

3rd and 4th Grade SOCCER RULES

General Rules

1. Basic Rules Code

- a. All games shall be played in accordance with the rules and regulations adopted by the International Federation of Football Associations, FIFA.
- b. The basic code, as stated above, is subject to the special rules contained herein and to rulings determined by the Catholic Charities CYO Athletics for situations not specified in these rules.

2. Game Ball

- a. A junior size (#4) soccer ball will be used in all 3rd and 4th grade games.

3. Length of Games

- a. Games are played between 8am-6pm
- b. Length of quarters: 10 minutes
- c. Intermission between quarters shall be one (1) minute and shall be used solely for the implementation of the Participation Rule. It is NOT a time-out.
- d. During any such intermission, no team will be allowed to go to the sideline – teams must stay on the playing field.
- e. There will be a regular five (5) minute intermission at halftime.
- f. Teams will change direction of play only at halftime.

4. Game Time

The time specified in the Catholic Charities CYO Soccer schedule will be the starting time of each game unless the preceding game causes a delay. In this case, game time should be exactly five (5) minutes after the completion of the previous game.

5. Legal Number of Players

- a. 9 team players (7 minimum)
- b. The referee(s) shall begin the game if each team has the minimum number of players present and are ready to play at game time.
- c. If an additional player arrives during the game, he/she may enter as soon as she/he is ready to play, and there is a proper opportunity for substitution.
- d. A team may not begin the game with an obviously injured player to avoid forfeiture. In such event, the game shall not be played, or, if started, it shall be stopped, and the circumstances shall be immediately reported to Catholic Charities CYO Athletics.

1. Headers

- a. In accordance with the U.S. Soccer Federation, Catholic Charities CYO Athletics has implemented a **HEADING BAN** for all 3rd, 4th, and 5th grade soccer games.
- b. An infraction of the Illegal Header rule will result in an indirect foul given to the other team at the point of contact and the player will be advised of the infraction.

7. Participation Rules

All players must play one full/complete quarter in each half of the game regardless of the number of players on the other team. All players are entitled to the same amount of valuable playing time.

Note: A full quarter is from the start of the quarter to the end of the same quarter, not half of one quarter and half of another quarter.

In all soccer games the following special participation rules shall apply:

- a. The captain or coach will present the referee with a lineup card listing the names of all squad members. The referee will then gather both starting teams at midfield for an inspection of equipment. The starting 9 or 11 players MAY NOT return to the sidelines before the game has begun.
- b. During the intermission between quarters the referee will call for the new players for the second quarter to report to midfield. **No team will be allowed to go to the sideline – they must stay on the field of play.** The referee will check off the new players reporting at midfield to verify that each team has fulfilled the following participation requirements:

- 1) All starting players must play the entire first quarter.
- 2) In the second quarter, each team must have all squad members who did not play in the first quarter play the entire second quarter.
- 3) Any 3rd or 4th grade team with twenty-three (19) or more players must have all squad members who did not participate in the first and second quarters, play the entire third quarter.

4) Exceptions

An injured player may be replaced during a quarter. The substitute must be a player who has not yet participated in the game. If such a substitute is not available, any player may substitute and the opposing team shall then have the same privilege of making an additional substitution.

Any player who does substitute for the injured or disqualified player and had not previously participated in the game must still play one full quarter from beginning to end.

An injured player replaced during any quarter cannot play again in that half. If a team has no substitutes, an injured player may, at the discretion of the referee, be removed from the game and returned to the game upon his recovery.

PENALTY FOR VIOLATING THE PARTICIPATION RULE: If a coach knowingly or unknowingly violates the participation rule, the consequence is a yellow card to coach (if a second yellow card is issued the coach is ejected).

8. Substitution

Substitution, in accordance with the Participation Rules, is allowed when the ball goes out of play. Out of play is: a team's throw-in, a team's goal kick, or after either team scores a goal.

