



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 Street.
- **HOME TEAM** wears **BLUE**. **AWAY TEAM** wears **WHITE** and kicks off 1st, 3rd, and 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. Earrings must be covered with tape if worn.
- Every player must play at least half the game and must have the opportunity to play each position once throughout the season. Each player should also try being goalkeeper at least once.
- Games will be played with an even number of players. If either team has fewer than the number of 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 not be tolerated.
- Game balls and practice balls will be provided each week. ***(Please do not bring balls from home.)***

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

Central Athletic Center

- The visiting team (white) sits on the north side of bleacher and the home team (blue) sits on south side of the bleacher.
 - Fan and team bench areas are ‘in play’ and the ball should be knocked back on court and remains ‘in play’. Ball kicked underneath bleachers or near doors will be a **drop ball**.
- 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 Rory Conroy 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 may coach from the floor.

Start of Play

- Players must be on their own side of the halfway line before the kickoff (KO). White/Away has the first KO.
- The ball is placed on the center mark, and a player kicks the ball.
- The opposing team must remain at least three 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 as an IFK.

Scoring

- A goal is scored when the ball is over the goal line (if there is one on your field) or deemed a goal by the referee for the game.

Safety

- Intentionally heading the ball is prohibited. **(This does not apply to 6th-8th Grade)**
- There is **no slide tackling**. Encourage the players to stay on their feet.
- No one is allowed to foul the goalie when they have control of the ball, OR when they are 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 is known as “Protecting the Keeper”**
- Any behavior deemed dangerous may result in a player, coach, or spectator being ejected and/or suspended from the playing area.



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Sportsmanship

- At the conclusion of each game, congratulations shall be extended to the other players, coaches, and referees. Each team makes a line facing the other team and walks past the opposing players with a high five, knuckles etc.
- **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. Remember to let the kids play!
- Safety, Fun, Sportsmanship and Skill Development are our main goals.

Rules and Regulations

- The game is restarted after a goal is scored with a KO. 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, players may go anywhere on the floor, at any time except the goal/penalty area.
- **Offensive players are not permitted in the goal/penalty area.** The KEEPER may use his/her hands but no other players. No goal will be scored if offensive players are in the goal/penalty area.
- Change sides at half time (after period three).
- **All fouls in indoor soccer will result in an indirect free kick**, with the opponent three yards away.
- A goal may **NOT** be scored directly from an indirect kick. The ball must touch or be played by two players from either team, before it may enter the goal.
- There are no throw-ins or corner kicks.
- 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 in 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 release possession of the ball.
- The goalie must abide by the half-line rule. Whenever the goalie plays the ball with their hands, the goalie must kick or throw the ball so that it touches the floor/wall/player on the goalie's 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.** The restart is an IFK by the opposing team.

Our program emphasizes SAFETY, FUN, SPORTSMANSHIP and SKILL DEVELOPMENT.

We all are here to have FUN. The kids get to play a great game, and we get to watch and cheer as parents, players and coaches. Let's make the best environment for children.

WATCH THE GAME and celebrate with your child and their team. Make it a wonderful experience for everyone in the gym! That includes players, parents, spectators, coaches, and referees. Have a wonderful Safe, Fair and Fun time together!