



NILES PARK DISTRICT YOUTH SOCCER HOUSE RULES

(Indoor 2024-25)

1. Sportsmanship:

- All coaches, players, parents, and fans must follow our Zero Tolerance Policy. Yelling, arguing, or confronting another parent/coach/player/referee is not allowed.

2. Rules (All Levels):

- All players must be registered with the Niles Park District. Only registered players wearing their NPD issued reversible jersey will be allowed onto the field 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 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 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.

3. The Game:

- **Tiny Tots -6v6 (6 Players & NO Goalie) / Tots -7v7 (6 Players & 1 Goalie)**
 - Played on a mini field with mini goals.
 - The first 15 minutes will be for team practice and drills.
 - Teams will play a scrimmage game after the practice/drills with 4 , 6-minute periods. Teams always shoot at same net.
 - Size 3 ball will be used.
- **Small Fry -6v6 (5 Players & 1 Goalie)**
 - Played on a half field with medium goals.
 - Games will be 4 – 10-minute periods. Teams switch sides at halftime.
 - Size 3 ball will be used.
- **Big Shots – 6v6 (5 Players & 1 Goalie)**
 - Played on half field with medium goals.
 - Games will be 2 – 20-minute halves. Teams switch sides at halftime.
 - Size 4 ball will be used.
- **JV -10v10 (9 Players & 1 Goalie) & Varsity -9v9 (8 Players & 1 Goalie)**
 - Played on full field with large goals.
 - Games will be 2 – 20-minute halves. Teams switch sides at halftime.
 - Size 4 ball for JV / Size 5 ball for Varsity will be used.

4. Coaches On the Bench/Field:

- **Tiny Tots and Tots** – Up to 3 coaches will be allowed onto the field area. One coach should remain in offensive zone, one coach in defensive zone and one coach helping on the bench.
- **Small Fry, Big Shots, JV and Varsity** - There are only 2 coaches allowed on each sideline at a time. Coaches are not allowed on the field and must stay in front of their team bench on their respective sideline.

5. Substitutions:

- For Tiny Tots & Tots – substitute freely throughout the game.
- For all other divisions, subs should not be made on the fly. Subs should only come in on a referee whistle when play is stopped.

6. 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 with an indirect kick.

7. Goal Kicks:

- **Tots, Small Fry & Big Shots** – All goal kicks will be restarted from the top of the goalie box. Once the opposing team has all players 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.**
- **JV & Varsity** - All goal kicks will be played within the normal rules of the game from the top of the goal box. Defender must be outside the penalty box. Goalies can punt.

8. 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.
- **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.
- **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 and 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.

9. Offsides:

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

10. Scores:

- Scores and standings will be kept only for the **Small Fry, Big Shots, JV, and Varsity**. Games can end in ties.
- If a team is winning by 5 goals or more, the following will take place. For Small Fry & Big Shots the losing team may place 1 extra player on the field. For the JV / Varsity leagues, the winning team will pull 1 player off the field. The player advantage will continue as long as the goal margin remains at 5 goals or more
- For Small Fry, Big Shots, JV & Varsity, the last weekend of the league will be playoff matchups. Games will go to a 5-minute sudden death overtime if tied and then a formal shootout if still tied after overtime to determine the winner.

11. Spectators:

- All spectators are to remain on the outside of the nets, in the bleacher area and away from the team benches.

12. Playing Shorthanded:

- At no time can 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 use a registered player from a **YOUNGER** league 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 cannot get a call-up, the shorthanded team can ask the opponent to play even numbered or they can borrow players.

Other League Notes

- The warm-up area behind the north goal should be used for players only. Games are on a tight schedule and will not be delayed for on field warm-ups. Have players arrive early to get dressed and ready to go at game time.
- No food/snacks or gum allowed on the turf field. If teams distribute treats after the game, please use one of the lobby tables.

Niles Park District Zero Tolerance Policy

Recreational leagues across the country have seen a dramatic change in issues dealing with parents, coaches, spectators, umpires, players, and league officials' conduct at sporting events.