9. Equipment

- a. Teams must wear shirts of a uniform color, and these shirts must be numbered. When teams are both wearing similar shirts, one team may play in T-shirts or pennies/mesh vests. The referee has authority to settle any question regarding uniforms.
- b. Uniforms must represent the Catholic Charities CYO school/program and may not represent another league
- c. The use of cleats, soft canvas shoes with molded sole, tennis shoes, or similar soft-toe shoes are required. Shoes with removable cleats are not allowed.
 - 1) If illegal shoes are discovered prior to participation, they must be removed. If the participant changes to legal shoes, he/she may play and there is no penalty.
 - 2) If a player is discovered using illegal shoes, he/she shall automatically be issued a yellow card, and he/she must immediately change to legal shoes in order to continue to play. The referee has authority to settle any question regarding shoes.
- d. **Shin guards are required for all players.** Players are not required to wear cleats.
- e. The goalie must wear different color clothing than that of both teams playing.

10. Goalie

No harassment of the goalie will be tolerated. When the goalie recovers the ball, the opposing team must fall back to the 18-yard line or the equivalent on a smaller field, and not charge the goalie. Penalty for such infraction shall be an indirect kick. Repeated offenses will result in the disqualification of any offending player or players.

NOTE: When playing as a goalkeeper and within his own penalty area, from the moment the ball comes under his control, the goalie shall have 6 seconds to release the ball. The penalty for this infraction is an indirect free-kick.

11. Size of Fields, Corner Kicks, Goal Kick

3rd grade games will be played on reduced size fields, per FIFA recommendations and Catholic Charities CYO Athletics requirements.

- a. 3rd and 4th grade games will be played on reduced size fields, per FIFA recommendations and CYO Athletics requirements.

- b. Corner and goalie kicks will be taken from the proper places, provided the games are played on proper size fields.

League Standings, Playoffs and Championship Games

1. League Standings

- a. In league play, standings are based on awarding three points for each victory and one point for each tie. In a league game, no overtime period is allowed to break a tie.
- b. "Goal differential" is also tabulated for all teams. Goal differential is the difference between goals-for and goals-against for all games played. NOTE: the maximum goal differential allowed for a single game is four (4). Beating an opponent by more than four (4) goals will not affect either team's goal differential.
- c. If a team forfeits two (2) league games for any reason(s) they may not be allowed to advance to post-season play, per the discretion of league administrators.
- d. A team winning any game by forfeit is awarded 3 points.

2. Playoffs and Championships

- a. When necessary to determine playoff positions by resolving ties in the league standings, the following "tie break" methods shall be used (in the order listed): First: the result of head-to-head competition; Second: the team's total points (3=win; 1=tie; 0=loss). Third: the season's goal differential (the difference between goals-for and goals-against for all games played. NOTE: the maximum goal differential allowed for a single game is four); Fourth: If necessary, an additional "Tie Break" playoff game shall be scheduled by Catholic Charities CYO Athletics at its discretion.
- b. In all four team divisions, each team will make the playoffs with the 1st playing the 4th and 2nd playing 3rd. All other divisions with more than four teams will have four teams make the playoffs with 1st playing 4th and 2nd playing 3rd. The winners of those two contests play each other in a single elimination championship game.
- c. There will be no tie in any **playoff or championship game**. If there is a tie at the end of regulation time, the following procedures shall be followed:

During playoff and championship CYO soccer games may not end in a tie. If there is a tie at the end of regulation time, the following procedures shall be followed:

- 1.) A 3-minute intermission period will take place before two 10-minute overtime periods. Teams will change direction after the first 10-minute overtime period. There will be no intermission between overtime periods. This is not a "sudden end" overtime.
- 2.) If the game is still tied after the 20-min OT, the teams will go to a shoot-out following the procedure below:
 - a.) Each team will send five players to shoot.

- b.) If the teams remain tied after the above five players shoot, five different players from each team will shoot.

- c.) If the teams remain tied after the above players shoot, one different player from each team will shoot until a winner is determined. This is not "sudden death" where the first team that scores wins. When one team scores a goal, the opposing team is allowed to shoot. If they do not score, they lose. If they do score, the teams are tied and the shoot-out continues until a winner is determined.

