



Mt. Prospect Park District 2024 - Indoor Soccer House League Rules

Uniforms:

1. All team members must wear the same color uniform. Please bring both with uniforms (light and dark) each week.
2. All players must wear CLEAN gym shoes or turf shoes. No cleats will be allowed.
3. Shin guards are mandatory for all players to wear.

Game Format:

1. The **Home** team will wear the light color and the **Away** team will wear the dark. It is recommended that each player bring both jerseys each week.
2. **Pre-K** - Games will be played 6 vs 6 (no goalie) on half of the CCC turf
3. **Kindergarten/1st Grade Levels** - Games will be 6 vs. 6 (5 players & 1 goalie per team) on half of the CCC turf.
4. **2nd - 4th Grade Levels** - Games will be played 5 vs. 5 (4 players & 1 goalie per team) on half of the CCC turf.
5. **Pre-K and Kindergarten-** 1 coach from each team will be allowed on the field to coach and act as the ref when needed.
6. **5th/6th Grade Levels** - Games will be played 8 vs. 8 (7 players & 1 goalie per team)
7. **7th/8th Grade Levels** - Games will be played 7 vs. 7 (6 players & 1 goalie per team)
8. **Kindergarten-2nd grade will play four 8 minute quarters with a RUNNING clock.**
9. **3rd grade-8th grade will play four 10 minute quarters with a RUNNING clock.**
10. 1 minute break in between quarters. A 3- minute break will be given during half time.
11. **Soccer Ball Size: Pre-K- 3rd Grade: Size 3** **4th Grade-6th Grade: Size 4**
7th and 8th Grade: Size 5

Start and Restart of play

1. Clock will start at the scheduled game time. Game will be considered a forfeit if the late team does not have enough players (at least 4 players) after 10 minutes.
2. The **Home** team will start with the ball in the first half. The **Away** team will start with the ball in the second half.

3. If the ball strikes the ceiling, the ball will be placed directly below where it hit. The opposing team will get an **Indirect Free Kick from that spot.**
4. Failure to put the ball in play after 5 seconds will result in change of possession.

Game Rules:

1. There is no offsides penalty.
2. There will be no direct kicks. **All kicks are indirect (Including the kick-off)**
3. No throw in. Indirect free kick from the spot ball went out.
4. The walls are in play. Except in places the ref deems the area unsafe. Cones will mark the out of bounds in certain areas.
5. Encroachment: Interfering with the taking of free kicks or other restarts. Opposing players must be **TEN** feet from the ball and must not gesture in any way that will interfere in the taking of the kick.
6. Balls that strike the ceiling during the course of a game shall restart at the place on the field where the ball was kicked.
7. Goalie may use their hands inside the goalie area only.
8. When outside the goalie area the goalie must kick the ball.
9. No drop kicks are allowed. The goalie must throw the ball in or place the ball on the ground first and then kick it.
10. No Slide Tackles: All slide tackles will result in an Indirect Free Kick
11. Fouls in the penalty area will result in a penalty kick (taken from top of penalty box)

Substitutions:

1. **Kindergarten-2nd grade-** There will be a 30 second substitution break at the halfway point of each quarter. **This is not to be used as a timeout.**
2. **3rd grade-8th grade-** Substitutions can be made during the course of the game while the ball is in play. The whistle does not need to blow in order for a substitution to take place.

Substitution Zone:

1. The substitution zone will be the bench area for each team.

Injuries

1. The referee may stop the clock for injuries. If the clock stops for an injured player, the injured player must leave the field and cannot return until the next substitution.
2. Any player with an open wound must substitute out immediately and stay out until the wound is completely cleaned up and clear of blood.

For inquiries not addressed in this document, please refer to the outdoor soccer rules and regulations

PLEASE REMEMBER!

THE GOAL OF THIS LEAGUE IS FOR THE PLAYERS TO HAVE FUN IN A SAFE ENVIRONMENT.