



Youth Indoor Soccer League

1.0 Code of Conduct

1.01 All managers, coaches, players, parents and spectators are expected to conduct themselves in an appropriate manner while attending RLAPD activities and programs. The RLAPD will not tolerate verbal or physical abuse of any park district employee, volunteer, referee, coach, manager, player or spectator.

2.0 Eligibility

2.01 League eligibility will be determined by the player's age on January 1st. To determine if a player is eligible to play in a league, please use the chart below.

U9	U10	U11	U12	U13	U14	U16
Birth year of 2008 or later	Birth year of 2007 or later	Birth year of 2006 or later	Birth year of 2005 or later	Birth year of 2004 or later	Birth year of 2003 or later	Birth year of 2001 or later

2.02 All players must have their name, city, primary phone and parental signature on the roster/waiver form prior to participating in the YISL.

2.03 Roster changes may take place prior to a team's second scheduled game. After the second scheduled game, the league supervisor must approve all roster changes.

2.04 It is the responsibility of the coach to ensure his or her roster is completed correctly and that each player has signed the roster/waiver form. If a roster violation occurs, the coach of the team in violation will face a one (1) game suspension and the team will forfeit the game. A second roster violation will result in the coach and team being removed from the league.

2.05 Roster protests must be made to the referee or league supervisor prior to the game beginning.

2.06 Players are only allowed to participate on one team per league. Players may be listed on a second roster if they are playing in an older league.

2.07 Players must have a picture ID with date of birth or birth certificate with them for roster checks. If a player cannot verify their age, they are ineligible to participate until the league supervisor or referee has verified their age.

3.00 Length of Game & Clock

3.01 All games will be played with two (2) twenty (20) minute halves unless otherwise stated by the league supervisor. The clock will run continuously and will only stop for an injury or a time penalty assessment.

3.02 If a coach, manager or trainer comes onto the field to assist an injured player, that player must be substituted for prior to returning.

3.03 There will be no time-outs in any game and the referee determines all clock stoppages.

4.0 Number of Players

4.01 A maximum of sixteen (16) players may be listed on a roster for all leagues.

4.02 A maximum of seven (7) players (including the goalkeeper) are allowed on the playing field for U9-U12 leagues. A maximum of six (6) players (including the goalkeeper) are allowed on the playing field for the U13-U16 leagues.

4.03 Games can be started and played with two (2) fewer players than the maximum allowed for that league. If a team is unable to field a team with the minimum number of players, that team will forfeit the game. Game time is forfeit time. If a player receives a blue or red card, which results in their team being unable to field a team with the minimum number of players, the opposing team will receive one (1) goal every five (5) minutes, until the team is able to achieve the minimum number of players required.



4.04 If neither team is ready to play at game time, the clock will be started and the game will be listed as a tie in the standings. If either or both teams show up after the clock has been started, either or both may use the allotted time for training without the services of a referee.

5.0 Coaches & Managers

5.01 All coaches are recommended to obtain a minimum of a Youth Module Certificate for their specific age group. Proof of certification for all coaches must be submitted with the league roster.

5.02 All teams must have a minimum of one (1) adult coach present at all games. A game will not begin if a team does not have an adult coach on the bench. Game time is forfeit time.

5.03 There is a maximum of three (3) coaches, managers and/or trainers allowed in the team bench area per team.

6.0 Substitutions

6.01 All substitutions are on the fly, including goalkeeper substitutions.

6.02 Players leaving the field must be within the substitution box before the entering player may enter the field. The substitution box is the area between the white offensive lines and ten (10) feet from the dasher boards.

6.03 All players must enter and exit the field through the bench area door. Jumping over the dasher boards is not allowed and will result in a Blue Card to be served by the offending player.

7.0 Ball Size

7.01 A size four (4) ball will be used for U9-U12 leagues and a size five (5) ball will be used for U13 and older leagues. The Round Lake Area Park District will provide game balls.

8.0 League Standings, Tiebreakers & Schedules

8.01 Teams will receive three (3) points for a win, one (1) point for a tie and zero (0) points for a loss. Total points determine league standings.

8.02 Ties in the standings are broken in the following order:

1. best head-to-head record
2. highest head-to-head goal differential
3. fewest "goals against" entire season
4. most "goals for" entire season

8.03 To deter teams from running up the score, a maximum of 5 goals will be used in "Goals For" and "Goals Against" in the standings.

