



NILES PARK DISTRICT YOUTH SOCCER HOUSE RULES (Indoor 2025-26)

❖ **Sportsmanship:**

All coaches, players, parents, and fans must follow our Zero Tolerance Policy. Yelling at, arguing with, or confronting another parent/coach/player/referee will not be tolerated. Any issues with an opposing player/coach/referee/parent should be brought to the attention of your coach, and/or the [Athletic Department](#)

❖ **Rules (All Levels):**

- All players must be registered with the Niles Park District and on a roster.
- A player not in an NPD issued jersey will not be allowed to play.
- 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 given less playing time.
- Shin guards are required for all players and must be worn underneath socks or pants. They can't be exposed.
- Plastic or rubber cleats are allowed. **No metal cleats.**
- Jewelry and watches should not be worn on the field.
- **No headers or slide tackling for any leagues.** A foul will be called and an indirect kick will be awarded.

❖ **The Game Details:**

- **Tiny Tots (6) Players & NO Goalie / Tots (6) Players & (1) Goalie** - Games played on a mini field with 4 x 6 goals. The first 15 minutes will be for team practice & drills. Teams will play a scrimmage game after the practice/drills with 4 - 6min periods. Size 3 ball will be used and teams always shoot at the same goal.
- **Small Fry (5) Players & (1) Goalie** - Games played on a half field with 6.5 x 12 goals. Games will be 4 – 10-minute periods with 2-min halftime.. Size 3 ball will be used and teams switch directions at the half.
- **Big Shots (5) Players & (1) Goalie** - Games played on half field with 6.5 x 12 goals. Games will be 2 – 20-minute halves with 2-min halftime. Size 4 ball will be used and teams switch directions at the half.
- **JV (9) Players & (1) Goalie** – Games played on full field with 6.5 x 18.5 goals. Games will be 2 – 20-minute halves with 2-min halftime. Size 4 ball will be used and teams switch directions at the half.
- **Varsity (8) Players & (1) Goalie** - Games played on full field with 6.5 x 18.5 goals. Games will be 2 – 20-minute halves with 2-min halftime. Size 5 ball will be used and teams switch directions at the half.

❖ **Coaches On the Field:**

- **Tiny Tots and Tots** – Up to 3 coaches will be allowed on the field. One should remain in offensive zone, one in defensive zone and one helping on the bench. Coaches should be closer to sidelines and not in middle of the field.
- **Small Fry, Big Shots, JV and 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.

❖ **Substitutions:**

- **Tiny Tots & Tots** – substitute freely throughout the game.
- **For all other divisions** - Subs can enter on any dead ball with referee approval. Subs should not be made on the fly.

❖ **Kick-Offs:**

- The game will start with an in-direct kickoff. The referee will choose which team starts with possession and then will rotate every period/half.
- The ball must touch an 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 & Small Fry** – All goal kicks will be restarted from the top of the goalie box. Once the opposing team has all players with one foot on or behind the midfield line, the referee will signal to the goalkeeper to put the ball back into play. The opposing team can't cross the midfield line until a player on the goalie's team touches the ball first. No goalie punts.
- **Big Shot** - All goal kicks will be restarted from the top of the goalie box. Once the opposing team has all players with one foot on or behind the midfield line, the referee will signal the goalie to put the ball back into play. The defense can cross midfield as soon as the goalie puts the ball into play. No goalie punts.
- **JV & Varsity** - All goal kicks will be played within the normal rules of the game from the top of the goal box. Defenders must be outside the penalty 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**. The **kick-in or throw-in** will take place by the opposite team from which played the ball out of bounds. Opponents must be roughly 10 ft. from the spot where the **kick-in or throw-in** occurs.
- **Small Fry, Big Shots:** Regular game rules apply to all throw-ins from where the ball went out of play and corner kicks. Players will have one additional attempt at a throw-in if the first attempt is illegal.
- **JV and Varsity:** Regular game rules apply to all throw-ins from where the ball went out of play and corner kicks. Any ball that hits the ceiling is a dead ball. The opposing team will have an indirect free kick from the spot it hits the ceiling. If it hits the ceiling within the penalty box area, the ball will be placed on the penalty box line and it is an indirect kick.

❖ **Offsides:**

- Offside will only be called for full field games in the **JV and Varsity** divisions.

❖ **Penalty Kicks**

- **Small Fry & Big Shots** : When a penalty shot is awarded, it will be taken from 10 yds from the goalline.
- **JV & Varsity:** When a penalty shot is awarded, it will be taken from 12 yds goalline.

❖ **Scores:**

- Scores and standings will be kept only for **Small Fry, Big Shots, JV, and Varsity**.
- Games can end in ties.
- 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.

❖ **Playing Shorthanded:**

- At no time can a coach use a child that is not registered for the league.
- In the event a team is going to be shorthanded for a game, they 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 plus 1 sub. If a team is using a sub, they must notify the opposing coach and NPD staff of the name of the child before opening kick-off.
- If a team cannot get a call-up, the shorthanded team can ask the opponent to play with the same amount of kids or borrow from their opponent to play. The game will still count in the standings.

❖ **Other League Notes**

- Parking can be an issue at times at LoVerde Center. Please carpool with family or friends whenever possible. Cars can park at their own risk in spots to the south of the LoVerde Center.
- The warm-up area behind the north scoreboard should be used for players only.
- No food/snacks or gum allowed on the turf field. If teams distribute treats after the game, please do so in the lobby.
- All spectators are to remain on the outside of the nets, in the bleacher area and away from the team benches.