5th and 6th Grade SOCCER RULES

General Rules

1. Basic Rules Code

- a. All games shall be played in accordance with the rules and regulations adopted by the International Federation of Football Associations, FIFA.
- b. The basic code, as stated above, is subject to the special rules contained herein and to rulings determined by the Catholic Charities CYO Athletics for situations not specified in these rules.

1. Game Ball

- a. A junior size (#4) soccer ball will be used in all 5th grade games.
- b. A regular size (#5) soccer ball will be used in all 6th grade games.

2. Length of Games

- a. Games are played between 8am-6pm
- b. Length of quarters: **10** minutes
- c. Intermission between quarters shall be one (**1**) minute and shall be used solely for the implementation of the Participation Rule. It is NOT a time-out.
- d. During any such intermission, no team will be allowed to go to the sideline – teams must stay on the playing field.
- e. There will be a regular five (**5**) minute intermission at halftime.
- f. Teams will change direction of play only at halftime.

3. Game Time

The time specified in the Catholic Charities CYO Soccer schedule will be the starting time of each game unless the preceding game causes a delay. In this case, game time should be exactly five (5) minutes after the completion of the previous game.

4. Legal Number of Players

- a. 9 team players (7 minimum)
- b. The referee(s) shall begin the game if each team has the minimum number of players present and are ready to play at game time.
- c. If an additional player arrives during the game, he/she may enter as soon as she/he is ready to play, and there is a proper opportunity for substitution.
- d. A team may not begin the game with an obviously injured player in order to avoid forfeiture. In such event, the game shall not be played, or, if started, it shall be stopped, and the circumstances shall be immediately reported to CYO Athletics.

6. Headers

- c. In accordance with the U.S. Soccer Federation, Catholic Charities CYO Athletics has implemented a **HEADING BAN** for all 3rd, 4th, and 5th grade soccer games.
- d. An infraction of the Illegal Header rule will result in an indirect foul given to the other team at the point of contact and the player will be advised of the infraction.

7. Participation Rules

All players must play one full/complete quarter in each half of the game regardless of the number of players on the other team. All players are entitled to the same amount of valuable playing time.

Note: A full quarter is from the start of the quarter to the end of the same quarter, not half of one quarter and half of another quarter.

In all soccer games the following special participation rules shall apply:

- a. The captain or coach will present the referee with a lineup card listing the names of all squad members. The referee will then gather both starting teams at midfield for an inspection of equipment. The starting 9 or 11 players MAY NOT return to the sidelines before the game has begun.
- b. During the intermission between quarters the referee will call for the new players for the second quarter to report to midfield. **No team will be allowed to go to the sideline – they must stay on the field of play.** The referee will check off the new players reporting at midfield to verify that each team has fulfilled the following participation requirements:
 - 1) All starting players must play the entire first quarter.
 - 2) In the second quarter, each team must have all squad members who did not play in the first quarter play the entire second quarter.
 - 3) Any 5th or 6th grade team with twenty-three (19) or more players must have all squad members who did not participate in the first and second quarters, play the entire third quarter.
 - 4) Exceptions

An injured player may be replaced during a quarter. The substitute must be a player who has not yet participated in the game. If such a substitute is not available, any player may substitute and the opposing team shall then have the same privilege of making an additional substitution.

Any player who does substitute for the injured or disqualified player and had not previously participated in the game must still play one full quarter from beginning to end.

An injured player replaced during any quarter cannot play again in that half. If a team has no substitutes, an injured player may, at the discretion of the referee, be removed from the game and returned to the game upon his recovery.

PENALTY FOR VIOLATING THE PARTICIPATION RULE: If a coach knowingly or unknowingly violates the participation rule, the consequence is a yellow card to coach (if a second yellow card is issued the coach is ejected).

8. Substitution

Substitution, in accordance with the Participation Rules, is allowed when the ball goes out of play. Out of play is: a team's throw-in, a team's goal kick, or after either team scores a goal.

