

NPD Indoor Soccer Rules for League Play
PREMIER LEAGUE * TOCA
(Revised 11/27/23)

Unless otherwise specified herein, rules default to USSF/FIFA Laws of the Game.

Rule 1 – The Field of Play

Definitions:

- Corner spot: Located at the ends of each touchline, indicates the restart for a corner kick.
- Penalty spot: Located in the penalty area, indicates the restart for a penalty kick.
- Three-line spot: Located in the middle of each red line, indicates the restart for a three-line violation.
- Free kick spot: Located at the top of the penalty area, indicates the restart for an IFK violation inside the defending team’s penalty area.

The technical area shall consist of the bench areas, penalty boxes, and timekeeping area.

Rule 2 – The Soccer Ball

Age Group	Ball Size
2 nd Grade	3
3 rd Grade – 6 th Grade	4

The home team will provide the game ball.

Rule 3 – The Number of Soccer Players and Coaches

Age Group	Players	Maximum on Roster
2 nd - 4 th Grades	7v7	16
5 th - 6 th Grades	7v7	16

Teams short of players at the start of a game should borrow from the opposing team. All players must be registered with the Naperville Park District and have a signed waiver on file with the Park District.

SUBSTITUTIONS

Substitutions are unlimited, on-the-fly, during the course of play. The referee is empowered to stop play if there are too many players on the field. Players entering the field of play as substitutes need to avoid interfering with any play going on near the technical areas or obstructing the movement of opposing players in the immediate vicinity of the technical areas. Failure to comply with these requirements will result in the offending player being cited for unsportsmanlike conduct, shown the yellow card, and an Indirect Free Kick (IFK) will be awarded to the opposing team at the spot where the violation occurred.

Players should only enter the field through the designated door, never over the wall areas of the team benches.

All players and coaches must remain within the technical areas themselves. They are not allowed to extend any part of the body over the tops of the technical area walls and interfere with play on the field. Failure to comply with these requirements will result in the offending player being cited for unsportsmanlike conduct, shown a yellow card, and an IFK to the opposing team at the spot where the violation occurred.

BENCH PERSONNEL

A maximum of THREE coaches/trainers/managers per team shall be permitted on the benches. Disrespectful or unruly behavior by team personnel could result in the head coach receiving a caution and yellow card.

Rule 4 – The Players’ Equipment

Teams are responsible for their uniforms. Players must wear appropriately-sized shin guards, footwear, and socks. Shin guards must be completely covered by the socks. Footwear may be flat-soled indoor soccer shoes, gym shoes, turf shoes, **NO soccer cleats**. Jewelry, including all loose items on the wrists or neck, must be removed—tape is not permitted. Street glasses are permitted BUT sports goggles are recommended. Religious and medically-required items are permitted at the discretion of the referee. In the event of a color conflict, the home team shall change jerseys. Goalkeepers must wear a goalkeeper jersey or shirt that does not match either team.

Naperville Youth Soccer jerseys can be purchased at the following locations:

- Fort Hill Activity Center
- Play It Again Sports

Rule 5 – The Referee

The referee is empowered to terminate a game in the case of extreme circumstances. Naperville Indoor Soccer Staff will review all circumstances of the referee’s game report and determine the outcome of the game. The referee’s decision is final regarding all interpretations of the laws.

Rule 6 – The Timekeeper

The referee will control the game clock.

Rule 7 – The Duration of the Soccer Games

Games will use a running clock. Teams may start early if they are ready, at the referee’s discretion. Time shall not be stopped or added for injuries. At the discretion of the referee, serious injuries or other causes may be grounds for added time, suspension and reschedule, or termination. As a courtesy to the other teams, please enter and exit the field with a sense of urgency. NIS referee’s reserve the right to reduce playing time if the teams are not on the fields ready to play at the start of the game.

2ND GRADE – 6TH Grade

Each game shall consist of two (2) twenty (20) minute halves, with a two-minute half-time.

Rule 8 – The Start and Restart of Play

The home team shall kick off to start the game. The referee may designate which side of the field is defended by each team. The kick-off can go in any direction. Teams alternate field sides and kickoff after half-time. THERE IS NO COIN TOSS TO START THE GAME.

Rule 9 – The Ball In and Out of Play

The ball is in play when it rebounds off of the perimeter walls, side nets and overhead nets. The ball is out of play when it passes over or through the perimeter nets, including into the technical area. Restarts for balls leaving the field of play will be an IFK to the opposing team on the perimeter line at a spot closest to where the ball left the field of play.

Rule 10 – The Method of Scoring

The ball must completely cross the goal line, between the posts and below the crossbar for a goal to be scored.

Rule 11 – Three-Line Violation

If a player, including the goalkeeper, propels the ball in the air over the two red lines and the halfway line toward an opponent's goal, without the ball touching a perimeter wall or net, referee, or another player, an IFK shall be awarded to the opposing team from the three-line spot nearest to the offending team's goal.

RULE 12 – Offside

There shall be no offside called for the Naperville Indoor Soccer League play.

Rule 13 – Fouls and Misconduct

Direct Free Kick (DFK), awarded for major fouls, can be kicked into the goal without touching another player. A DFK is taken from where the offense occurred.

A DFK shall be awarded to the opposing team if a player commits any of the following offenses:

1. Slide tackling; sliding of any kind is not permitted.
2. If it is determined by the referee that a player slides tackles with negative intent the player may receive a red card and be ejected from the game and the team plays down a player for the remainder of the game.

