



Naperville Premier Soccer League Rules and Guidelines

The Naperville Park District has established the Naperville Premier Soccer League (NPSL) for those players that would like to play soccer in a competitive environment. The philosophy of NPSL differs from that of the Naperville Youth Soccer (NYS) program. The following are the goals and objectives of the Naperville Premier Soccer league.

1. To provide participants the opportunity to play competitive soccer within the Naperville community.
2. To provide participants an opportunity for advanced technical and tactical training.
3. To provide participants an opportunity to play in a competitive league while allowing teams to decide their own commitment level.

The following are the differences between NPSL and NYS.

1. NPSL is competitive based; NYS is recreational based.
2. NPSL will keep scores and standings; NYS only monitors scores to make sure play is "even".
3. NPSL allows coaches to determine play time and field positions; NYS guarantees equal play time and rotation of all positions.
4. NPSL registration is currently on a team basis only; NYS is individual registration.
5. NPSL will use volunteer coaches and give the option for additional professional training; NYS only uses volunteer coaches.
6. NPSL allows coach to select team members, location, time, and day(s) of practice; NYS offers specific location and day of practice.
7. NPSL allows teams to make uniform selections including numbers; NYS participants must wear yellow/blue NYS reversible jersey and white shorts.
8. NPSL will allow club/travel teams to participate; NYS is strictly teams made up of NPD teams.

The achievement of these goals and objectives is a cooperative effort involving players, parents, coaches, referees and the Naperville Park District staff.

Immediately following this introduction are the 17 FIFA Laws of the Game. "Official soccer rules are determined by and provided by the "Federation Internationale de Football Association (FIFA), headquartered in Zurich, Switzerland, and these rules govern most national and all international competitions. Sports organizations such as the YMCA of the USA, Soccer Association for Youth, and American Youth Soccer Association have modified FIFA rules to meet the needs of youth soccer players" (Coaching Soccer Effectively, Christopher A. Hopper and Michael S. Davis, Human Kinetics Books, 1988, p.163). Some of the following rules are condensed versions of the 17 FIFA Laws of the Games and were found in the Hopper and David book just cited. Other laws are direct statements or restatements of the 1999 FIFA Laws of the Game, which can be found on the Internet at the FIFA website: www.fifa.com. After each law, in bold print, is the NPSL variations or clarifications of that particular law. Where differences exist, the NPSL interpretation shall take precedence.

Law I: Field of Play

The field of play must be between 100 and 130 yards long and between 50 and 100 yards wide. The field is divided in half lengthwise by the halfway line and has a center circle 10 yards in diameter in the middle of the field. A goal is located at each end of the field and is 8 yards long and 8 feet high. A goal area, 20 yards long and 6 yards deep from the goal line, is located directly in front of the goal. A penalty area, 44 yards wide and 18 yards deep from the goal line, is located in front of the goal. Corner arcs, with a radius of 1 yard, are located at each corner of the field.

Naperville Premier Soccer League:

Grades 2 & 3 Small Soccer Field 135' by 180'

Grades 4 - 6 Medium Soccer Field 150' by 240'

Grades 7/8 Large Soccer Field 210' by 360'

Law II: The Ball

Official soccer balls must be between 27 and 28 inches in circumference and should weigh between 14 and 16 ounces and should be inflated to between 8.5 and 15.6 pounds per square inch.

Naperville Premier Soccer League:

Grade 2 Size 3 ball

Grades 3-6 Size 4 ball

Grades 7/8 Size 5 ball

Home team will provide game ball

Law III: Number of Players

Regulation soccer games are played with 11 players to a side: 10 field players and one goalkeeper

Naperville Premier Soccer League:

Grades 2 & 3 plays 7v7 with a maximum roster of 14 players

Grades 4 - 6 plays 9v9 with a maximum roster of 16 players

Grades 7/8 plays 11v11 with a maximum roster of 18 players

Substitution is unlimited during the length of the game and must be made with referee consent, at the following times:

- A. prior to a throw-in in your team's favor (if players from both teams are present, both may sub)
- B. prior to a goal kick for either team
- C. after a goal
- D. after an injury, if play is stopped, both teams may substitute
- E. at half time
- F. a player red-carded by the referee cannot be substituted for - the team plays short Goalie
Substitution: Incoming goalie must be ready to sub on the fly. No exchanging of goalie jersey on field and no time out will be given to exchange shirts.

