

Catholic Youth Soccer

SOCCER RULES

"May the game of soccer always be more of a means of teaching the values of honesty, solidarity and fraternity, especially among the younger generations."

~ Pope Benedict XVI, Wednesday General Audience, January 9, 2008

PHILOSOPHY

A common philosophy of CYS must be understood and practiced by all adult leaders, administration, coaches, parents and officials to avoid confusion, disagreement and confrontations. By understanding a common philosophy, everyone can work together to meet the needs of the youth involved.

Beyond the written rule there is a proper spirit in which to engage in competitive sports. Fair play and sportsmanship are the essence of CYS. Participation alone does not guarantee sportsmanlike attitudes and values such as honesty, fair play and citizenship. Coaches, parents and adult leaders must be role models and explain why these behaviors are appropriate.

Winning is an important objective in sports. To not seek victory is to be a dishonest competitor; but winning must not be the only objective. Adults must help athletes understand that there is more to sports than a win/loss record. Youth must be taught that success is found in striving for victory.

The most important concept is that if they give their maximum effort and strive for success, there are no losers. When winning is kept in perspective, the youth first and winning second, sports programs produce youth who feel good about themselves, respect others, accept responsibilities, strive for excellence, improve skills, have fun and look forward to future participation in sports.

This is the purpose of Our Lady of the Rosary Youth Sports.

CYS CODE OF CONDUCT

CYS, through athletic activities, attempts to instill in youth, Christian attitudes and characteristics that will make them better adjusted youth today and adults in the years ahead. Bringing youth together from different schools and social backgrounds in an atmosphere that fosters friendship with opponents and teaches principles of sportsmanship is an important aspect of the program. The following guidelines reinforce that the behavior of anyone involved in CYS should not detract from the youth's enjoyment of the sport.

COACHES

Encourage athletes in a positive manner; use the appropriate language to support an athlete's efforts.

Set an example of good conduct; maintain a wholesome and friendly rivalry between teams.

Give all athletes sufficient playing time.

Treat all with respect and dignity. Do not shout or make derogatory comments to athletes, coaches, parents, spectators or the officials. Referees, officials and the Sports Director have the right to warn and, if necessary, remove a coach who consistently and/or repeatedly violates these standards.

Do not humiliate an opponent by severely outscoring a team.

Be humble in winning and gracious in defeat.

A friendly handshake or positive comment to the opposing coach will be exchanged after a sport event regardless of the outcome.

ATHLETES

Treat opponents with respect and dignity.

Give only constructive criticism and positive encouragement to teammates.

Do not swear or argue about an official's decision. Only designated athletes, such as a team captain, should question an official. Captains must be identified by a visual aid, preferably a captain's band.

Play by the rules; play fair.

Behave with honesty, straightforwardness and a dignified attitude when others do not play fairly.

All teams at the conclusion of the sport event will exchange a handshake or cheer.

SCOREKEEPERS/TIMEKEEPERS/OTHER EVENT VOLUNTEERS

Scorekeepers, timekeepers and other event volunteers should conduct themselves in an impartial manner throughout the sport event. They should not be coaching the participants, yelling at the participants and/or officials, etc. They are encouraged to show appreciation for an exceptional play during the event.

PARENTS/SPECTATORS

Remain seated in the appropriate area during the sport event.

Make only positive comments to athletes, coaches, parents and officials. There is no place in CYS for booing and criticizing judgments made by the officials.

Parents should not interfere with their athlete's coach. They must be willing to give responsibility for their athlete to the coach during practices and sport events.

Parents/spectators should not direct any comments or concerns to the game officials at any time. These should be directed through the coaches, who shall direct those comments to the CYS athletic director.

Imitation is the greatest forms of flattery; our youth will replicate the actions of the parents attitude towards sport, game or opposing player. Please stay positive and refrain from negativity.

