



Wheaton Park District

Youth Indoor Soccer League

Rules & Regulations

Pee Wee – 1st Grade

WHEATON PARK DISTRICT
S U P P O R T S

CHARACTER
RESPECT
responsibility
CARING
trustworthiness
COUNTS!

General

- Every player must have a Wheaton Park District Soccer Jersey. Jer
- seys 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	Goalie	Time
PW	5v5	4	4	N	1-Six minute Warm-Up
K	5v5	4	4	N	6-Six minute periods
1st	6v6	4	4	Y	5-One minute breaks

Central Athletic Center

- Visiting team sits on the north side of gym (farthest from doors) and Home team sits on south side of gym (closest to the door).
 - Fan and team bench area is in play and 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 will act as the referees. **Coaches need to bring a whistle and stop watch.**
- One coach will referee, and the other will keep time. **Periods or half they may switch.**
- Coaches may only be on the field if they are refereeing.
- 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.

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 three 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.



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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

- All players will play offense and defense. Everyone plays the whole field. (Except 1st grade Goalie)
- 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.
- Teams do not change sides at half time.
- 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.
- No penalty kicks are taken in kindergarten / first grade soccer.
- 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 into play with no advantage given to either team.

Format

- In an effort to try to balance the level of play among the players on each team, coaches are requested to follow the following formula when determining their lineups:
1st and 4th periods: play “less aggressive” players.
2nd and 5th periods: play “in between” players.
3rd and 6th periods: play “more aggressive” players.
- There is more contact with the ball. Each player is more active in the game.
- Better opportunities to practice basic skills: Dribbling, Passing, Trapping, and Shooting.
- The smaller field allows each player to play offense and defense.
- There is less crowding around the ball. No one is stuck standing in the goal.
- The game is much simpler to understand and coach, with no position to worry about.
- This format is the best method to promote the development of players of this age.
- No set positions, players are encouraged to play the ball, and get involved in the action.

Please Remember

That the main objectives of the 4v4 format are:

- More fun.
- Less coaching.
- More playing.
- THE GAME IS THE TEACHER by putting the kids into a position of responsibility on the field.
- At this age, the players will learn more from their own *successes* and *failures* during the game than they will from a *coach*.

*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.***