8.04 In an effort to provide competitive, end-of-season games, the schedule for the final week(s) of the season will be set according to current standings at that time. Total points for the 10-game season will determine league winners, regardless of the outcome of the final games.

8.05 Game time is forfeit time. In the event of a forfeit, the winning team will be awarded a 3-0 victory. The winning team may use the allotted game time for a team practice if desired.

8.06 Team schedules, as well as league standings, will be posted on www.rlapd.org and will also be posted at the Sports Center.

9.0 Player Equipment

9.01 Each team is responsible for supplying uniforms for their players. Uniforms must be the same color and numbered. Player numbers should be consistent with the jersey number recorded on the team's roster. Goalkeepers should wear a jersey that distinguishes them from the other players.

9.02 Players must wear shin guards at all levels. Shin guards must be completely covered by the player's socks.

- 9.03 Players may wear flat-soled indoor soccer shoes or outdoor rubber cleats. No metal, football, lacrosse or plastic screw-in cleats are allowed.
- 9.04 If eyeglasses are necessary, protective sport glasses must be worn.
- 9.05 Any player wearing a brace or cast must submit a signed doctor's note, stating that the player is cleared to participate, to the league supervisor. Arm/wrist braces and casts must meet the referee's approval for player safety.
- 9.06 Jewelry of any kind is strictly prohibited and must be removed.
- 9.07 Headbands are recommended in place of barrettes or hair clips for player safety.
- 9.08 It is the coaches' responsibility to have his/her team properly dressed and equipped.
- 9.09 Home team must change jerseys if away team has similar colored jerseys.

10.0 Goalkeepers

- 10.01 Goalkeepers may only handle the ball while in the goalkeeper box. Goalkeepers may not carry the ball outside the goalkeeper box. Keepers are allowed to dribble the ball into the box and then handle it as long as it was not directly passed from the foot of a teammate.
- 10.02 Goalkeepers may not handle the ball if passed directly from the foot of a teammate.
- 10.03 Goalkeepers may slide to gain control of the ball only if within the goalkeeper box. However, if the referee deems the slide was used in a dangerous manner, it could result in a free kick for the opposing team.
- 10.04 Goalkeepers may score with their hands.
- 10.05 Goalkeepers may only hold the ball for five (5) seconds.
- 10.06 Punting/drop-kicking is not allowed at any level.
- 10.07 To promote playing the ball out of the back in an unpressured setting, the "build-out line" rule will be enforced at levels u10 and younger (as well as any combined age groups including these players). When the goal keeper has the ball, either during play or from a goal kick, the opposing team must move behind the build-out line. The goalkeeper may elect to wait until the opposing team is behind the build-out line but can pass, throw or roll the ball to a teammate at any time. Once the ball is released by the keeper, the opposing team can cross the build out line and play can resume as normal.
- 10.08 A violation committed by the goalkeeper will result in a direct free kick from the top of the arch.

11.0 Referees & League Supervisor

- 11.01 The referee is responsible for controlling the game and their decisions are final.
- 11.02 If the referee has reasonable suspicion a coach, manager, trainer or player to be under the influence of drugs or alcohol, they have the authority to disqualify the person(s) involved.
- 11.03 The referee or League Supervisor has the authority to terminate a game if deemed necessary.
- 11.04 The League Supervisor may make changes to any rule and/or schedule for the improvement of the league.
- 11.05 All decisions made by referees or the League Supervisor are final.

12.0 Fouls & Misconduct

- 12.01 All free kicks are direct from the spot of the foul.

- 12.02 Any player who kicks, trips, strikes, checks, jumps at, pushes, holds, charges, obstructs or handles the ball will be penalized by awarding a free kick to the opposing team and possible Blue/Red Card.
- 12.03 Time penalties will be assessed against any player for committing offenses deemed severe, tactical or blatant in nature. These penalties will be administered by showing a Blue or Red Card, depending on the severity of the offense and the intent of the player as judged by the referee.
- 12.04 Slide tackling is not allowed at any level and will result in a Blue Card. Slide tackling is interpreted as a player sliding with the intent to play the ball by leaving his/her feet and causing an opposing player to fall or avoid contact.
- 12.05 Any fighting will result in immediate termination of the game and any coaches, managers, trainers and/or players involved are subject to disqualification from the league.
- 12.06 Aggressive behavior, including verbal abuse towards any park district employee, referee or volunteer could result in a Blue/Red Card. This includes behavior of parents and spectators. Coaches will be held responsible for the behavior of their parents and spectators.
- 12.07 Coaches, managers, trainers and/or players that continue to challenge the referee's calls will be issued a Blue/Red Card.
- 12.08 Deliberate heading of the ball is prohibited in all u9-u11 divisions (as well as any combined age groups including these players).