UNSPORTSMANLIKE CONDUCT

Each coach is responsible for the conduct of the team members, parents and spectators. Any coach, athlete, parent or spectator may be cited for unsportsmanlike conduct by a sport event official, CYS sports director or CYS representative including staff, commission, board members or site monitors. At the time of the alleged infraction, the above named are empowered to remove the alleged offender from the facility. If the alleged offender(s) refuse to leave the facility, the sport event will be forfeited in the favor of the CYS team not involved in the infraction.

GAME FACTS

Division	U6	U8	U10 – U 12	U14 – U18
Players	4 V 4	4 V 4	7 V 7	7 V 7
Game Length	Two, 20-minute halves	Two, 20-minute halves	Two, 24-minute halves	Two, 24-minute halves
Substitution Increments	Mandatory substitution every 5 minutes	Mandatory substitution every 5 minutes	Mandatory substitution every 8 minutes	Mandatory substitution every 8 minutes
Goalie?	NO	NO	YES	YES
Ball Size	3	3	4	5
Score Kept?	YES	YES	YES	YES
Playoffs?	NO	YES	YES	YES
Field Size	30' X 20'	30' X 20'	60' X 40'	60' X 40'

COACHING

In the U4 it is highly recommended that the coach be on the field.
All other divisions must be coached from the sideline.

While unfortunate, the occurrence of a lopsided score does not necessarily mean that a lack of sportsmanship took place. Representatives of CYS will use the online forms and communication with the involved coaches to review the circumstances and determine if any sanctions are warranted.

- **4+ GOAL VICTORY** – Any game that is won by 4 or more goals in any division **will be investigated and reviewed by the committee**. It is expected that the winning and losing coach, in particular, will make themselves available for discussing the game so as to expedite the decision making process.
 - **FORMS** – Both the winning coach and the losing coach are required to submit a form which describes which measures were utilized to mitigate the talent differential between the teams. Forms must be submitted to the Sports Director via email as soon as possible. The Sports Director will personally contact each coach to understand the circumstances.
 - **CONSEQUENCES** – Disciplinary action toward the winning coach may result (suspension of the coach for the next game, or in the case of repeat violations, suspension for the remainder of the season).
 - NOTE: A coach who is suspended from coaching a team by CYS Sports Director is not eligible to be present as a fan for the next CYS event.

Soccer Lopsided Winner – For Coaches Only

Submit this form if you are the winning coach of a team where the goal differential was more than four (4) goals.

TEAM INFORMATION

Team Name: _____

Coaches Name: _____

GAME INFORMATION

Date of Game: _____

Opponent: _____

Score: _____

At what point in the game did it become apparent that one team was superior to the other?

What was the time in the game when the superior team reached a three goal lead?

Were the best players played out of position?

Did the leading team place a limit (only 2 players into the attacking half , require x amount of passes before shooting?) on players to limit scoring? Explain.

Did the inferior team display frustration/resentment toward the approach of the winning team? Explain.

How many players showed up for your team? What players were missing? Were the missing players you better players?

Is there anything else CYS Sports Director should know about this game?

Soccer Lopsided Loser – For Coaches Only

Submit this form if you are the losing coach of a team where the goal differential was more than four (4) goals.

TEAM INFORMATION

Team Name: _____

Coaches Name: _____

GAME INFORMATION

Date of Game: _____

Opponent: _____

Score: _____

At what point in the game did it become apparent that one team was superior to the other?

Were the best players played out of position or removed from the game?

* Did the leading team place a limit (only 2 players into the attacking third, X amount of passes before shooting, etc.) on players to limit scoring? Explain.

If superiority was determined in the first half, were the best players put into exclusively defensive position? Explain.

* In your opinion, was the winning coach mindful of the OLOR Youth Sports principles of compassionate competition and sportsmanship? Explain.

How many players showed up for your team? What players were missing? Were the missing players you better players?

Is there anything else the CYS Sports Director should know about this game?

