



Region 19 CYO Soccer Rules

General:

All soccer moderators, coaches and assistant coaches are reminded that their participation in CYO Soccer is considered to be an Athletic Ministry and as such are expected to practice a Christian attitude. Your purpose on the field either during practice and/or game should be one of placing God before competition and instilling this attitude in the players and those on the sidelines.

Issues about game conduct should be discussed between the coaches in neutral territory and not within earshot of the players or spectators. It is inappropriate for any league official to make audible comments about any coach or player on the playing fields or its' immediate area.

Coaches should have a copy of these rules with them at all games. Begin all games with both teams joining together for a prayer around the center circle.

CYO Coach's Pledge

Upon my honor as a CYO coach, I pledge myself to the following:

To guide each player to be a better Christian and a better citizen.

To be ethical and sportsmanlike in my coaching conduct toward all players, officials, fans and other coaches.

To motivate each player to compete at their highest level according to the rules at all times.

To teach each player, especially through my own example, to be humble and generous in victory and proud and courteous in defeat.

Length of the season:

General CYO rules prohibit team practices prior to August 1st.

The official season starting date for league games is the first week after Labor Day. The Region 19 championship (*Varsity Region only*) must be decided no later than the end of the first full week in November.

Eligibility Standards:

Varsity Players

- Participants are to be 7th or 8th grade students who have not reached their 15th birthday before September 1st of the current school year
- 6th grader players can "play up" on a varsity team and not affect their time eligibility. The player can "play up" only if there is no team at the JV level.



Region 19 CYO Soccer Rules

▪ JV Players

- Participants are to be 5th or 6th grade students who have not reached their 13th birthday before September 1st of the current school year.

All Varsity and Junior Varsity players are limited to four years of eligibility, two for Junior Varsity and two for Varsity.

Residence

All players must be attending the school for which they are playing, and/or be a registered member of the parish for which they are playing. No non-parish resident is permitted to participate unless they meet these conditions.

Divisions

Region 19 CYO recognizes the following age groups:

- Varsity boys and girls (7th and 8th grade)
 - Region Division
 - Parish Division
- Junior Varsity boys and girls (5th and 6th grade)
 - