

ARLINGTON HEIGHTS PARK DISTRICT HOUSE LEAGUE SOCCER LAWS MODIFICATIONS – effective 4/2024

Rule	K (over)	1 st grade (over)	2 nd grade	3 rd Grade & 4 th grade	5 th / 6 th grade
Period duration	4x7 min. quarters	4x10 min. quarters	2x25 min. halves	2x25 min. halves	2x30 min. halves
Sub break in period	None (see below)	None (see below)	Midway thru half – clock running	Midway thru half – clock running	None. Advise coaches of time near mid-point
Goal size	Pop-up	4 yards wide	6 yards wide	6 yards wide	7 yards wide
Heading	Not permitted. IFK	Not permitted. IFK	Not permitted. IFK	Not permitted. IFK	Not permitted. IFK
Punting	Does not apply	Not permitted. IFK	Not permitted. IFK	Not permitted. IFK	Permitted
Build Out Line	Does not apply	Enforced. IFK	Enforced. IFK	Enforced. IFK	Does not apply
Throw in/Kick in	Kick in	Kick in	Throw in, 2 attempts	Throw in, by the rule	Throw in, by the rule
2 nd Touch	Permitted	Permitted	Permitted 2 nd grade.	By the rule	By the rule
Offside	Does not apply	Does not apply	Does not apply	By the rule	By the rule
Slide Tackling	Not permitted. IFK	Not permitted. IFK	Not permitted, IFK or DFK for serious foul	Not permitted, IFK or DFK for serious foul	Legal tackles allowed
Goal Kick	Anywhere on goal line	Halfway btw goal and penalty area lines	By the rule	By the rule	By the rule
Ball size	4	4	4	4	4
# of players	4 max/ 3 min	5 max/ 3 min	7 max/ 4 min	7 max/ 4 min	9 max/ 6 min

Kick Off – On a kick off, the ball may be kicked in any direction. The player taking the kick and only that player may step on the opposing side of the field to take the kick off.

Build Out Line - When GK has possession, opposing team has 6 seconds to drop and stay behind the build out line until the GK puts the ball in play. GK may play ball immediately or wait for opposing team to drop. If opposing team takes longer than 6 second to drop or crosses the line before GK puts ball in play, warn the coach. If delays continue despite warnings, issue a yellow card to the coach. Restart - IFK at the point of offense on Build Out Line

Mercy Rule – A team losing by 4 goals may add a player. For each additional 2 goals scored by the leading team, the other team may add another player. When the losing team has exhausted its roster, the leading team must remove a player each time the losing team is eligible to add player(s). The losing team must remove a player each time the above conditions are not met.

Substitutions are allowed, with permission of the referee, in the following situations:

- **Kindergarten / 1st Grade:** on any stoppage in play.
- **Grades 2-8:**
 - On either team’s throw-in (i.e. white may sub on blue throw-in), delay of game not permitted.
 - On either team’s goal kick.
 - After a goal has been scored.
 - After an injury with a stoppage in play (any number of subs by both teams).
 - After a player receives a yellow card (only that player may be subbed).