PLAYERS

“ALL PLAY” PARTICIPATION RULE

- Every healthy uniformed player on the roster present at the game **must play for an equal amount of time**. Exhausted players should not be forced to continue playing.
 - This does not include players being disciplined. If a coach is found to be in violation of the mandatory playing requirement he/she will be suspended.
 - This playing requirement will also be in effect for all Playoff games.
 - **INFRACTIONS** of the playing time policy will result in a warning for the 1st offense.
 - If witnessed by a designated representative of OLOR Youth Sports, warning will consist of a verbal address to the coach during the contest in question. If the playing time issue is not addressed by the coach within this game, the representative will confer with the Director of Athletics and a forfeit of the game and suspension of the coach may result.
 - If the first offense is not witnessed by a designated representative of OLOR Youth Sports, warning will consist of a verbal address to the coach via phone call. After the coach has received the warning, any subsequent verifiable offense of the playing time policy will result in a forfeit of the game for the team and suspension of the coach.
 - A second verifiable offense of the playing time policy in the same sport season (including playoffs) will result in a forfeit of the game for the team, two game suspension of the coach.

NOTE: A coach who is suspended from coaching a team by CYS is not eligible to be present as a fan for the next CYS event.

PREGAME PRAYER

Both teams and their coaches will meet at mid-field to
recite the "CYS Prayer".

*God, as we prepare to compete in this athletic contest,
we ask your help and blessing
that we may compete to the best of our abilities
and with a true spirit of sportsmanship
so that our efforts give greater glory to
You, our Creator.*

*We ask that you protect us from injury
and help us remember that
our opponents are our brothers and sisters
who are also under your guidance.
For this we pray, Amen.*

END OF GAME PRAYER

Both teams and their coaches will meet at mid-field to
recite the "CYS Prayer".

*Lord, we thank you for the opportunity and challenge of this game.
You call us to compete well, finish the race and grow in our faith!
Help us to remember we can do all things through You, who gives us strength.
Amen.*

4 v 4 CYS Soccer - Rules

KICK OFF -

- The Home team listed on the schedule will kick-off.
- A goal may not be scored directly from the kickoff.

GOAL KICK -

- Results when the ball goes completely over the end line having last been touched by an attacking player.
- A member of the defensive team kicks the goal kick from just outside the goal. Defending team must be at mid field.
- Defending team can cross mid field once the ball is put into play.

CORNER KICK -

- Results when the ball goes completely over the end line having last been touched by a defensive player.
- A member of the offensive team kicks the corner kick from a spot within a one yard arc of the corner of the field nearest where the ball left the field.
- A goal may be scored directly from a corner kick.

THROW IN -

- Results when the ball goes completely over the touch line (side line).
- The throw shall be taken from the point where the ball crossed the line by a player of the opposing team.

All dead ball kicks (kick-ins, free kicks, kick-offs) are indirect with exception to corner kicks.

FIVE YARD RULE: In all dead ball situations, defending players must stand at least five yards away from the ball. If the defensive player's goal area is closer than five yards, the ball shall be placed five yards from the goal area in line with the place of the penalty.

GOAL

GOAL SCORING -

- A goal may be scored from a touch on the offensive half on the playing field.

GOAL -

- Scored when the entire ball completely goes over the goal line.

OTHER RULES

Handball in front of the goal – If a hand ball occurs intentionally in front of the goal and the ball would have crossed the goal line, a goal is counted and the offending player will be given a yellow card.

- The on-field official/referee has the right to caution or eject a player (see Player Cautioning/Ejection) as a result of a rule infringement which, in the opinion of the official, merits such action.

Goals cannot be scored directly off an indirect free kick; the ball must be touched by another player from either team before it crosses the goal line. Goals also cannot be scored directly from a goal kick, throw in, or kick off. If the ball goes completely across the goal line without being touched by a player other than the initial kicker on one of these set plays then the result is a goal kick for the opposing team.

