1<sup>st</sup> Grade, 2<sup>nd</sup> Grade & U8 Divisions

138 feet length by 90 feet wide

Zones are 12 feet wide each

6 feet between zones (Distancing Zone)

3<sup>rd</sup> Grade, 4<sup>th</sup> Grade, 5<sup>th</sup> Grade, 6<sup>th</sup> Grade, 7<sup>th</sup> & 8<sup>th</sup> Grade and U10, U12, U14, HS & Adult Divisions

202 feet length by 120 feet wide

Zones are 20 feet wide each

6 feet between zones (Distancing Zone)

**Spectators Zone will be 30 feet from each sideline** – Blue team spectators will sit on the Blue Side – Green team spectators will sit on the Green side. All spectators must be 6 feet from each other. 1 spectator per household/participant.