

## 2026 Supplemental Soccer Rules

All CYO Soccer games will be played in accordance with the current rules of the National Federation of State High School Association except as noted herein.

### ELIGIBILITY

Divisions of play in the **CYO Soccer League will be Coed** and are classified as follows:

KINDERGARTEN	Includes players in Kindergarten who are 6 years old or younger as of August 1, 2025.
DIVISION 1	Includes players in the 1 <sup>st</sup> grade who are 7 years old or younger as of August 1, 2025.
DIVISION 2	Includes players in the 2 <sup>nd</sup> grade who are 8 years old or younger as of August 1, 2025.
DIVISION 3	Includes players in the 3 <sup>rd</sup> grade who are 9 years old or younger as of August 1, 2025.
DIVISION 4	Includes players in the 4 <sup>th</sup> grade who are 10 years old or younger as of August 1, 2025.
DIVISION 6	Includes players in the 5 <sup>th</sup> & 6 <sup>th</sup> grade who are 12 years old or younger as of August 1, 2025.

### PARTICIPATION

- Every child is required to play a minimum of one-quarter of every game in which his/her team is involved, provided the child has attended practices regularly and has not been a discipline problem. **Each child must enter the game in each half.**
- When there is a discipline problem or when a player is ill or injured, the coach should note on the CYO scorecard prior to the start of the game. "D" for discipline; "I" for illness or injury.
- Players who are being disciplined or who have been designated as injured or ill will not be allowed to play and will be considered ineligible for that game. The officials will not knowingly permit these players to enter a game but, in any event, the responsibility will rest with the coach.
- The quarter rule is not a matter that can be protested by opposing coaches.

### PLAYERS AND SUBSTITUTIONS

- Kindergarten will be 3 v 3. Two (2) players are required to start a game in this division.
- Division 1 will be 4 v 4. Three (3) players are required to start a game in this division.
- Division 2 will be 4 v 4. Three (3) players are required to start a game in this division.
- **Division 3 will be 7 v 7. Six (6) players are required to start a game in this division.**
- **Division 4 will be 7 v 7. Six (6) players are required to start a game in this division.**
- **Division 6 will be 9 v 9. Eight (8) players are required to start a game in this division.**
- If there are not enough players to start, the game will be forfeited.
- When a player has been ejected from a game, the team will be required to play the remainder of the game with one (1) less player.  
Three (3) players in Divisions 1 & 2 is the minimum number allowed for a team to continue to play after an injury during the game.
- **Six (6) players in Divisions 3 & 4 is the minimum number allowed for a team to continue to play after an injury during the game.**
- **Eight (8) players in Division 6 is the minimum number allowed for a team to continue to play after an injury during the game.**

- Should the teams be reduced to less than this number a forfeit will result.
- During the progress of the game, the referees must be notified specifically before the goalkeeper is changed, whether the change is made by means of another player on the field or by means of a substitute from the sideline. When the goalkeeper is changed between quarters, the referee need not be notified.
- There are free substitutions in all divisions. You may substitute on any goal kick, your own throw-ins and corner kicks, and when the other team is substituting.
- Substitutions must be beckoned by referee.

## UNIFORMS

- Except for the goalkeeper, jerseys, shorts and socks of teammates shall be of the same color with identifying numbers on the front and back of the shirt. The jersey of the goalkeeper shall be distinctly different from that of any official, team member or opponent. The shorts of the goalkeeper are not required to be the same color as his/her teammates.
- A player shall not wear anything that is dangerous to himself or to another player.
- Players in all divisions shall wear shoes constructed of a material that does not chip or develop a cutting edge. All cleats shall not be less than ½ inch in diameter or width, and shall not project from the sole or heel of the shoe more than ¾ of an inch. Aluminum, leather rubber, nylon or plastic cleats are legal if they conform to the width and length specifications.
- All players in a game must have shin guards in order to be eligible to play. These must be worn inside the socks so that they are not exposed, and they must be worn by the players at equipment check time prior to the game.

**PENALTY:** If a player is wearing dangerous or illegal equipment or lacks any of the required equipment, participation is forbidden until corrected to the satisfaction of the referee.

## DURATION OF GAME

- Division K – Four (4) seven-minute quarters. One (1) minute break between quarters. Three (3) minute halftime.
- Division 1 & 2 – Four (4) nine-minute quarters. One (1) minute break between quarters. Three (3) minute halftime.
- Division 3 & 4 – Two (2) twenty-minute halves. Five (5) minute break between halves.
- Division 6 – Two (2) twenty-five minute halves. Five (5) minute break between halves.

