



## Soccer

*Last Revised on August 01, 2023*

### **Soccer Rules 2023-2024**

1. Tryouts - Parishes/schools can choose to run tryouts in the spring before school lets out and/or in early August before school resumes. Athletes are restricted to three total tryouts (across May & August).
  - a. Parishes/schools are permitted a maximum of three tryouts per level. Athletes are permitted to attend a maximum of three tryouts.
  - b. Tryouts can be a maximum of 2 hours in length
  - c. If conducted in May, and athletes are involved in spring sports, they cannot tryout on the same weeknight that they have a practice/game.
  - d. May tryouts can begin on May 15th and run through the end of the school year.
  - e. August tryouts can begin on August 1st.
2. Summer Conditioning Drills – Teams can choose to have summer conditioning drills that involve only conditioning of athletes. Rules are as follows:
  - a. May begin the 3rd Monday in June and end by the 1st Friday in August
  - b. Can only be twice a week for 90-minutes each
  - c. Must be 100% voluntary
  - d. Heat/humidity rules found in the Athletic Handbook must be followed
  - e. No soccer balls or equipment is permitted
  - f. Violations may result in teams being ruled ineligible for post season play
3. Practices – Parishes/Schools may begin their practices on the third Monday before Labor Day (August 14, 2023).
  - a. Soccer Practices can be a maximum of 3 nights per week (including scrimmages)
  - b. Each practice can be a maximum of 2 hours in length
  - c. Coaches are reminded to understand the heat/humidity policies in the Athletic Handbook
4. Game Rules – If a rule is not specifically addressed herein, NFHS (“Federation”) rules apply. In the event of a conflict between sets of rules, these rules control.
  - a. Game scores are to be emailed each week to the CYM Soccer Coordinator and the CYM Director of Youth Sports by the head coach of the winning team. Emailed scores should indicate the

following:

- i. Home team name and score vs. away team name and score
  - ii. Day, date, location
  - iii. Varsity or JV
  - iv. Division C or Y for Varsity & Division 1 or 2 for JV
- b. All games for both JV & Varsity will be played with a running clock. There will be no overtime for regular season games.
- c. All head coaches must have a printed copy of their team roster, with names and jersey numbers, at each game. The printed copy must match the official online roster. If any player is missing, late, or requesting exception from the mandatory play rule, this must be noted on the roster. Coaches will exchange rosters prior to each game and provide 1 copy to the game officials.
- i. Violations of this section should be reported to the game official, and the Soccer Coordinator. The incident will be reviewed, with potential penalties ranging from a warning to forfeiture.
- d. Varsity 11v11 format:
- i. Varsity game time is two 30-minute halves. Half-time will be 5 minutes.
  - ii. Varsity teams with 8 eligible players must begin the game. Additional players that arrive may be inserted into the game at the direction of the game official until the team reaches the normal number of players for a game.
  - iii. If a Varsity team fails to have a minimum of 8 eligible players available to play 15 minutes after the scheduled start, a forfeit will be awarded. If the game has not been cancelled with sufficient time for the CYM Office to cancel the officials, the parish/school that has forfeited will be charged the cost of the officials. The teams may still play a game following the award of the forfeit, however, the game will stand as a forfeit regardless of the outcome if additional players arrive. If there is a game to be played after the forfeited game, any attempt at playing a "scrimmage game" must be completed within 15 minutes of the scheduled starting time of the next contest.
- e. JV 9v9 format:
- i. JV game time is four 15-minute periods. There will be 2 minutes between periods and half-time will be 5 minutes.
  - ii. JV teams with 7 eligible players must begin the game. Additional players that arrive may be inserted into the game at the direction of the game official until the team reaches the normal number of players for a game.
  - iii. JV field size should be 50 yards in width and 80 yards in length.
  - iv. If a JV team fails to have a minimum of 7 eligible players available to play 15 minutes after the scheduled start, a forfeit will be awarded. If the game has not been cancelled with sufficient time for the CYM Office to cancel the officials, the parish/school that has forfeited will be charged the cost of the officials. The teams may still play a game following the award of the forfeit, however, the game will stand as a forfeit regardless of the outcome if additional players arrive. . If there is a game to be played after the forfeited game, any attempt at playing a