9. Equipment

- a. Teams must wear shirts of a uniform color, and these shirts must be numbered. When teams are both wearing similar shirts, one team may play in T-shirts or pennies/mesh vests. The referee has authority to settle any question regarding uniforms.
- b. **Uniforms must represent the CYO school/program and may not represent another league.**
- c. The use of cleats, soft canvas shoes with molded sole, tennis shoes, or similar soft-toe shoes are required. Shoes with removable cleats are not allowed.
 - 1) If illegal shoes are discovered prior to participation, they must be removed. If the participant changes to legal shoes, he/she may play and there is no penalty.
 - 2) If a player is discovered using illegal shoes, he/she shall automatically be issued a yellow card, and he/she must immediately change to legal shoes in order to continue to play. The referee has authority to settle any question regarding shoes.
- d. **Shin guards are required for all players.** Players are not required to wear cleats.
- e. The goalie must wear different color clothing than that of both teams playing.

10. Goalie

- a. No harassment of the goalie will be tolerated. When the goalie recovers the ball, the opposing team must fall back to the 18 yard line or the equivalent on a smaller field, and not charge the goalie. Penalty for such infraction shall be an indirect kick. Repeated offenses will result in the disqualification of any offending player or players.

NOTE: When playing as a goalkeeper and within his own penalty area, from the moment the ball comes under his control, the goalie shall have 6 seconds to release the ball. The penalty for this infraction is an indirect free-kick.

11. Size of Fields, Corner Kicks, Goal Kick

- a. Only 5th grade games will be played on reduced size fields, per FIFA recommendations and CYO Athletics requirements.
- b. Corner and goalie kicks will be taken from the proper places, provided the games are played on proper size fields.

League Standings, Playoffs and Championship Games

1. League Standings

- a. In league play, standings are based on awarding three points for each victory and one point for each tie. In a league game, no overtime period is allowed to break a tie.
- b. "Goal differential" is also tabulated for all teams. Goal differential is the difference between goals-for and goals-against for all games played. NOTE: the maximum goal differential allowed for a single game is four (4). Beating an opponent by more than four (4) goals will not affect either team's goal differential.
- c. If a team forfeits two (2) league games for any reason(s) they may not be allowed to advance to post-season play, per the discretion of league administrators.
- d. A team winning any game by forfeit is awarded 3 points.

2. Playoffs and Championships

- a. When necessary to determine playoff positions by resolving ties in the league standings, the following "tie break" methods shall be used (in the order listed): First: the result of head to head competition; Second: the teams total points (3=win; 1=tie; 0=loss). Third: the season's goal differential (the difference between goals-for and goals-against for all games played. NOTE: the maximum goal differential allowed for a single game is four); Fourth: If necessary, an additional "Tie Break" playoff game shall be scheduled by CYO Athletics at its discretion.
- b. In all four team divisions, each team will make the playoffs with the 1st playing the 4th and 2nd playing 3rd. All other divisions with more than four teams will have four teams make the playoffs with 1st playing 4th and 2nd playing 3rd. The winners of those two contests play each other in a single elimination championship game.
- c. There will be no tie in any **playoff or championship game**. If there is a tie at the end of regulation time, the following procedures shall be followed:

During playoff and championship Catholic Charities CYO soccer games may not end in a tie. If there is a tie at the end of regulation time, the following procedures shall be followed:

- 1.) A 3-minute intermission period will take place before two 10-minute overtime periods. Teams will change direction after the first 10-minute overtime period. There will be no intermission between overtime periods. This is not a "sudden end" overtime.
- 2.) If the game is still tied after the 20-min OT, the teams will go to a shoot-out following the procedure below:
 - a.) Each team will send five players to shoot. In 6th grade the five players MUST have been on the field at the end of the 2nd overtime.
 - b.) 5th grade- If the teams remain tied after the above five players shoot, five different players from each team will shoot.