Law IV: Player's Equipment

Players should wear clothes that are safe and consistent within a team. The usual equipment consists of jersey, shorts, shin guards, knee length socks and shoes. Shoes that have metal studs or sharp cleat cannot be used. Goalkeepers must wear clothes different in color from those of the field players. Goalkeepers often wear long sleeved shirts, gloves, kneepads and elbow pads to protect themselves.

Naperville Premier Soccer League:

Uniforms: Soccer uniforms must conform to FIFA rules. Teams will wear uniforms of matching design and color with a minimum of six (6) inch numbers affixed to the back of the uniform shirt. Club jerseys, team t-shirts or NYS blue/gold reversible jerseys are all accepted uniform shirts. Numbers must range from #1 - #99. No two players may have identical uniform numbers. In case of similar team colors, the designated home team will be required to change to a color accepted by the referee.

All players must wear hard molded shin guards or shin guards with molded inserts (under socks). Shoes must be gym shoes or soccer shoes molded cleats. Baseball, football, track, golf or metal studded cleats may not be worn.

Casts: Will be allowed during play provided that the player has a signed medical release and the cast is wrapped in ½" bubble wrap. The referee has final say on whether or not a player with a cast will be allowed to play. That decision is based on player safety.

Hats: No hard brim hats may be worn during the game.

Glasses: Sports goggles are encouraged however, the final decision may be made by parent/participant.

The uniform of a goalkeeper must be distinctly different in color from the basic colors of the competing team and the referee.

The referee shall be the sole judge of what constitutes illegal equipment in instances that are not covered by the preceding statements.

Law V: The Referee

The referee is the official in charge of the game. In regulation games, one referee monitors play, keeps official time, stops play, allows substitution and interprets and enforces all rules. The referee is in complete control of the game and all decisions by the referee are final.

Naperville Premier Soccer League:

Referees are required to submit a completed game report to the Naperville Premier Soccer League Coordinator and/or Referee Coordinator containing any information related to any game incidents involving players/coach, spectator misconduct or injuries.

The Naperville Park District will provide one or two referees for each game. On occasions when only one referee is present, each team at the referee's request may provide a linesman. The linesman will only be responsible for calling the ball in or out of play indicating the direction of the return of play. The linesman shall make no other calls.

Law VI: The Assistant Referee (Linesman)

The assistant referee helps the referee officiate play. One assistant referee is assigned to each side of the field to determine when balls are out of play and which team is awarded throw-ins, goal kicks and corner kicks.

The assistant referee is an extension of the referee and should be respected as such.

Naperville Premier Soccer League:

If the referee wishes to use assistant referees, he/she will ask for one volunteer from each team. Assistant referees must remain off the field of play.

Assistant referees are not permitted to comment on play or coach players while officiating.

The referee has the authority to override the assistant referee and will have the final and official ruling.

Law VII: Duration of the Match

Regulation soccer matches last for two halves of 45 minutes each with a 5 -minute half-time period.

Naperville Premier Soccer League:

Grades 2-3 2 x 25 minute periods 5 minute half-time

Grades 4-6 2 x 30 minute periods 5 minute half-time

Grades 7/8 2 x 35 minute periods 5 minute half-time

At all grade levels, teams will change goals at half-time

Any league game ending in a tied score remains as a tied score. There are no overtimes.

Playoffs

Playoff matches may not end in a tie. If score is still tied after regulation there is a 5 minute sudden death overtime and then PK's to ensue. Per FIBA rules, only players on the field at the end of regulation time can participate in kicks from the penalty mark.

Playoff game is defined as a game in which winner needs to be determined to advance to the next match.

The determination of the outcome of any game not played to its conclusion will be at the discretion of the Naperville Park District.

Games that have completed the first half of the match and five minutes into the second half may be considered official in the event of inclement weather.

There are no time-outs. The referee may stop the clock for injuries, lost balls, etc., or the referee may add additional stoppage time to the game.

Forfeits

Forfeit - A score a 4-0 will be recorded.

Voluntary Forfeit: When one team is on the field ready to play and the opposing team is not on the field ready to play within fifteen (15) minutes after the scheduled game time, the absent or tardy team shall forfeit the game. The only exception is where a member of the opposing team arrives fifteen (15) minutes prior to the scheduled game time and requests an additional fifteen

(15) minutes due to an unforeseen delay. Imposed Forfeit: A forfeit imposed a person or team by the Naperville Park District for violation of rules, unsporting conduct, etc.