13.0 Blue Cards

- 13.01 The first Blue Card will result in a two (2) minute penalty.
- 13.02 The second Blue Card will result in a four (4) minute penalty if issued to the same player or coach.
- 13.03 The third Blue Card issued to a team will result in a Red Card. See Red Card penalty.
- 13.04 A player must serve his/her own penalty with the exception of the goalkeeper or coach. If a goalkeeper or coach receives a Blue Card, the coach must select a player to serve the penalty.
- 13.05 A team must play shorthanded for the duration of the penalty unless the opposing team scores a goal during a two (2) minute penalty or two (2) goals during a four (4) minute penalty at which time, the penalty will be released.
- 13.06 A player committing a flagrant foul along the dasher boards will be issued a Blue Card.
- 13.07 A player committing a flagrant foul in the goalkeeper box will be issued a Blue Card. A penalty kick may be awarded if deemed appropriate by the referee.
- 13.08 When both teams receive simultaneous Blue Cards, both teams must play shorthanded for the duration of the penalty regardless of goals scored.
- 13.09 The use of foul or inappropriate language will result in a Blue Card.
- 13.10 Delay of game penalties may result in a Blue Card if the referee deems the delay is deliberate.

14.0 Red Cards

- 14.01 A Red Card will result in a five (5) minute penalty and disqualification of the player or coach receiving the Red Card. A teammate must serve the entire penalty. The player or coach who received the Red Card must leave the player bench area.
- 14.02 If a player or coach refuses to leave the player bench area after receiving a Red Card, an additional Blue Card may be issued. Separate players serve the two penalties simultaneously.
- 14.03 The five (5) minute penalty will be served in its entirety regardless of goals scored during the penalty.



14.04 If any coach, manager, trainer or player receives a second Red Card during a season, they will be disqualified from the remainder of that league.

14.05 If any coach, manager, trainer or player receives a third Red Card during a season, they will be disqualified from all leagues they coach, manage, train or play.

15.0 Play Stoppages & Restarts

15.01 Kickoffs will take place on the referee's whistle. The ball starts on the white midfield dot.

15.02 The first touch may move in any direction, provided the ball clearly moves. The next touch must be made by a player other than the initial player.

15.03 The opposing team must stay outside the midfield circle until the first touch takes place.

15.04 The home team will begin the game with possession and the visiting team will begin with possession to begin the second half.

15.05 Play will stop if the ball leaves the field of play or becomes lodged between the side net and field glass. The side nets between the yellow ropes and the ceiling net are in play.

15.06 Restart will take place on the referee's whistle at the point where the ball left the field of play. The opposing team must give ten (10) feet from the point of restart and may not encroach or interfere with the restart.

15.07 If possession is not determined for the restart, the referee will drop the ball at the point of restart and play will continue as a free ball.

15.08 Restarts must begin within five (5) seconds of the referee's whistle or a delay of game penalty will be issued and the opposing team will be awarded the ball.

16.0 Corner Kicks & Penalty Kicks

16.01 If the ball strikes the back net and is last touched by an offensive player, the goalkeeper will be awarded a free kick from the dashed line in the goalkeeper box. If the ball strikes the back net and is last touched by a defensive player, the offensive team will be awarded a corner kick from the white dot closest to where the ball hit the back net.

16.02 Penalty kicks will be taken from the top of the arch for all leagues.

16.03 Players from both teams must remain outside the goalkeeper box and above the top of the arch until contact is made with the ball during penalty kicks. Play will continue if a goal is not scored. If a kick returns untouched from a penalty kick (such as off of the dasher boards), the kicker cannot be the next one to touch the ball.

17.0 Miscellaneous

17.01 Teams may stretch and warm up in the two corners on the player bench side of the field. Teams may not warm up in the gymnasium. Teams may not warm up on the field, unless they are playing in the first scheduled game of the day and the field is available. Have your team ready to go at the scheduled game time.

17.02 Only coaches and team-assigned personnel may use recording devices on the player bench side of the field or from behind the goals.

17.03 No gum, food or drinks are allowed on the field.

17.04 Spitting on or near the field is not allowed.

17.05 Children must be supervised while at the Sports Center and not allowed to roam the building.