A DFK is awarded to the opposing team if a player commits any of the following six offenses in a manner considered by the referee to be careless, reckless or using excessive force:

1. Kicks or attempts to kick an opponent.
2. Trips or attempts to trip an opponent.
3. Jumps at an opponent.
4. Charges an opponent.
5. Strikes or attempts to strike an opponent.
6. Pushes an opponent.

A DFK is also awarded to the opposing team if a player commits any of the following four offenses:

1. Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball.
2. Holds an opponent.
3. Spits at an opponent.
4. Handles the ball deliberately (except the goalkeeper within his own penalty area). Girls may use their arms for protection while doing chest traps. Hands should be on shoulders and elbows must be kept down.

ANY FOUL COMMITTED WHICH IS CONSIDERED TO BE DANGEROUS OR WITH EXCESSIVE FORCE WILL RESULT IN A SENDING OFF AND RED CARD. THE OFFENDING PLAYER MAY NOT RETURN TO THE GAME AND THE OFFENDING TEAM WILL PLAY DOWN A PLAYER FOR THE REMAINDER OF THE GAME.

An Indirect Free Kick (IFK) can be kicked into the goal after touching another player. An IFK is taken from where the offense occurred.

An IFK shall be awarded to the opposing team if a player commits any of the following offenses:

1. Dangerous play.
2. Second consecutive touch of the ball following a re-start.
3. Obstruction.
4. Preventing the goalkeeper from putting the ball into play.

HEADING THE BALL

Intentionally heading the ball in grades Pre-Kindergarten – 6th grade is considered dangerous play. An IFK will be awarded to the opposing team if a player younger than 7th grade intentionally heads the ball during game play. The IFK will be taken where the violation occurred.

GOALKEEPER VIOLATIONS

An IFK shall be awarded to the opposing team from the offending team's free kick spot (the top of their penalty area) if a goalkeeper, inside his own penalty area, commits any of the following offenses:

1. Punts the ball.
2. Touches the ball with his hands after he has received it directly from a kick-in taken by a teammate.
3. Takes more than six seconds while controlling the ball with his hands before releasing it from his possession.
4. Touches the ball again with his hands after it has been released from his possession and has not touched any other player.
5. Touches the ball with his hands after it has been deliberately kicked to him by a teammate.

IF A GOALKEEPER DELIBERATELY HANDLES THE BALL OUTSIDE OF THE PENALTY AREA, THE OPPOSING TEAM IS AWARDED A DFK AT THE SPOT WHERE THE VIOLATION OCCURRED, NOT AN INDIRECT FREE KICK.

A player, substitute, or substituted player is shown a yellow card and sent off the field if he commits the following offenses. The team may substitute for the yellow carded player. An IFK shall be awarded to the opposing team at the spot where the ball is located when the violation occurs. The yellow carded player may re-enter the game at the next substitution with the referee's approval.

1. Boarding
2. Unsporting behavior including cherry-picking near the opponent's goal
3. Dissent
4. Delaying the restart of play
5. Fails to respect the required distance when play is restarted with a corner kick, free kick, or kick-in
6. Persistent infringement

ANY FOUL COMMITTED WHICH IS CONSIDERED TO BE RECKLESS WILL RESULT IN A CAUTION AND YELLOW CARD.

REFEREE RESERVES THE RIGHT TO DETERMINE WHEN A CAUTIONED PLAYER MAY RETURN TO THE GAME.

A player, substitute, or substituted player is shown the red card and sent off if he commits any of the following offenses:

1. Serious foul play.
2. Violent conduct.
3. Spitting.
4. Denying the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball.
5. Denying an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick.
6. Using offensive, insulting, or abusive language and/or gestures.
7. Receives a second yellow card in the same game.

Once a player is issued a red card they may not return to the game and their team must play down a player for the remainder of the game. Ramifications of a player earning a red card may include suspension of playing status for the remaining season. Player eligibility will be reviewed on an individual basis by Naperville Park District Soccer Staff.

GOALKEEPER EXCEPTION

If a goalkeeper is shown a red card, the goalkeeper may be replaced and a field player from that team must leave the field. A designated goalkeeper must be playing at all times.

Players or coaches receiving a red card may be suspended from the following game. This is the sole discretion of the Naperville Park District based on the actions of the player or coach.

Rule 14 – Free Kicks

At all restarts, the opposing team must be at least five yards away from the ball. Teams must respect this distance automatically, with no intervention required from the referee or team with possession. The team with possession shall be allowed five seconds to put the ball into play. The referee is empowered to turn over possession to the opposing team if he feels that the game is being intentionally delayed within the penalty area.

Any free kick (IDF or DFK) awarded to the defending team within their own penalty area may be taken from anywhere within the penalty area.

Rule 15 – The Penalty Kick

A penalty kick is awarded against a team which commits a DFK offense inside its own penalty area while the ball is in play. The ball is placed on the penalty spot. All other conditions required for penalty kicks are in force and will be enforced.

Rule 16 – The Goalkeeper Distribution

A goalkeeper distribution is awarded when the ball passes over or through the perimeter nets between the corner spots, last touched by an attacker. The referee should immediately assume possession of the ball and award it to the defending goalkeeper. The defending goalkeeper shall distribute the ball from any point within his/her penalty area.

Rule 17 – The Corner Kick

A corner kick is awarded when the ball passes over or through the perimeter nets between the corner spots, last touched by a defender. The ball is placed on the corner spot.
A goal may be scored directly from a corner kick, but only against the opposing team.