Standings

Points will determine final Standings or seeding for teams with playoff brackets: Win = 3 points Tie = 1 point Loss =0 points

If teams tie on points:

1st Tie Breaker – head to head result (disregard if three teams are tied). 2nd Tie Breaker –net goal differential, maximum of four (4) goals per game. 3rd Tie Breaker – least goals allowed, maximum of four (4) goals per game. 4th Tie Breakers –most goals scored, maximum of four (4) goals per game. 5th Tie Breaker – coin flip

Standings may be found on the Naperville Park District scheduling website
<https://www.quickscores.com/napervilleparks>

Depending on the number of teams in each group total points may determine final standings while in others, points may be used for seeding purposes for play off brackets. This may vary from season to season depending on the number of teams registered for each group.

Law VIII: The Start and Restart of Play

At all penalty kicks, the ball is in play after it has moved forward. For other restarts, the ball is in play when it is kicked and moved. A dropped ball restarts a match after a temporary stoppage, which becomes necessary, while the ball is in play, for any reason not mentioned elsewhere in the Laws of the Game. A dropped ball also results when the ball strikes the referee and causes a material change in possession. Dropped balls are delivered to the team that touched the ball last, before the referee decided to stop play.

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For the pre-game toss, the visitors shall call heads or tails.

The team that wins the coin toss will decide which goal it will attack. The other team will take the kick-off to start the match.

The team that wins the coin toss will kick-off to start the second half of the match. In the second half of the match, the teams change ends and attack the opposite goal.

The player who kicks off may not touch the ball again until another player has touched the ball first. A re-kick is NOT awarded for a second touch. A second touch by the kick-off player results in the opposing team being awarded an indirect free kick from the spot of the foul. For any other infringement of the kick-off procedure, the kick-off is retaken.

Law IX: Ball In and Out of Play

The ball is out of play when it has entirely crossed the goal the goal line or the touchline, whether on the ground or in the air or when play has been stopped by the referee.

The ball is in play at all other times, including when it rebounds from the referee when he/she is on the field of play.

Law X: The Method of Scoring

A goal is scored when the whole of the ball passes over the goal line, between the goal posts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal.

Law XI: Offside

A player is in an offside position if the player is nearer to his/her opponent's goal line than both the ball and at least two defensive players. One of the defensive players may be the goalkeeper

It is not an offense in itself to be in an offside position. A player in an offside position is only penalized, if at the moment the ball touches or is played by a teammate, he/she, is, in the opinion of the referee, involved in active play by:

1. Interfering with play Interfering with an opponent or
2. By gaining an advantage by being that position A player cannot be declared offside if he/she: Is behind the ball is in his/her half of the field of play

Is level with the second last opponent or Is level with the last two opponents There is no offside position if a player receives the ball directly from: A goal kick A throw-in or A corner kick

For any offside offense, the referee awards an indirect free kick to the opposing team to be taken from the place where the infringement occurred.

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1. The offside rule will be enforced starting in 4th Grade
2. Slide tackles are permitted beginning in 4th grade but is subject to the rules of soccer
3. Heading the ball is not allowed in any grades except 7/8th. Heading the ball will result in an indirect free kick for the opposing team

Law XII: Fouls and Misconduct

A direct free kick is awarded to the opposing team if a player commits any of the following seven offences 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.
7. Tackles an opponent.

A direct free kick is also awarded to the opposing team if a player commits any of the following three offenses:

1. Holds an opponent
2. Spits at an opponent
3. Handles the ball deliberately (except for the goalkeeper within his own penalty area). A direct free kick is taken from the place where the offence occurred.

Penalty Kick

A penalty kick is awarded if any of the above ten offences is committed by a player inside his own penalty area, irrespective of the position of the ball, provided it is in play.

An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following four offenses:

1. Controls the ball with his hands for more than six (6) seconds before releasing it from his possession
2. Touches the ball again with his hands after he has released it from his possession and before it has touched another player
3. Touches the ball with his hands after it has been deliberately kicked to or thrown in to him by him by a teammate
4. Wastes time

An indirect free kick is also awarded to the opposing team if, in the opinion of the referee, a player:

1. Plays in a dangerous manner
2. Impedes the progress of an opponent
3. Prevents the goalkeeper from releasing the ball from his hands
4. Commits any other offence, not previously mentioned in Law 12, for which play is stopped to caution or send off a player.

The indirect free kick is taken from the place where the offense occurred (see Law 13 – Position of Free Kick).