## FIELD AND GOAL SIZE

- **Division 6 field will be 80 X 50 - Build Out Lines 25 yards from the Goal line - Goal Size 6'6"X18'6"**
  - Division 3 & 4 field will be 60 X 40 - Build Out Lines 20 yards from the Goal line - Goal Size 6X12
  - Division 1 & 2 field will be 40 X 30 - Build Out Lines 15 yards from the Goal Line - Goal Size 4X6
  - Kindergarten field will be 20X30 - Goal Size 4X6
- Each field should have clear technical areas marked that define the bench areas for each team. Coaches and players shall remain within their respective technical areas unless they are substituting or otherwise summoned onto the field by the referee (for injury of a player, or otherwise). A coach shall not coach a team from anywhere other than their team's technical area. All parents must sit on opposite side of teams and are not allowed behind goals.

## D2 RESTARTS, PENALTY KICKS, AND FAIR PLAY

- **D2 goal kicks are properly taken by the defending team placing the ball anywhere inside the goal area.** The attacking team shall give at least 15 feet of space to the defending team that is attempting a goal kick (Build out Lines). **Opposing team must remain behind the build out line until the ball is touched by the team in possession. Once the ball has been touched, the ball is deemed active and the opposing team may enter the build out line to win the ball.**
- Coaches are reminded that one of the main purposes of D2 soccer is to encourage all players to engage in field play and the run of play, and to develop appropriate soccer skills. It is considered **unfair play for a coach to place one or more players in a permanent defensive posture directly in front of the goal throughout the course of the game.** All players should be encouraged to move with the run of play and to both attack and defend, as play dictates. This, however, does not mean that a player cannot play “defense”. **Permanently placing one or more players directly in front of the goal is illegal. A warning will be issued for the first offense and a penalty kick will awarded for each subsequent offense.**
- If a defending player commits what the referee deems to be a foul or deliberate handling of the ball while the ball is in play and the foul or deliberate handling, in the judgment of the referee, prevented an obvious goal scoring opportunity (in other words, the ball would have obviously entered the goal had it not been for the foul or handling), then a penalty kick shall be awarded to the attacking team. The penalty kick shall be taken by any one player from the attacking team who is on the field at the time the foul is committed by placing the ball at the center point of the field. The attacking player shall have one free kick from that point (all other players shall be placed behind the player taking the penalty kick and shall remain there until the kick is completed and the ball comes to rest or is out of play). If the ball enters the goal from the penalty kick, a goal shall be awarded. If the ball does not enter the goal, play shall be restarted with a goal kick by the defending team. **The referee shall not issue a yellow or red card for the mere careless denial of an obvious goal scoring opportunity. However, a yellow or red card may be issued if, in the judgment of the referee, the conduct of the player committing the violation otherwise warrants the issuance of a yellow or red card (i.e., the conduct was reckless and/or violent).**

## OFFICIAL BALL

- Each team shall furnish a soccer ball of proper size, condition and quality for each game.
- Divisions 3 through 6 will use a No. 4 ball.
- Division K through 2 will use a No. 3 ball.
- The officials will decide which team ball shall be used prior to the start of the game.

## PRACTICE TIMES

- A maximum of 6 hours per week is allowed for all divisions.

## PLAYING RULES BY DIVISION

### KINDERGARTEN SOCCER RULES

- No Goalie
- No. 3 Ball
- 3 v. 3
- Minimum 1/2 playing time for each child (Coaches should strive for equal playing time.)
- Substitutions must be beckoned by the referee
- Field Size - 20yds x 30yds
- Goal Size - 4 x 6
- 6 X 8 yd goal box for goal kicks and point of reference for defender
- Duration of Game - Four (4) seven (7) minute quarters. One (1) minute between quarters. Three (3) minute halftime
- 2 coaches on field – 1 on Offense (Stays on Offensive End) & 1 on Defense (Stays behind the goal)
- All Indirect Kicks

### DIVISION 1 & 2 PLAYING RULES

- No Goalie
- No. 3 Ball
- 4 v. 4
- Minimum 1/4 playing time for each child
- Substitutions must be beckoned by the referee
- Field Size - 40yds x 30 yds. / Build out Lines 15 yds. from Goal Line
- Goal Size - 4 x 6
- Duration of Game – Four (4) nine-minute quarters. One (1) minute break between quarters. Three (3) minute half.
- **Opposing team must remain behind the build out line until the ball is touched by the team in possession. Once the ball has been touched, the ball is deemed active and the opposing team may enter the build out line to win the ball.**
- 6yds X 8yds box for Goal Kicks and Point of Reference for Defender
- **Warning for “Goal Guarding”/Subsequent “Goal Guarding” Results in PK.** (Unfair play for coach to place one or more players in front of the goal, this is illegal. Warning will be issued and then PK issued subsequently)
- Goal Scoring Opportunity - Yellow or Red Card may be issued in the judgement of the referee if the conduct of player committing a violation otherwise warrants the issuance of a yellow or red card (i.e. the conduct is reckless and/or violent).
- Penalty kicks will be taken from Midfield uncontested
- All Indirect Kicks
- No deliberate heading. Deliberate Heading will result in an Indirect Free Kick.
- On a goal kick, the ball may be placed anywhere in the goal box area