NO OFFSIDES

SLIDE TACKLING -

- Not allowed for any age division.
- Penalty for this infraction will be a caution on the first offense.
- The second offense will result in being ejected from the game.

Keeping our youth safe from injuries is critical.

PLAYER CAUTION/EJECTION (YELLOW/RED CARD) -

- Referees have the right to caution and/or eject a player from the game for continual disobedience or as a result of an incident that warrants cautioning the player or sending the player off.
 - **RED CARD suspension** = Rest of game PLUS next game. Sports Director may eject player for rest of season. T

EQUIPMENT

- All players must wear shin guards. Any player without shin guards will not be allowed to play.
- Tennis shoes or rubber/plastic molded sole soccer shoes must be worn. NO METAL.
- All athletes are required to wear issued uniforms.
- All athletes must have the OLOR Youth Sports Emblem on their uniform.
- Chains, earrings, other jewelry, glitter, face paint or other inappropriate items may not be worn during competition.
- In cold weather, the player can wear sweatpants with no pockets. No pants.

SCORES AND STANDINGS

SCORE AND TIME – The referee will keep the official score and time during the match.

SCORES – Should be submitted via email to the Sports Director. **All Standings will be published on the OLOR Sports Website.**

STANDINGS – During league play, a win will count for three points and a tie for one point.

Standings will be kept on the OLOR Youth Sports Website.

TIEBREAKERS: Ties between two or more teams will be broken by; 1) head to head results between tied teams; 2) goal difference 3) Fewest goals against.

PLAYOFFS

PLAYOFF OVERTIME: TEAMS WILL HAVE A 10 MINUTE OVERTIME PERIOD WITH MANDATORY SUBSTITUTION AT THE 5 MINUTE MARK. IF STILL TIED THERE WILL BE A "GOLDEN GOAL" OVERTIME PERIOD.

7 v 7 CYS Soccer - Rules

Number of Players on Field:

- 7v7 Including Goalkeepers (No punting)
- Minimum: 5 players including goalkeeper

Field Dimensions: Approx. 60 yards x 40 yards

Throw-ins: Yes

Heading: Only allowed in U14 and U18.

Team Areas:

- Player & Coach Sideline:

Coaches will be expected to stay within the designated team area. The designated area is between midfield and the build out line on the teams bench side. Coaches will not be able to roam the field or around the field.

*ONLY rostered players and officials allowed in the bench areas.

- Parent/Spectator Sideline: *Expected to sit/stand on half of field directly opposite their team's players and coach(es)

The Field

- Dimensions: approx. 60 yards long and 40 yards wide. Field should have two build out lines located equidistant from top of penalty area and center circle.
- Goals: 6 ft high and 18 ft wide

The Ball

- Size 4 ball for U10 and U12. Size 5 ball for U14 and U18.

Number of Players

- Max. number of players per team on the field at one time is seven, including GK.
- Min. number of players per team on the field is five (5), including the GK.
 - If a team consist of all boys, the team without females will play a man down for every female that is on the pitch. The minimum a team can play down to is 5. Example: Team A has 3 girls and 4 boys on the field. Team B does not have any girls, then Team B will play with 5 Players. If playing time is not equal. Recruit more girls. This will prevent a team from being all boys. We are a COED League and always will be!!!!

- In the case of a penalty kick, the person taking the kick must be of the same gender as the person who was fouled originally. (Example: a female is fouled in the penalty area, the penalty kick must be taken by a female)
- Substitutions will be made every 8 minutes. There will be 6 total shifts. All players must play equal shifts. No one can play 4 shifts while one plays 1 shift. There cannot be more than 1 shift deferential between players. Goalies count as a player on the field. The exception for the goalie has been discontinued. To fully comprehend the importance of equal playing time, please look at the charts in the appendix.

FAILURE FOR A COACH TO COMPLY WITH THE SUBSTITUTION PATTERNS WILL RESULT IS FORFIETURE OF THE MATCH IN THE PLAYOFFS.

