



# Tinley Park-Park District 2026 Indoor Soccer Rules

## **GAMEPLAY**

Games will consist of four (4) quarters with a continuous clock as stated below. The clock will only stop if there is an injured player. There will be a 2-minute halftime break and one minute in between quarters unless games are running behind schedule.

3-4yr/5-6yr old          6 minute quarters  
7-8/9-10yr old          8 minute quarters

The 3-4yr & 5-6yr division will play (5v5) and 7-8yr & 9-10yr division (6v6) on the court at a time. This rule may change due to roster size. League coordinator and/or referee can only allow teams to play with less than the minimum. If needed league coordinator and/or referee may allow teams to "borrow" players from the opposing team.

## **EQUIPMENT**

HOME TEAM is BLUE  
AWAY TEAM is WHITE

All players are required to wear gym shoes and their game jerseys..

The park district will provide practice balls, pennies, game balls, etc. The game referee will select a game ball. 3-4yr & 5-6yr division will use size 3 soccer ball. The 7-8yr & 9-10yr division will use a size 4 soccer ball. Referees/scorekeepers will keep official game time on the scoreboard.

## **PLAYING TIME & SUBSTITUTIONS**

ALL PLAYERS MUST GET EQUAL PLAYING TIME.

All age divisions may substitute at any time throughout the game. The clock will not stop. Coaches or Team organizers should have subs ready in advance and notify the scorekeeper.

## **GAME RULES**

Each game is started by a kick-off. The ball will be placed at midcourt and kicked indirectly to the side or behind to a teammate.

The HOME team on the schedule will receive the ball at the start of the game (1<sup>st</sup> period) AND the start of the 3<sup>rd</sup> period.

The AWAY team will receive the ball at the start of the 2<sup>nd</sup> and 4<sup>th</sup> periods.

### **Out of Bounds:**

- Ball touching the ceiling, rafters, or other suspended apparatus = Indirect free kick by an opponent at mid-court.
- Ball touching basketball backboard= Goal kick/Corner Kick as per rule.

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### Goal:

A goal is scored only if the whole ball crosses the goal line inside the goal. The game is restarted by a kickoff. Players will not be allowed to stand in the goal area without the ball. Players may only enter the **goal area** once the ball has moved into the goal area. If the goalie receives the ball they will have 10 seconds to pass or it will be a side-out for the opponent. **NO DROP-KICKS!!** A goalie will be present only for the 7-8yr & 9-10yr old division and required to wear a yellow penny.

### Clothing

Players may not wear any form of jewelry, watches, or earrings during play. Sunglasses are not allowed and players are required to wear their proper uniform.

### Player Positions

- Midfielder
  - They are all-purpose players who take shots and try to steal the ball from the other team. They are transition players, helping move the ball from defense to offense. They play the whole field.
- Defender
  - Players near their own team's goal trying to prevent the other team from scoring.
- Goalie \*(7-8yr & 9-10yr old Division)\*
  - The player in their own team's goal with the opportunity to use their whole body in trying to prevent the ball from crossing the goal line

### FOULS & MISCONDUCT

All fouls result in a free kick near the spot of the foul. The following are considered fouls in this league and will be assessed by the referee or game supervisor.

1. Tripping, kicking, striking, pushing, holding, charging violently, or jumping at an opponent.
2. Any dangerous play (high kick, playing ball while lying on the floor, etc).
3. Intentionally playing the ball with the hands.
4. Intentionally obstructing an opponent.
5. Entering or leaving the game without the referee's permission.

### FREE KICKS

1. All free kicks shall be indirect - This means a goal may not be scored unless the ball is touched by another player from either team before entering the goal.
2. The kick shall be taken from the point of the foul unless the foul is committed by a player inside his own goal area, at which time the kick shall be taken from the nearest point outside the goal area.
3. The player taking the kick may not touch the ball a second time until another player has touched it.
4. Opposing players must remain at least 5 feet from the ball until after the kick is made.



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### **BEHAVIOR MANAGEMENT**

Any coach, player, or parent ejected from a game will receive an automatic (1) one-game suspension in effect for the next scheduled game. Any coach, player, or parent ejected twice in the same season will be suspended for the remainder of the season.

Coaches, players, or fans will be ejected if:

1. They touch an umpire/referee in a threatening manner as determined by the umpire/referee.
2. They physically assault another manager, coach, or player.
3. They intentionally collide with another manager, coach, or player.
4. They leave their designated area in a hostile manner.
5. They use foul language.
6. They verbally harass an umpire/referee, coach, or player OR display unsportsmanlike conduct.

**The league supervisor has the authority to delete and/or create and enforce any additional rules and regulations that are necessary and beneficial for the entire league. Coaches will be notified of league changes, but schedule changes will only be posted online.**

**REVISED 1/06/26**