6th grade- If the teams remain tied after the above five players shoot, only players on the field after the 2nd overtime period will be allowed to participate in the penalty shootout. One different player from each team will shoot until a winner is determined. This is not "sudden death" where the first team that scores wins. When one team scores a goal, the opposing team is allowed to shoot. If they do not score, they lose. If they do score, the teams are tied and the shoot-out continues until a winner is determined. After all players on the field at the end of the 2nd overtime, including the goal keeper, have kicked, then the order will reset to the 1st kicker for each team and will continue to alternate until a winner is determined.

7th and 8th Grade SOCCER RULES

General Rules

1. Basic Rules Code
 - a. All games shall be played in accordance with the rules and regulations adopted by the International Federation of Football Associations, FIFA.
 - b. The basic code, as stated above, is subject to the special rules contained herein and to rulings determined by the CYO Athletics for situations not specified in these rules.
2. Game Ball
 - a. A regular size (#5) soccer ball will be used in all 7th and 8th grade games.
3. Length of Games
 - a. Games are played between 8am-6pm
 - b. Length of quarters: **12** minutes

- c. Intermission between quarters shall be one (1) minute and shall be used solely for the implementation of the Participation Rule. It is NOT a time-out.
- d. During any such intermission, no team will be allowed to go to the sideline – teams must stay on the playing field.
 - a. There will be a regular five (5) minute intermission at halftime.
 - b. Teams will change direction of play only at halftime.

4. Game Time

The time specified in the CYO Soccer schedule will be the starting time of each game unless the preceding game causes a delay. In this case, game time should be exactly five (5) minutes after the completion of the previous game.

5. Legal Number of Players

- a. 11 team players (9 minimum)
- b. The referee(s) shall begin the game if each team has the minimum number of players present and are ready to play at game time.
- c. If an additional player arrives during the game, he/she may enter as soon as she/he is ready to play, and there is a proper opportunity for substitution.
- d. A team may not begin the game with an obviously injured player in order to avoid forfeiture. In such event, the game shall not be played, or, if started, it shall be stopped, and the circumstances shall be immediately reported to CYO Athletics.

6. Participation Rules

All players must play one full/complete quarter in each half of the game regardless of the number of players on the other team. All players are entitled to the same amount of valuable playing time.

Note: A full quarter is from the start of the quarter to the end of the same quarter, not half of one quarter and half of another quarter.

In all soccer games the following special participation rules shall apply:

- a. The captain or coach will present the referee with a lineup card listing the names of all squad members. The referee will then gather both starting teams at midfield for an inspection of equipment. The starting 9 or 11 players MAY NOT return to the sidelines before the game has begun.
- b. During the intermission between quarters the referee will call for the new players for the second quarter to report to midfield. **No team will be allowed to go to the sideline – they must stay on the field of play.** The referee will check off the new players reporting at midfield to verify that each team has fulfilled the following participation requirements:
 - 1) All starting players must play the entire first quarter.

- 2) In the second quarter, each team must have all squad members who did not play in the first quarter play the entire second quarter.
- 3) Any 7th or 8th grade team with twenty-three (23) or more players must have all squad members who did not participate in the first and second quarters, play the entire third quarter.
- 4) Exceptions

An injured player may be replaced during a quarter. The substitute must be a player who has not yet participated in the game. If such a substitute is not available, any player may substitute and the opposing team shall then have the same privilege of making an additional substitution.

Any player who does substitute for the injured or disqualified player and had not previously participated in the game must still play one full quarter from beginning to end.

An injured player replaced during any quarter cannot play again in that half. If a team has no substitutes, an injured player may, at the discretion of the referee, be removed from the game and returned to the game upon his recovery.

PENALTY FOR VIOLATING THE PARTICIPATION RULE: If a coach knowingly or unknowingly violates the participation rule, the consequence is a yellow card to coach (if a second yellow card is issued the coach is ejected).

7. Substitution

Substitution, in accordance with the Participation Rules, is allowed when the ball goes out of play. Out of play is: a team's throw-in, a team's goal kick, or after either team scores a goal.

