

# PenMet Parks

## Youth Indoor Soccer League Handbook

### Youth Sports Philosophy

PenMet Parks Youth Sports are guided by three core principles: Everybody Plays, Joy in Being Active, and Building Community. Our leagues prioritize participation, skill development, character, and sportsmanship over winning, ensuring every athlete has a meaningful and positive experience. We are committed to creating an encouraging environment where players, coaches, officials, and families work together to build confidence, friendships, and lifelong enjoyment of being active.

### Division Overview

Age Division	Ball Size	Field Size	Game Length
<b>2<sup>nd</sup> / 3<sup>rd</sup> Grade</b>	<b>4</b>	<b>Half Field</b>	<b>40 Min (2 x 20 min halves)</b>
<b>4<sup>th</sup> / 5<sup>th</sup> Grade</b>	<b>5</b>	<b>Full Field</b>	<b>44 Min (2 x 22 min halves)</b>
<b>Middle School</b>	<b>5</b>	<b>Full Field</b>	<b>44 Min (2 x 22 min halves)</b>

### Area of Play

The playing surface is the entire turf field. The ball remains in play off the side walls when applicable.

Play is stopped only when:

- The ball enters spectator areas
- The ball becomes lodged in netting
- A foul is called
- An injury occurs
- The referee stops play

If the ball strikes the overhead or side netting, play is stopped and an indirect free kick is awarded to the opposing team from the spot of the violation.

## Team Composition

### 2nd/3rd Grade

- 5v5 (4 field players and 1 goalkeeper)
- Minimum of 4 players to start
- No offsides

### 4th/5th Grade

- 6v6 or 7v7 including goalkeeper
- Minimum of 5 players to start
- No offsides

### 6th–8th Grade

- 6v6 or 7v7 including goalkeeper
- Minimum of 5 players to start
- No offsides

*\*All players must play at least one half or equivalent playing time.*

## Substitutions

- Substitutions are allowed at any time (“on the fly”). The player leaving the field must exit before the substitute enters.
- Players must exit the field through the gate to their team bench. Jumping over the wall is not permitted.
- Illegal substitutions result in an indirect free kick.

## Start of Play

- The home team begins with a free kick at midfield. All players must be in their defensive half until the ball is played.
- After a goal is scored, the opposing team restarts play in the same manner.
- The player taking the kickoff may not touch the ball again until it has been touched by another player.

## Scoring

- A goal is scored when the entire ball crosses the goal line.
- One point is awarded per goal.
- No official standings are kept for the 2nd/3rd Grade Division. Older divisions may track standings at league discretion.

## Fouls

All fouls result in an indirect free kick unless occurring inside the penalty area.

Personal fouls include:

- Pushing
- Tripping

- Striking
- Kicking or attempting to kick
- Holding
- Deliberate handball
- Jumping at an opponent
- Charging
- Slide tackling

Team fouls include:

- Obstruction
- Dangerous play (high kicking)
- Goalkeeper possession beyond time limit
- Ball played above height limit
- Illegal substitution
- Misconduct

Slide tackling is not permitted.

### Penalty Kicks

- A direct penalty kick is awarded for fouls inside the penalty area.
- The kick is taken from the designated mark in a one-on-one situation against the goalkeeper. All other players must remain outside the penalty area.

### Goalkeeper Rules

- Goalkeepers are the only players allowed to use their hands and only within their penalty area.
- Goalkeepers must distribute the ball within 5 seconds
- In younger divisions, goalkeeper throws must bounce or touch a player in their own half before crossing midfield. Underhand distribution is recommended.
- Punting is not allowed.
- Violations result in an indirect free kick.

### Ball Out of Play

- If the ball leaves the playing surface, play restarts with an indirect free kick from the nearest spot.
- There are no traditional throw-ins.

### Drop Ball

A drop ball is used to restart play when stoppage occurs due to:

- Injury
- Equipment issues
- Simultaneous fouls
- Unclear possession

- Referee error

The ball is dropped between two opposing players and becomes live when it touches the ground.

## Injury Policy

- The referee will immediately stop play in the event of an injury.
- Time will be stopped for serious injuries.
- An injured player receiving treatment must leave the field before returning.
- Concussion protocol will be followed.

## Equipment Requirements

### Players must wear:

- Team jersey or colored shirt
- Shin guards
- Indoor or turf shoes (non-marking)

### Not permitted:

- Cleats with studs
- Jewelry
- Hard casts without proper padding

## Sportsmanship

Players, coaches, and spectators are expected to demonstrate respect at all times.

### Zero tolerance for:

- Abusive language
- Arguing with officials
- Unsportsmanlike conduct
- Intentional rough play

Referees may issue warnings, remove players temporarily, or eject individuals as necessary.

Coaches are responsible for the conduct of their players and spectators.

## Division Emphasis

**2nd/3rd Grade** - Skill introduction, equal play time, no slide tackling, no punting, developmental focus.

**4th/5th Grade** - Tactical development, structured positioning, controlled physical play.

**6th–8th Grade** - Game management, advanced skill development, competitive but respectful play.