



Wheaton Park District

Youth Indoor Soccer League

Laws & Regulations

2nd - 8th Grade



General

- Every player **MUST HAVE** a Wheaton Park District Soccer Jersey. Jerseys may be purchased at the Community Center on Blanchard Road for \$20.
- **HOME TEAM** wears **BLUE**. **AWAY TEAM** wears **YELLOW** and kicks off 1st, 3rd, 5th periods
- Shin guards are required. No exceptions will be made.
- **FIFA Regulation:** It is required that socks must completely cover the shin guards. An exception to the sock requirement; if shin guards are the type that pulls on similar to a sock, then the sock requirement will be waived.
- Flat athletic shoes are required; **spikes, street shoes or boots will not be allowed.**
- Jewelry, watches or any objects that could cause injury may not be worn during a game. **Exceptions:** Medical ID Bracelets.
- Every player **MUST** play at least three periods each game and **MUST** have the opportunity to play each position once throughout the season. All players should be goalkeeper during the season at least one time.
- Games will be played with an even amount of players. If either team has fewer than the number players to start, a forfeit occurs. **Encourage sharing of players when necessary to avoid a forfeit.**
- No ball playing in the hallways. This behavior will absolutely **not** be tolerated.
- Game balls and practice balls will be provided each week. **(Please do not bring balls from home.)**
- **Main Objectives of this league:** SAFETY, FUN, SPORTSMANSHIP and SKILL DEVELOPMENT
- **This is a Recreational Program**

League	Format	Ball	# Players to Start	Time
2 nd	6v6	4	5	1-Six minute Warm-Up 6-Six minute periods 5-One minute breaks
3 rd -4 th	6v6	4	5	
5 th -6 th	6v6	5	5	
7 th -8 th	6v6	5	5	

Community Center

- **AWAY team (yellow) sits on the left side of gym and HOME team(blue) sits on the right side of the gym.**
- **Only the goalie is allowed in goal/penalty area,** goalie may use hands in goal/penalty area.
- If goalie uses hands outside of goal/penalty area, an **indirect kick** will be awarded to opposing team.
- Any foul (handball, pushing, tripping, holding, etc.) by defending team in the goal/penalty area ,the attacking team will be awarded a “penalty kick.”
- 1(one) minute penalty for kicking ball into windows, track, scoreboards or ceiling. Player penalized can be substituted. **The coach is to keep track of penalty time.**

Note: For Coaches, Players and Spectators please do not enter or leave the gym during active play. Each period is only six minutes long; please wait until the next break to enter or leave.

Coaches

- **Coaches are required to complete an incident report immediately following an injury.** Incident Reports must be returned to Darrell Houston within 24 hours.
- **Coaches are urged to “let the players play,”** It has been shown that players will develop the basic skills on their own and will enjoy the game more with only a **minimal** amount of coaching **during** the game.
- **Coaches must stay in the bench area.** Only the players and the referees are allowed on the field during the game.

Start of Play

- Players must be on their own side of the center line before the kickoff.
- The ball is placed on the center mark and the player kicks the ball
- The opposing team must remain at least five yards away from the kicker until the ball is kicked.
- A goal shall not be scored directly from a kick-off. The ball must be touched by 2 players.

Scoring

- A goal is scored when the ball is deemed in the goal (rectangle inlet) over the line by the referees. The restart is a KO.

Safety

- **INTENTIONALLY HEADING** the ball is prohibited. **(This does not apply to Seventh and Eighth Grade)**
- There is **NO SLIDE TACKLING**, Encourage the players to stay on their feet.
- No one is allowed to foul the goalie when he/ she has control of the ball, OR when he/she is about to have control of the ball. **A goalie is assumed to be about to have control of the ball whenever the ball is within arm’s reach or approximately two feet from the goalie. This WPD rule has become known as “PROTECTING THE KEEPER.”**
- For safety reasons, **a two-minute penalty** without substitution will be assessed to any player exhibiting excessive force toward another player. **If a player receives a second such penalty in the same game, he /she will be removed from that game without substitution.** *Examples include:* excessive force kicking or tripping, pushing, or slide tackling. **The referee’s decisions are final.**



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- A **two-minute penalty** will be assessed to **any player who exhibits unsporting behavior**. That player may be substituted. **Any unsporting behavior may result in a player, coach, or spectator being ejected and/or suspended from the playing area.**
- The Wheaton Park District Code of Conduct will be followed.

Sportsmanship

- **At the conclusion of each game no matter the outcome**, congratulations shall be extended to the other players, coaches, and referees.
- **This program is a recreational experience. The intensity on the field should not be high.** Please show good sportsmanship and offer only positive comments and reinforcement. Our character counts as coaches, spectators and parents. Discuss CC every game. Remember that everyone is a winner as long as we are playing the game.
- **SAFETY, FUN, SPORTSMANSHIP, and SKILL DEVELOPMENT are our main goals.**

Rules and Regulations

- The game is restarted after a goal is scored. A restart after a goal is scored will be from the center mark, by the team that was scored on. The other conditions for the start/restart of play apply.
- There shall be **NO OFF-SIDE**. In general, player may go anywhere on the floor, at any time.
- There are **NO THROW-INS or CORNER KICKS**
- **All fouls in indoor soccer will result in an indirect free kick**, with the opponent five yards away. **The only exception is a penalty kick.**
- On an indirect free kick a player of the opposing team may not approach the ball until it has been put into play.
- A goal **CANNOT** be scored directly from an **indirect free kick**. The ball must touch or be played by two players from either team, before it may enter the goal.
- Penalty kicks are only taken when a foul occurs in the penalty area by the defending team. (**Direct Kick**)
- Attacking players may not be positioned inside the opponent's goal/penalty area when playing the ball (or attempting to play the ball). **Any goal scored while a member of the attacking team is in the opponent's goal area will be disallowed.** The restart is a goal kick.
- A goal kick results when the ball goes into the goal directly from a kick-off, without any other player touching it. No goal is awarded.
- **When the ball goes into the area where the parents and coaches are sitting, it is expected that the ball will be immediately put back into play with no advantage given to either team.**
- The goalie may take any number of steps inside the goal/penalty area and has up to six seconds to maintain possession of the ball.
- The goalie must abide by the half-line rule. Whenever the goalie plays the ball with his/her hands, the goalie must kick or throw the ball so that it touches the floor or wall (or any player) on the goalie's own side of the half-line.
- **A ball that hits any part of the basketball hoop, backboard or its support is out of bounds, as is a ball hitting any part of any lighting fixture, ceiling or ceiling beams.** At the Community Center, a ball that goes onto the track area, or directly strikes the **plexi-glass windows, or directly strikes the scoreboard** is also out of bounds. A player responsible for kicking the ball in any of these ways will be given a **one-minute penalty** of sitting out. This player may be substituted during that time. The coach is responsible for keeping track of the penalty time.

*In an attempt to **lower** the level of **INTENSITY** on the Indoor soccer court, coaches are asked to be positive role models for our kids. **Poor behavior from a parent, spectator, or a coach can make or break a child's soccer experience.** Please show good sportsmanship and character and offer only positive comments and reinforcement. Please remember, nobody wins or loses because we don't keep score. **Our program emphasizes SAFETY, FUN, SPORTSMANSHIP and SKILL DEVELOPMENT.***