“scrimmage game” must be completed within 15 minutes of the scheduled starting time of the next contest.

f. Minimum Play Rules

- i. Players playing at the JV Level will be required to play in every game. The rules will be based on the division their team is participating in:
  - a. Division I: JV players playing on a team in Division I will be required to play a minimum of 15 minutes, but it does not need to be continuous.
  - b. Division II: JV players playing on a team in Division II must play a minimum of 15 minutes within the 1st three quarters of the game. Coaches may play any member of their team in the 4th quarter.
- ii. Varsity players must play a minimum of 15 minutes regardless of division. The 15 minutes does not need to be continuous.
- iii. Exceptions include injury, medical issues, disciplinary reasons or special circumstances as agreed to by coaches of both teams

g. Junior Varsity/U11 Safety Guidelines:

- i. Slide tackles are not allowed. Violations of this rule will be considered dangerous play, and the restart will be an indirect free kick for the opposing team at the spot of the infraction.
- ii. Intentional heading is not allowed.
  - a. If a ball is headed & remains on the field of play, the restart will be an indirect free kick for the opposing team at the spot of the infraction. If a defender deliberately heads the ball anywhere within his/her own penalty area, the location of the indirect free kick will be the spot closest to the infraction on the penalty area box.
  - b. If a ball is headed directly off the field of play, leaving at a touchline, the restart will be a throw-in for the opponent at the spot where the ball left play. If a ball is deliberately headed and the ball leaves the field of play at a goal line, the restart will be a goal kick or a corner kick:
    - i. If an attacking player deliberately heads the ball over the goal line, the restart will be a goal kick.
    - ii. If a defending player deliberately heads the ball over the goal line, the restart will be a corner kick.
    - iii. If a defending player deliberately heads the ball but it still enters his/her goal, a goal will be awarded and there will be a restart kick-off. If an attacking player heads a ball into the goal, the goal will be negated; the restart will be a goal kick.
- iii. Continuing violations of slide tackle and heading rules may be considered persistent infringement, and a yellow card may be issued.

5. Equipment

- a. All teams are required to have 3 designated game balls for each game for which they are listed as “Home” on the schedule.

- b. Junior Varsity teams will use a #4 soccer ball in all games. Varsity teams will use a #5 soccer ball in all games.
- c. All teams are responsible for ensuring corner flags are available for each game for which they are listed as “Home” on the schedule. (Must be at least 5’ in height) See National Federation Rule Book for specifics on corner flags.
- d. All players are required to wear age & size appropriate shin guards. Socks are required to completely cover shin guards. Referees have the final decision on age & size appropriate shin guards. Coaches, please be mindful to discuss this with parents.
- e. All teams are required to have 2 sets of socks. One set light colored socks (white, tan, beige, yellow, and/or orange) and one set dark colored socks (black, blue, green, and/or red). Teams listed as the “Home” team on the CYM schedule are to wear light color socks. Teams listed as the “Away” team on the CYM schedule are to wear dark color socks.
- f. All teams are required to have at the very least 12 sports pinnies that are a distinctly different color than their uniform jersey color. The home team is required to wear pinnies anytime the referees deem it necessary to differentiate teams.
- g. Metal cleats are prohibited for all players.
- h. Arm/Hand casts are to be covered on all surfaces with high-density, closed-cell polyurethane foam no less than ½ inch thick. A physician needs to sign a medical release, and the player’s coach needs to provide the release to the referee at the field.
- i. Wearing jewelry during games is prohibited. It is the responsibility of the head coach to make sure players and parents are aware of this rule.
- j. Players with braces must wear mouth guards in order to play. No exceptions.