Disciplinary Sanctions:

The yellow card is used to communicate that a player, substitute or substituted player has been cautioned. The red card is used to communicate that a player, substitute or substituted player has been sent off. Red cards indicates a serious or repeated offence including unsporting behavior, dissent by word or action Only a player, substitute or substituted player may be shown the red or yellow card.

Coaches are subject to cautions and ejections from referees for unsportsmanlike behavior. Any coach being ejected from a game must serve a 1 game suspension. Repeat offenses will be reviewed by Naperville Park District staff and may result in loss of coaching privileges.

The referee has the authority to take disciplinary sanctions from the moment he/she enters the field of play until he leaves the field of play after the final whistle.

A player who commits a cautionable or sending-off offense, either on or off the field of play, whether directed towards an opponent, a team-mate, the referee, an assistant referee or any other person, is disciplined according to the nature of the offence committed.

Cautionable Offenses:

A player is cautioned and shown the yellow card if he/she commits any of the following offenses:

1. Unsporting behavior
2. Dissent by word or action
3. Persistent infringement of the Laws of the Game
4. Delaying the restart of play
5. Failure to respect the required distance when play is restarted with a corner kick, free-kick or throw-in
6. Entering or re-entering the field of play without referee's permission
7. Deliberately leaving the field of play without referee's permission

Sending-off Offenses:

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

1. Is guilty of serious foul play.
2. Is guilty of violent conduct.
3. Spitting at an opponent or any other person.
4. Denying the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area). * 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.
5. Using offensive, insulting or abusive language and/or gestures.

6. Receiving a second caution in the same match.

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Red Cards are issued based upon the referee's judgment at the time of the infraction. There is no action that can be taken to overturn the referee's decision to issue a red card.

When a red card is issued, the player who has been issued the red card must leave the field immediately. The player may stay on player bench during the remainder of the game provided appropriate behavior is maintained. Teams may not substitute another player for the player leaving the game and must play down a man. All red cards issued will result in not playing in the remainder of the game and the next complete game.

FIFA rules/Laws of the game state that only a player may be shown a red card. However, if the behavior or conduct of a coach warrants it, he may be ejected from the game and ordered to leave. Many youth and amateur league have modified the laws to allow a referee to show cards to a coach.

Law XIII: Free Kicks

Free kicks are either direct or indirect.

For both direct and indirect free kicks the ball must be stationary when the kick is taken and the kicker does not touch the ball a second time until it has touched another player.

In a direct free kick, a goal is awarded when the ball is kicked directly into the opponent's goal.

In an indirect free kick, a goal can be scored only if the ball is kicked and subsequently touches another player before entering the goal.

In both direct and indirect free kicks, the kick is entitled to have the opposing team 10 yards from the ball; however, the attacking team may choose to kick the ball any time after the foul has been called. If the attacking team asks the referee to enforce the ten-yard rule, the ball cannot be kicked until the referee moves the opponents back the required 10 yards and permission is given for the play to continue by a whistle. If the kick is taken before the referee's signal, the kick is retaken.

Law XIV: Penalty Kicks

A penalty kick is awarded against a team that commits one of the ten offenses (see Law XII) for which a direct free kick is awarded, inside its own penalty area and while the ball is in play.

A goal may be scored directly from a penalty kick.

Additional time is allowed for a penalty kick to be taken at the end of each half or at the end of periods of extra time.

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The number of yards from the penalty spot to the goal line varies by field size. All players except the goalkeeper and the kicker must clear the penalty area when the kick is taken. Generally, the penalty mark will be at a point half-way between the top of the goal area and the top of the penalty area.

The penalty shooter must wait until the referee's whistle before shooting. If a goal is not scored on the penalty kick, and the ball stays in play, the game continues.

No goalkeeper substitution is permitted on the penalty kick.

Law XV: The Throw-In

A throw-in is awarded to the opponents of the player who last touched the ball when the whole of the ball crosses the touchline, either on the ground or in the air. A goal cannot be scored directly from a throw-in. Naperville Premier Soccer League: The thrower shall use both hands and shall deliver the ball from behind and over the head in one continuous movement.

The thrower's foot is considered to be on the ground if any part of the foot is on the ground. All opponents must stand no less than 2 yards from the point at which the throw-in is taken.

An opposing player may stand in front of the thrower as long as he/she remains motionless. An opposing player may not unfairly distract or impede the thrower or he/she will be given a yellow card for unsporting behavior.

