



Chicagoland Indoor Soccer League Rules

Purpose

To create an environment where every youth soccer player in Chicagoland has the opportunity to play in a structured, supportive setting during Chicago's winter season.

Guiding Principles

The goal is for teams to get as much field time as possible during the winter. Please show a sense of urgency to get on and off the field for the start and end of your game. As a courtesy to teams that are playing, please have pre and post game meetings off the field.

Uniforms

The home team should wear light colored kits, and the away team should wear dark colored kits. If there is a conflict in jersey color, the home team is responsible for changing.

Goalkeepers must wear an alternate color jersey or pinnie that is clearly distinguishable from both teams.

Game Length

Games run on a **continuous 45-minute clock** with no halftime.

The referee will blow their whistle for kickoff by **42 minutes** or earlier if both teams are ready to play.

Substitutions

Substitutions are **unlimited** and **on the fly** from the middle section of the sideline for all age groups and field sizes.

Neither player may touch the ball while both are on the field.

Equipment

USSF Law 4.1 - All jewelry must be removed (necklaces, rings, bracelets, earrings).

USSF Law 4.2 - The following equipment must be worn by all players: shirts, shorts, socks, shin guards and suitable footwear.

Note: Cleats are permitted at Romeoville, Bridgeview, Max McCook, Orland Hills, Sawmill, Fire Pitch, Fulcrum Fives & ARC Woodridge. **Cleats are NOT allowed at Toca Evanston or Toca Naperville. Please wear indoor shoes.**

General Rules

All outdoor USSF rules apply. In addition:

- No slide tackling
- No punting is allowed at any location except the Bridgeview Dome
- No heading is allowed for U8-U11 age groups. If heading occurs, an indirect free kick will be awarded to the opposing team.
- If the referee sees any signs of a concussion, the referee will stop the game immediately. The player must leave the field and be checked. If the coach decides to sub the player back into the match, it is the sole responsibility of the coach and club to ensure the safety of the player
- The build out line will be utilized in the U8-U10 age groups
- Offside will be applied to all brackets U9 and older. Offside will only be called from the 18-yard box to the goal line. The 18 will be extended across the field from sideline to sideline in all 1-man referee systems.
- If the ball hits the ceiling, play restarts with an indirect free kick for the opposing team.

Restarts

Out of play: Throw-ins will restart play along the sidelines (no kick-ins).

Infraction (Ex: player touches the ball during on-the-fly subbing, heading under U11): Indirect free kick for the opposing team.

Scoring Rules

The maximum goal differential that will be recorded is **5 goals**.

Winter season should be a time to maximize development and touches. CISL makes every effort to create competitive brackets. However, coaches should be prepared to alter their

strategy should a game scoreline become out of control (IE: required number of passes before going to goal, non-dominant foot use, play out of the back, take a player off etc.)

Points System – Standings

Win – 3 points

Tie – 1 point

Forfeit or No Show – Opponent receives 3 points and 3 goal differential

Tiebreakers

1. Goal differential
2. Goals for
3. Goals allowed
4. Head to head

Toca Naperville Specific Rules

- Cleats are not permitted
- U8-U11 age groups will play with the white lines as out of bounds and the white goals.
- U12+ will play full field with the walls acting as out of bounds and the built-in goals in the walls. If the ball hits the wall, the play will restart with a throw-in, goal kick or corner kick.

U9-U11 Lines

- The red line will be offside and the build out line.
- The yellow arc will function as the 18-yard box.
- The white arc in front of the goal will function as the 6-yard box.

U12+ Lines

- The red line will be offside.
- The white arc in front of the goal will function as the goalkeeper box.

Fulcrum Fives Specific Rules

- No offsides
- All restarts are indirect
- If the scoreline is greater than a 5-goal differential, the losing team can add a player.

- If the ball hits the ceiling, play restarts with an indirect free kick for the opposing team.
- If the ball hits the sideline net or wall, it will be a throw-in.

Misconduct

- Red cards will result in the ejection of the player or coach. Red cards carry a fine of \$50/player and \$100/coach. All red cards will also carry a 1 game suspension. The fine must be paid by the club prior to returning to the match post suspension.
- For elevated or repeated misconduct or violations of any rules published or shared by Chicagoland Indoor Soccer League, further consequences may result up to and including expulsion of the league indefinitely.