



Wheaton Park District

Youth Indoor Soccer League

Rules & Regulations

2nd - 8th Grade

WHEATON PARK DISTRICT
SUPPORTS
CHARACTER
RESPECT
responsibility
CARING
CITIZENSHIP
trustworthiness
COUNTS!

General

- Every player must have a Wheaton Park District Soccer Jersey. Jerseys can be purchased at the Administration Building on Main Street at Roosevelt Road OR at the Community Center on Blanchard Road for \$20. Home team wears blue. Visiting team wears yellow.
- 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.
- Games will be played at even strength. If either team has fewer than the number players to start, a forfeit occurs. One or more players will be redistributed so that a practice game will still take place.
- 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.)
- The yellow (visitors) team will kick off 1st, 3rd, and 5th periods.
- The blue (home) team will kick off 2nd, 4th, and 6th periods.

League	Format	Ball	# Players to Start	Time
2nd	8v8	4	6	1-Six minute Warm-Up 6-Six minute periods 5-One minute breaks
3rd	8v8	4	6	
4th	8v8	4	6	
5th-6th	7v7	5	6	
7th-8th	7v7	5	6	

Community Center

- Visiting team sits on the north side of gym (left) and Home team sits on south side of gym (right).
- Only goalie allowed in goal area, goalie may use hands in goal box area.
- If goalie uses hands outside of goal area, an indirect kick will be awarded to attacking team.
- Any foul (handball, pushing, tripping, holding, etc.) by defending team in the 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 for, coach to keep track of penalty time.
- Fan and team bench area is in play. Ball kicked over boards into bench area should be knocked back on court and remains in play.

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 Jason Hospes 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 on the sidelines. 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 kick off.
- The ball is placed on the center spot, and a player kicks the ball forward into the opponents half of the field.
- The opposing team must remain at least five yards away from the kicker until the ball is kicked.
- The ball shall not be deemed in play until it moves forward.
- A goal shall not be scored directly from a kick-off. The ball must be touched by 2 players.

Scoring

- A goal is scored if the whole ball passes completely over the goal line between the posts and under the cross bar. A goal is not scored if the ball is on the line. The ball may roll along the line and even slightly over the line and yet not be ruled a goal.

Safety

- Intentionally heading the ball is prohibited.
- There is **No slide tackling**, Encourage the players to stay on their feet.



Wheaton Park District

Youth Indoor Soccer League

Rules & Regulations

2nd - 8th Grade



- No one is allowed to kick or push 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 arms reach or about three feet from the goalie. This WPD rule has become known as "PROTECTING THE GOALIE."
- 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 **extreme** kicking, pushing, slide tackling, dangerous play, and bad language. **Dangerous play will be called by the judgment of the referee. The referee's decisions are final.**
- A **two-minute penalty** will be assessed to **any player who exhibits unsportsmanlike conduct.** That player may be substituted. **An unsportsmanlike conduct penalty may result in a player, coach, or spectator being ejected and / or suspended for one or more games.**
- **The Wheaton Park District Code of Conduct will be followed.**

Sportsmanship

- At the conclusion of each game not 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. In an effort to continue this we ask you to keep your comments to yourself, there is no need to comment on a bad play, bad kick, or even a bad call. Please show good sportsmanship and offer only positive comments and reinforcement. Remember that everyone is a winner as long as we have a wonderful time.
- FUN, SPORTSMANSHIP, and SKILL DEVELOPMENT

Rules and Regulations

- The game is restarted after a goal is scored. A restart after a goal is scored will be from the center spot, by the team that was scored on. The other conditions for the start/restart of play apply.
- There shall be no off-sides. In general, player may go anywhere on the floor, at any time.
- 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 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.
- Penalty kicks are only taken when a foul occurs in the goal area by the defending team.
- Attacking player may not be positioned inside the opponent's goal 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.
- There are no throw-ins or corner kicks.
- 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 area and has only 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. 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 keep their comments on game day to a minimum. A bad play, bad pass or even a bad call will not make a huge impact on a child's soccer experience. Poor behavior from a parent, spectator, or a coach can make or break a child's soccer experience. Please show good sportsmanship and offer only positive comments and reinforcement. Please remember, nobody wins or loses because we don't keep score. **Our program emphasizes FUN, SPORTSMANSHIP and SKILL DEVELOPMENT.***