## 6. Division Alignment

- a. Both JV and Varsity soccer coaches are required to submit a soccer division placement form by the date announced at the pre-season coaches meeting. The division placement form will include the name and grade of each player. The form must indicate whether a player plays for a rep/travel team, and if so, must list the club name, the player’s team name, and the number of years the player has played rep/travel soccer. (with that club/team or any other)
- b. The CYM Soccer Coordinator will review all division placement forms:
  - i. The final decision on divisional alignment will be posted on the CYM website or emailed to all coaches. Once division alignment is finalized, no further movement will be permitted for the regular season.
  - ii. CYM strongly suggests that parishes with 2 or more teams in either the Varsity or JV Division place their more talented players on their #1 team and new or less talented players on their #2 team. All parishes with 2 teams at the Varsity level or the JV level will have one team placed in division “C” or division “1,” and one team placed in division “Y” or division “2.”
  - iii. JV/Varsity divisions:
    - a. Will be determined by the CYM Director of Youth Sports and CYM Soccer Coordinator

- b. Will not be dictated by the number of teams at each level

## 7. Etiquette

- a. Each team should have 2 people (one for each side of the field) to retrieve loose balls that leave the field and to assist with the movement of the game.
- b. Each team should be ready to supply 1 responsible, soccer-knowledgeable linesperson in the event a referee requests assistance.
- c. Team sideline etiquette:
  - i. No coaches, players or fans are to stand on the end lines.
  - ii. No players or coaches are to stand within 2 feet of the sideline.
  - iii. The team bench area is located 10 yards past midfield and extends 20 yards towards the end line. All coaches must stay within the bench area during the game. All players that are not in the game must also stay within the bench area unless they are preparing to sub-in.
  - iv. Player substitution area will be 5 yards on either side of the mid-field. Players may only sub-in at the mid-field substitution area. See Federation substitution rules.
  - v. In addition, each team will be responsible for assuring that only coaches and players are on one side of the field and parents and fans are on the opposite side of the field. (Exception: Nativity field)

## 8. Blow Out Games – In spite of the best of intentions to fairly align divisions, mismatches still may occur. CYM does recognize that there are occasions when the frustration of the players may indicate that it is in the best interest of the players on both teams to call a game. As a result, the following rules will be in effect for both Varsity and JV games:

- a. If a team is losing a game by 5 or more goals at half time, the coach of the losing team can add an additional player to the playing field.
- b. If the coach of the losing team does add additional players, it is with the understanding that if the game gets within 4 goals, the coach should pull their extra player off the field.

## 9. Varsity Play-offs & Championships

- a. Seeding for playoffs will be based off overall record. Points will be awarded as follows: 3 points per win, 1 point per tie, 0 points per loss. If there is a tie the tie-breakers will be:
  - i. head to head competition
  - ii. coin flip or hat draw
- b. Regardless of the number of divisions, the divisional placement for playoffs will be determined by the CYM Soccer Coordinator and the CYM Director of Youth Sports. Generally, teams will not move down a division for playoffs games, but in the event the team is in the wrong division for the entire year, the CYM Office may make an exception here. The CYM Director of Youth Sports and CYM Soccer Coordinator's decision will be final.

- c. The CYM Director of Youth Sports or the CYM Soccer Coordinator may move a team to a different division for playoffs if:
  - i. The division placement form contains incomplete or inaccurate information
  - ii. The final team roster has players on the roster that were not listed on the division alignment form
  - iii. The team is overmatched or too strong within the division they are competing in during the regular season.
- d. In the event a team wants to move up a division or is required to move up a division due to alignment adjustments as described in Section 9(c)(i-iii), the Soccer Coordinator will make the final decision on seeding said team.
- e. Varsity playoffs will follow the same regular season game time: two 30-minute halves, half-time will be 5 minutes with overtime if necessary as described below.
- f. Every player suited must have playing time. Amount of time is at the discretion of the head coach. A violation will result in the team forfeiting the game.
- g. Varsity Soccer coaches must print out their CYM online team roster for each game, add jersey numbers next to each player's name, and note players that will be missing, late or possibly excepted from the mandatory play rule. Coaches must provide a copy of the printed, notated roster to the opposing coach and referees before each game.
  - i. Violations of this section should be reported to the game official, and the Soccer Coordinator. The incident will be reviewed, with potential penalties ranging from a warning to forfeiture.