8. Equipment

- a. Teams must wear shirts of a uniform color, and these shirts must be numbered. When teams are both wearing similar shirts, one team may play in T-shirts or pennies/mesh vests. The referee has authority to settle any question regarding uniforms.
- b. Uniforms must represent the CYO school/program and may not represent another league.
- c. The use of cleats, soft canvas shoes with molded sole, tennis shoes, or similar soft-toe shoes are required. Shoes with removable cleats are not allowed.
 - 1) If illegal shoes are discovered prior to participation, they must be removed. If the participant changes to legal shoes, he/she may play and there is no penalty.
 - 2) If a player is discovered using illegal shoes, he/she shall automatically be issued a yellow card, and he/she must immediately change to legal shoes in order to continue to play. The referee has authority to settle any question regarding shoes.
- d. **Shin guards are required for all players.** Players are not required to wear cleats. The goalie must wear different color clothing than that of both teams playing.

9. Goalie

- a. No harassment of the goalie will be tolerated. When the goalie recovers the ball, the opposing team must fall back to the 18 yard line or the equivalent on a smaller field, and not charge the goalie. Penalty for such infraction shall be an indirect kick. Repeated offenses will result in the disqualification of any offending player or players.

NOTE: that if when playing as a goalkeeper and within his own penalty area, from the moment the ball comes under his control, the goalie shall have 6 seconds to release the ball. The penalty for this infraction is an indirect free-kick.

10. Size of Fields, Corner Kicks, Goal Kick

- a. Corner and goalie kicks will be taken from the proper places, provided the games are played on proper size fields.

League Standings, Playoffs and Championship Games

1. League Standings

- a. In league play, standings are based on awarding three points for each victory and one point for each tie. In a league game, no overtime period is allowed to break a tie.
- b. "Goal differential" is also tabulated for all teams. Goal differential is the difference between goals-for and goals-against for all games played. NOTE: the maximum goal differential allowed for a single game is four (4). Beating an opponent by more than four (4) goals will not affect either team's goal differential.
- c. If a team forfeits two (2) league games for any reason(s) they may not be allowed to advance to post-season play, per the discretion of league administrators.
- d. A team winning any game by forfeit is awarded 3 points.

2. Playoffs and Championships

- a. When necessary to determine playoff positions by resolving ties in the league standings, the following "tie break" methods shall be used (in the order listed): First: the result of head to head competition; Second: the teams total points (3=win; 1=tie; 0=loss). Third: the season's goal differential (the difference between goals-for and goals-against for all games played. NOTE: the maximum goal differential allowed for a single game is four); Fourth: If necessary, an additional "Tie Break" playoff game shall be scheduled by CYO Athletics at its discretion.
- b. In all four team divisions, each team will make the playoffs with the 1st playing the 4th and 2nd playing 3rd. All other divisions with more than four teams will have four teams make the playoffs with 1st playing 4th and 2nd playing 3rd. The winners of those two contests play each other in a single elimination championship game.

- c. There will be no tie in any **playoff or championship game**. If there is a tie at the end of regulation time, the following procedures shall be followed:

During playoff and championship CYO soccer games may not end in a tie. If there is a tie at the end of regulation time, the following procedures shall be followed:

- 1.) A 3-minute intermission period will take place before two 10-minute overtime periods. Teams will change direction after the first 10-minute overtime period. There will be no intermission between overtime periods. This is not a "sudden end" overtime.
- 2.) If the game is still tied after the 20-min OT, the teams will go to a shoot-out following the procedure below:
 - a.) Each team will send five players to shoot who were on the field at the end of the 2nd overtime.
 - b.) If the teams remain tied after the above five players shoot, five different players from each team will shoot.
 - c.) If the teams remain tied after the above players shoot, one different player from each team, who was on the field at the end of the 2nd overtime, will shoot until a winner is determined. This is not "sudden death" where the first team that scores wins. When one team scores a goal, the opposing team is allowed to shoot. If they do not score, they lose. If they do score, the teams are tied and the shoot-out continues until a winner is determined.