

# 2025 YOUTH OUTDOOR SOCCER HOUSE RULES



## RULES APPLYING TO ALL LEVELS:

- All players must be registered with the Niles Park District and be in their team t-shirt..
- Coaches should do their best to have kids play equally over the course of the game. If a child fails to make practice, they should not be punished with less playing time.
- Shin guards are required for all players and should be worn underneath the socks.
- Plastic or rubber cleats are allowed. **No metal cleats.**
- Jewelry can not be worn on the field during games/practices.
- **No headers and no slide tackling/sliding for any leagues.**

## LEAGUE SET-UP

- **Tiny Tots (PreK) 6v6 (6) Players & NO Goalie & Tots (Kindergarten) 7v7 (6) Players & (1) Goalie**
  - The first 15-20 minutes will be for team practice and drills.
  - Teams will play a scrimmage game after the practice/drills with 6 – (6-minute) periods.
  - Teams do not switch goals.
  - Size 3 ball will be used.
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- **Small Fry (1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup>) 9 v 9 - (8) Players & (1) Goalie**
  - 5 minute warm-ups
  - Games will be 4 – (10-minute) periods.
  - Teams switch goals at half time.
  - Size 3 ball will be used.
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- **Big Shots (3<sup>rd</sup>/4<sup>th</sup>/5<sup>th</sup>) BOYS 9v9 - (8) Players & (1) Goalie.**
  - 5 minute warm-ups
  - Games will be 4 – (12-minute) periods
  - Teams switch goals at half time.
  - Size 4 ball will be used.
- **Big Shots (3<sup>rd</sup>/4<sup>th</sup>/5<sup>th</sup>) GIRLS 7v7 - (6) Players & 1 Goalie**
  - 5 minute warm-ups
  - Games will be 4 – (12-minute) periods
  - Teams switch goals at half time.
  - Size 4 ball will be used.
  - *Due to smaller rosters, the following will take place should a team be shorthanded. If a team has 7 players present for a game, then games will be 6v6 (5 players / 1 goalie). If 6 girls or less are present, then it'll be 5v5 with no goalie. In this situation, we'll play 6 –(8min) periods, goals cannot be scored inside the goalie box, no offsides, and what would be goal kicks will be played from the end-line with free run while the opposing team has one foot on mid-field line.*
- **Varsity (6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup>) 10v10 (9) Players & (1) Goalie**
  - 5 minute warm-ups
  - Games will be 2 – (25-minute) halves.
  - Teams switch goals at half time.
  - Size 5 ball will be used.

## COACHES ON THE FIELD:

- **Tiny Tots and Tots** – Up to 2 coaches will be allowed on the field. One should remain in the offensive zone and one in the defensive zone.
- **Small Fry** – Coaches should try to remain within 10 feet of their sideline.
- **Big Shots & Varsity** Coaches are not allowed on the field and must stay in front of their team bench on their respective sideline. There are **only 2 coaches** allowed on each sideline at a time, the head coach, and an assistant coach.

## SUBSTITUTIONS:

- For Tiny Tots & Tots – subs should be made in between periods.
- For all other divisions subs can be made on the referee whistle only. Subs may not come off the bench onto the field until the person being substituted for is off the field.

## KICK-OFFS:

- The ball must touch another offensive player before a goal can be scored.
- After a goal is scored, the ball will be placed at midfield and the team that was scored on will put it back into play.

## GOAL KICKS:

- **Tots**– All goal kicks will be restarted from the goalkeeper's hands. Once the opposing team has all players on or behind the midfield line the referee will give the ball to the goalkeeper and he/she can throw or kick the ball into play. The opposing team can cross the midfield line once a player on the goalie's team touches the ball.
- **Small Fry, Big Shots & Varsity** - All goal kicks will be played within the normal rules of the game from the corner/edge of the top of the goal box. Goalies can punt.

## BALL OUT OF PLAY:

- **Tiny Tots and Tots**: When the ball goes out of play over the sideline, the game will be restarted with a **kick-in or throw-in** from the spot where the ball went out of play. The **kick-in or throw-in** will take place by the opposite team from which played the ball out of bounds.
- **Small Fry & Big Shots**: Throw-in's will be used to put the ball into play from where the ball went out of play. Players will have one additional attempt at a throw-in if the first attempt is illegal.
- **Varsity** - Regular game rules apply to all throw-ins from where the ball went out of play.

## OFFSIDES:

- Offside will only be called in the **Big Shots & Varsity** divisions.

## SCORES:

- Scores and standings will be kept only for the **Small Fry, Big Shots & Varsity leagues**.
- If a team is winning by 5 goals or more, the opposing team may place an extra player on the field. The extra player will stay on the field so long as the goal margin remains at 5 goals or more.
- Regular season games can end in ties.
- For playoff matchups, games can go to a 5-minute sudden death overtime if tied after regulation. If still tied after sudden death overtime, then a formal shootout will take place.

## ZERO TOLERANCE IS IN EFFECT FOR ALL PLAYERS, COACHES, & PARENTS.

- This is a recreational soccer league with the goal of teaching the kids about soccer while having FUN! Any abuse towards soccer officials, coaches or players will not be tolerated and offending players, parents, coaches, or spectators will be asked to leave the field of play.
- [CLICK HERE FOR FULL DETAILS ON NILES PARK DISTRICT-ZERIO TOLERANCE POLICY](#)

## SPECTATORS:

- All spectators should remain on opposite sides of team benches.
  - At Oak Park – Team benches will be closest to the infield, spectators opposite side in outfield.
  - At Greenwood – Spectators sit in bleachers by basketball court, team benches on opposite side.
  - At Grennan Heights – Team benches in middle of both fields, spectators sit along sidewalks.
  - At Culver – Spectators sit along bus lane, team benches on opposite sideline.
  - At Jonquil – Team benches closest to infield, spectators on opposite sideline by tennis court.

## PLAYING SHORT HANDED:

- In the event a team is going to be shorthanded for a game, the opposing team can lend them a player(s) or teams will just play an even number of players. For the Small Fry, Big Shots and Varsity, you can contact a coach from a younger division to ask for registered player(s) to fill in for their team for that day. Teams can only call-up enough kids to field a full team and should not have more than 1 call-up playing while regular rostered players are sitting on the bench.