

# Fall 2024 YOUTH OUTDOOR SOCCER HOUSE RULES



## **RULES APPLYING TO ALL LEVELS:**

- All players must be registered with the Niles Park District.
- 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) 6 v 6 (6) Players & NO Goalie on field**
- **Tots (Kindergarten) 7 v 7 (6) Players & (1) Goalie on field**
  - The first 15 minutes will be for team practice and drills.
  - Teams will play a scrimmage game after the practice/drills with 6 – 5-minute periods.
  - Teams do not switch goals.
  - Size 3 ball will be used.
- **Small Fry (1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup>) 8 v 8 - (7) 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.
- **JV (4<sup>th</sup>/5<sup>th</sup>/6<sup>th</sup>) – Girls 7v7 and Boys 8v8**
  - 5 minute warm-ups
  - Games will be 4 – 12-minute periods
  - Teams switch goals at half time.
  - Size 4 ball will be used.
- **Varsity (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 FIELD:**

- **Tiny Tots and Tots** – Up to 2 coaches will be allowed on the field. One should remain in offensive zone and one in defensive zone.
- **Small Fry / JV & 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.

## **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 / JV & 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 & JV:** 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.

#### **KICK-OFFS:**

- The game will start with a kickoff. The referee will choose which team starts with possession and then will rotate every period/half.
- 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.

#### **OFFSIDES:**

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

#### **SCORES:**

- Scores and standings will be kept only for the **Small Fry / JV & Varsity divisions**.
- Regular season 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. **Coaches should use good judgement and sub out stronger players more frequently and/or let weaker players play an offensive position and stronger players on defense or in goal.**
- 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 the game of 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:**

- When feasible, all spectators should sit on the same sideline as their players but not directly behind the team bench.

#### **PLAYING SHORT HANDED:**

- **Tiny Tots / Tots / Small Fry** - 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 with an even amount of players.
- For the JV and Varsity leagues, you can contact a coach from a younger division to ask for registered player to fill in for their team for that game. Teams can only call-up enough kids to field a full team plus 1 substitute. If a team uses an illegal player (a kid from the same league or un-registered kid) the game will be marked as a forfeit loss with a score of 5-0.