The ball is in play when it enters the field of play. After delivering the ball, the thrower must not touch the ball again until it has touched another player. A goal may not be scored directly from a throw-in.

Law XVI: Goal Kicks

A goal kick is a method of restarting play. A goal kick is awarded when the whole of the ball passes over the goal line, either on the ground or in the air, having last touched a player of the attacking team, and a goal is not scored in accordance with Law 10. The ball is in play when it is kicked and moved. The team defending the kick must remain outside the penalty area until the ball is in play.

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The ball may be placed anywhere in the goal area. It does not have to be placed on the side where it went out.

Although unlikely, a goal may be scored directly from a goal kick. There is no offside if a player receives a ball directly from a goal kick.

Law XVII: Corner Kicks

A corner kick is awarded when the whole of the ball passes over the goal line, either on the ground or in the air, having last touched a player of the defending team, and a goal is not scored in accordance with Law 10. Naperville Premier Soccer League:

A goal may be scored directly from a corner kick.

There is no offside on a corner kick, but the offside rule does apply on ensuing kicks.

If the player taking the kick touches the ball a second time before another player has touched it, an indirect free kick is awarded to the other team.

Players are not allowed to move the corner flag during a corner kick. Naperville Premier Soccer League Policies and Procedures

The Naperville Park District has developed the following policies and procedures to govern the Naperville Premier Soccer League.

Registration

Teams may sign up for league play only or may select the training option offered

Grade levels may be combined if a sufficient number of teams have not signed up

If team signs up for training option, they must select a time slot, day and location for training purposes. Training schedule will be assigned by registration day and time, on a first come, first serve basis.

No mixing of players.

Eligibility & Rosters

A team may be comprised of any individual(s) regardless of residence. However, if non-resident is on a team, he/she must pay \$20 non-resident fee to the Naperville Park District.

Grades 2 – 3 will play 7v7 and will have a maximum of 14 players per team per roster

Grades 4 - 6 will play 9v9 and will have a maximum of 16 players per team per roster

Grades 7/8 will play 11 v 11 and will have a maximum of 18 players per team per roster

Players are not allowed to play on more than one team in same division.

Player Waiver Forms

All participants must complete the online waiver process prior to the start of each season. Coaches will be assigned waiver code specific to their team.

No unrostered player may practice or play with your team. This includes siblings, family members and friends. Only players listed on the roster/approved class list are allowed to participate.

Pre-Game Procedure, Team No Shows and Forfeits

Teams must be at their scheduled game field a minimum of fifteen (15) minutes prior to kick-off

At the check in, the team must present to the referee all passes and roster at each game.

The referee will hold on to all passes until the end of the game. It will be up to coach/manager to remember to get all passes from the referee upon conclusion of the game.

Games should start at the given time, in case a team does not have the minimum numbers of players present, there will be a maximum five (5) minute grace period.

If a team fails to show and a forfeit is determined, the winning team will receive 4-0 win.

Red Card Procedure

If a red card is awarded to a player or coach, the player/coach must leave the field immediately. A minimum one game suspension will result for the following game.

The referee will turn in the suspended player/coach pass to the Referee Coordinator.

It will be up to the coach of the team, to contact the NPSL Coordinator for return of the pass. Protests:

There will be NO protests. Judgment calls by the referee are final and may not be appealed.

The NYS Premier Referee Coordinator should be contacted as soon as possible on any questions regarding referees.

Player/Team/Coach Conduct

All participants and spectators of the Naperville Premier Soccer League must adhere to the Player's Responsibilities and/or Coaches Code of Conduct as found in the NYS Manual. The Naperville Park District and the Naperville Premier Soccer staff have the right to immediately terminate any coach or player if any behavior is deemed unsportsmanlike or inappropriate behavior is demonstrated.

Misc.

Teams must provide their own equipment. Home team is required to provide game ball. It is suggested that each team also have a first aid kit (bandages, glove and ice packs).

Each team must have a home and away jersey. In the case of color conflict it will be up to the home team to change jerseys.

Rainout information will be posted on the Naperville Park District's Rainout Hotline website <https://www.napervilleparks.org/cancellations> . The referee may also have the option to cancel games due to severe weather.

For teams utilizing trainers through the Naperville Premier Soccer League additional training sessions must go through the Naperville Park District.

All efforts will be made to reschedule training sessions that are cancelled but are not guaranteed