### DIVISION 3 & 4 PLAYING RULES

- No deliberate heading. Deliberate Heading will result in an Indirect Free Kick
- No. 4 Ball
- 7 v. 7
- Minimum 1/4 playing time for each child
- Substitutions must be beckoned by the referee
- Offsides will only be called if player is “camping out” and unfair goal scoring opportunity is created
- Field Size - 60 yds x 40 yds / Build out Lines 20 yds from Goal Line
- Goal Size - 6 x 12
- Duration of Game – Two (2) twenty-minute (20) halves. Five (5) minute halftime.
- Opposing team must remain behind the build out line until the ball is touched by the team in possession. Once the ball has been touched, the ball is deemed active and the opposing team may enter the build out line to win the ball.
- Obvious offsides will be called in D4 (One referee will not be able to have angle to call all offsides)
- On a goal kick, the ball may be placed anywhere in the goal box area

## DIVISION 6 PLAYING RULES

- Heading is allowed
- Minimum 1/4 playing time for each child
- No. 4 Ball
- 9 v. 9
- Substitutions must be beckoned by the referee
- Field Size - 80 yds x 50 yds / Build out Lines 25 yds from Goal Line
- Goal Size – 6’6” x 18’6”
- Duration of Game - Two (2) twenty-five (25) minute halves. Five (5) minute halftime.
- Opposing team must remain behind the build out line until the ball is touched by the team in possession. Once the ball has been touched, the ball is deemed active and the opposing team may enter the build out line to win the ball.
- Offsides will be called
- Ball does not have to leave the goal box in order to be touched by the defense on a goal kick
- On a goal kick, the ball may be placed anywhere in the goal box area

## CYO COACHES’ / SPECTATOR DISCIPLINE POLICY

## **Coaches Discipline Policy**

- Coaches, parents, and spectators play a vital role in supporting CYO athletes. This discipline policy is in place to ensure that all involved in the CYO behave in a sportsmanlike manner that is consistent with the Catholic values of the organization.
- Warnings issued by officials for unsportsmanlike conduct will be subject to the CYO Coaches' / Spectators Discipline Policy and documented on the official scoresheet for that contest.
- **1<sup>st</sup> Offense - Step 1 of CYO Coaches' / Spectator Discipline Policy**
- **2<sup>nd</sup> Offense – Step 2 of CYO Coaches' / Spectator Discipline Policy**
- **3<sup>rd</sup> Offense – Step 3 of CYO Coaches' / Spectator Discipline Policy**

### **Step 1 - First Offense or Technical Foul**

- Warning Issued by Parish Athletic Rep
- Warning Issued in Writing by CYO Executive Director

### **Step 2 - 2nd Offense**

- Coach / Spectator is suspended for one (1) contest
- Notified by parish athletic rep
- Notified in writing by CYO office.
- Pastor is notified in writing by CYO office.

### **Step 3 - 3rd Offense**

- Coach / Spectator is suspended for remainder of season (minimum two (2) games)
- Notified by parish athletic rep
- Notified in writing by CYO office
- Pastor is notified in writing by CYO Office
- Meeting held with Coach, Athletic Director, & CYO Director (Pastor will be asked to attend)
- Situations not subject to an official's discretion will be presented to a three-person committee to decide disciplinary action. Committee will consist of members of the CYO Advisory Committee not directly involved with the coach or coaches in questions.
- Warnings and Suspensions will carry over to the next Sports' Season (Fall, Winter, or Spring)
- No Coach, Spectator or Player may approach the scorer's table or officials after the game.
- No Spectator may approach the scorer's table during the game (Automatic One Game Suspension)

## **Player Discipline Policy**

1<sup>st</sup> Offense or Technical Foul – Warning

2<sup>nd</sup> Offense or Technical Foul – Suspended for First Half of Next Contest  
3<sup>rd</sup> Offense or Technical Foul – Suspended for One Contest

Athletic rep will be notified in writing after each offense by CYO Office.

## **Postseason Tournament Seeding**

- **Will be determined after Game 8.**
- If the higher seed cannot be determined through win-loss record the following criteria will determine the higher seed.
- Head-to-Head Competition. If one team has a superior head-to-head record in games played versus other tied teams, that team will be the higher seed.
- Winning Percentage. If (1) fails to determine the higher seed... The team which has the highest winning percentage against all the other tied teams during regular season play will be designated the higher seed.  
The team which had the highest winning percentage against the highest ranked team in the standings not involved in the tie will be determined as the highest seed.
- Coin Flip. If all above methods fail, the higher seed will be determined by a coin flip.