With this in mind, the Niles Park District Board of Commissioners have taken a "Zero Tolerance" stance in handling severe situations occurring on and within leagues operating on Park District facilities. The Zero Tolerance Policy regarding behavior is as follows:

A. General Unsportsmanlike conduct:

- a. No spectator, adult, parent, coach, player, or umpire shall verbally confront or argue with an official, coach, player or other fans before, during, or after a game.
 - i. Penalties for such unsportsmanlike conduct will be at the discretion of the Niles Park District at a minimum of:
 1. General Unsportsmanlike Conduct: 1 calendar week suspension from all activities including practices and games, plus probation for the remainder of the current season.
 - a. The suspension must include at least one missed game.
 2. Second Offense: suspension for the remainder of the current season, plus probation for the following season.
- b. No spectator, adult, parent, coach, player, or umpire shall use profanity at an Niles Park District Facility.
 - i. Penalties for Profanity will be at the discretion of the Niles Park District at a minimum of:
 1. Profanity: 1 calendar week suspension from all activities including practices and games, plus probation for the remainder of the current season.
 - a. The suspension must include at least one missed game.
 2. Second Offense: Suspension for the remainder of the current season, plus probation for the following season

B. Drinking/ Possession of Alcohol:

- a. No spectator, adult, parent, coach, player, or umpire shall consume or possess alcohol at any Niles Park District Facilities except at Park District liquor permitted events.
 - i. Penalties for Drinking will be at the discretion of the Niles Park District at a minimum of:
 1. Drinking/Possession of Alcohol: Suspension for the remainder of the current season, plus probation for the following season. This will also include a ban from all Niles Park District Facilities and activities.
 2. Second Offense: permanent suspension from all Niles Park District Facilities and activities for one year from the date of the offense. A final decision will be made by the Board of Commissioners.

C. Fighting/Physical Abuse/Sexual Abuse:

- b. No spectator, adult, parent, coach, player, or umpire shall engage in any type of behavior that could constitute physical assault. The term physical assault includes but is not limited to: Hitting, slapping, pushing, spitting, kicking, or striking in any way any part of the body or any physical implement ¹.
 - i. Penalties for Fighting/physical Abuse will be at the discretion of the Niles Park District at a minimum of:
 1. Fighting/Physical Abuse: Suspension for the remainder of the current season, plus probation for the following season. This will also include a ban from all Niles Park District Facilities and activities.
 2. Second Offense: permanent suspension from all Niles Park District Facilities and activities for one year from the date of the offense. A final decision will be made by the Board of Commissioners.
 - ii. Penalties for Sexual Abuse:
 1. Sexual Abuse: Offender will be permanently suspended from all Niles Park District

Facilities and activities. Offender will not be eligible for reinstatement.

D. Possession of Weapon:

- a. No spectator, adult, parent, coach, board member, player or umpire shall possess a weapon of any kind at any Niles Park District Facilities.
 - i. Penalties for Possession of Weapon will be at the discretion of the Niles Park District at a minimum of:
 1. Possession of Weapon: Offender will be permanently suspended from all Niles Park District Facilities and activities for one year from the date of the offense. A final decision will be made by the Board of Commissioners.²
 2. Concealed Weapon Permit Holders will not be allowed to carry a weapon at Niles Park District facilities.

E. Social-Media

- a. No spectator, adult, parent, coach, player or umpire shall engage in any type of written or implied social media posts (to include Facebook, twitter, text message or email, etc.) deemed detrimental to the Niles Park District or its programs.
 - i. Penalties for written or implied posts detrimental to a program/league will be at the discretion of the Niles Park District at a minimum of
 1. 1 calendar week suspension from all activities including practices and games, plus probation for the remainder of the current season.
 - a. The suspension must include at least one missed game.
 2. Second Offense: Suspension for the remainder of the current season, plus probation for the following season.
 - ii. Penalties for written or implied threats will be at the discretion of the Niles Park District at a minimum of
 1. Suspension for the remainder of the current season, plus probation for the following season. This will also include a ban from all Niles Park District Facilities and activities.
 2. Second Offense: permanent suspension from all Niles Park District Facilities and activities for one year from the date of the offense A final decision will be made by the Board of Commissioners.

Any person who has been suspended pursuant to the above may, within 7 days of receipt of the suspension, seek a hearing with the Park Board Commissioners provided they timely submit said request in writing and include a brief explanation as to why he/she disputes the suspension or whether he/she believes mitigating circumstances exist.

The Park Board will consider the appeal and may sustain, amend, or revise the previous suspension in its sole discretion.

It is the goal of the Niles Park District that participation in recreational programs be individually and cooperatively a wholesome, fun, and personally rewarding experience. Each participant, along with the coaches and parents should try to achieve a more positive attitude for the sport or program so it is a more enjoyable experience.

¹ Any person who physically attacks officials, coaches, fans, or players may be subject to criminal prosecution as well as a civil suit for money damages.

² Licensed Law Enforcement Officers on duty or while on call will be allowed to carry a Department issued service weapon.