Players' Equipment

- Uniforms: Players are required to wear the league issued socks, shorts and jersey at all games.
- Player's not wearing the league issue uniform, will not be able to play.
- In case of cold weather, the uniform can be worn as the top layer.
- Players must not use equipment or wear anything dangerous to themselves or another player. This includes but not limited to watches, rings, earrings, nose rings, bracelets, necklaces, hair beret clips, etc. EXCEPTIONS include medical bracelets which must be taped down.
- Shin guards: Players must wear shin guards covered by long socks.
- Footwear: Soccer cleats recommended, not required. No shoes with toe cleats (baseball cleats).
- No metal cleats.

Duration of the Game / Playing Time

- All ages 2 x 24 min. halves. There will be three shifts of 8 minutes per half. No additional time will be added for players running on and off the field.
- Half time should be no more than 5 minutes

Starting the Game

- Home team will kick off to start the game.
- Kickoff occurs at start of each half and after each goal. Opposing team must be outside center circle on their half of field.
- Kickoff - ball is in play when it is kicked and clearly moves in any direction, including backwards.
- After halftime, the teams change sides and kickoff is taken by the team who did not take the kickoff at the start of game.

Ball In and Out of Play

- If whole ball crosses either sideline, then it is out of bounds and game should restart with a throw-in for the other team

Method of Scoring

- The entire ball must travel over the goal line, inside of the goal.

Off-Side

- Offside will be called if the offensive player is in the final third of the field before the ball is kicked or dribbled across the build up line.

- No offside directly from a throw in
- No offside directly from goal kick
- No offsides on a corner kick
- No offsides on a direct kick

Fouls and Misconduct

- **No punting:** if a goalkeeper punts (volley or ½ volleys the ball from hands), the other team shall be awarded an direct free kick on the center spot (half way line). Restart with indirect free kick.
- **Heading:** Only allowed in U14 and U18.
- **Slide tackling:** No slide tackling or sliding under any condition. A slide tackle or sliding will be an immediate yellow card. A second slide tackle or slide will be an immediate Red Card.

Build Out Line/Rule

Goal Kick:

- All opposition players must retreat behind build-out line. They can only cross the build out line after the ball has been put into play by the goalie or player taking the goal kick.

Goalkeeper Possession

- All opposition players must be behind build-out-line when the ball is the goalkeeper's hands. They can only cross the build out line when the ball has left the goalkeepers hands. **after the goalkeeper has passed the ball to a teammate and it has been received or the ball crosses the build out line.** Play then resumes as normal.

The offense team has the ability to play at their pace and can quickly play the ball out prior to the defense getting behind the build out line.

Free Kick

- All Kicks will be direct free kicks.
- No offsides on Free Kicks.
- Opponents must be 8 yards from the ball.

Penalty Kick

- Taken from 8 yards out
- Goalkeeper must have at least one foot on the goal line when the ball is struck

Corner Kick

- Awarded when ball crosses goal line, except through the goal, and was last played or touched by a defending player. Attacking team to take corner from same side of the goal on which it went across the goal line.
- Opponents must be 8 yards from the ball.

Overtime and Shootouts

- Playoff games ending in a tie will go straight to penalty kicks.
- 7 players that were on the field at the end of the regulation game, will participate in the shootout.
- The coach must provide the referee with the players numbers in order.
- The goalkeepers will be the same as the goalkeepers from the end of the regulation game.
- No switching goalies during the shoot out.
- Each team has a total of 5 penalty kicks and will alternate each shot. No rebounds are allowed. Goalies can be one of the 5.
- The kicker must wait for the official to start the play on each kick.
- If the score is tied at the end of the shootout, a sudden death shootout will be held, with 5 new bench players. The coach must provide the numbers to the referee in the order of shooters.
- A player may not shoot twice. The only way this will occur, is if all players have taken a penalty shot.