#### 10. Varsity Post Season Overtime

- a. There will be up to two 10-minute sudden death periods.
  - i. Prior to the start of this period, there will be a coin flip; the winner will decide if they want the ball first or which goal to defend.
  - ii. The first team to score a goal wins.
  - iii. If after the first 10-minute period of play neither team has scored, there will be a 2-minute break before the second 10-minute period. Teams will change sides of the field for the second overtime period.
  - iv. If neither team has scored after the twenty minutes of overtime, the game shall move into a penalty shot round. There will be a 3-minute break prior to the start of 1st round shootout.
  - v. Only the players on the field at the end of overtime will be eligible for the penalty shot rounds.
- b. 1st Round Shootout: 5 penalty shot (all 5 shots must be taken, unless mathematically one team cannot tie or win)
  - i. Five players will be selected from each team to take penalty shots at the same goal. The game official will decide the goal to use.
  - ii. Five kickers must be selected from the group of players last on the field at the end of overtime.
  - iii. The coach may substitute for goalie from players who finished overtime.

- iv. A goalie may also be one of the 5 kickers.
- v. During the 5 penalty shot format, teams will alternate kicks. The team with most penalty shots made wins.
- vi. All other players that were not on the field at the end of the overtime periods must remain 10 yards behind midfield. Each team is responsible for compliance.
- vii. All parents and fans must remain off the field and not stand between the 20 yard line and the end line. Each team is responsible for compliance.
- c. 2nd Round Shootout: Alternating single penalty shots (Only required if there is still a tie after the first round of penalty shots)
  - i. Each team will line up the 11 players that were on the field at the end of overtime, with the 5 players from 1st Round Shootout at the end of the rotation.
  - ii. The coach may substitute for goalie from players who finished overtime.
  - iii. Each team will alternate having 1 player take a shot.
  - iv. If the score remains tied, continue the single shot kicks with players from each team alternating kicks until one team scores and the other team does not score. Repeat process if necessary.

11. Games Stopping Due To Weather/Field Conditions – In the event of postponement or make-ups, coaches from both teams are responsible for contacting the Soccer Coordinator or the CYM Director of Youth Sports to arrange for a make-up game.

- a. Regular season games stopped during the first half and not finished due to weather/field conditions will result in the game being rescheduled. The rescheduled game will start from the beginning with a 0-0 score.
- b. If the game is stopped during half time or the 2nd half, the game will be considered a full game and the score at that time will stand.
- c. If a game has not been played prior to the beginning of playoffs, it will be considered no contest; given playoff implications, coaches are urged to make up games as quickly as possible.
- d. In the case of playoff games, the following rules will apply:
  - i. If the game is stopped during the first half and not finished, the game will be rescheduled and started from the beginning with a 0-0 score.
  - ii. If the game is stopped at half time or during the first 15 minutes of the second half, the game will be considered a suspended game. There will be a 20-minute half played with the score being the same as when the game was stopped.
  - iii. If the game is stopped with less than 15 minutes remaining and the score is not tied, the game will be considered completed. If the score is tied, the game will be considered suspended, with teams playing a 20-minute half with the same score.
- e. If a post season playoff/championship game is stopped at any point during the overtime format, teams will play the overtime format from the beginning as described in section 10.

*Related Policies:*

*There are no related policies for this commentary section.*

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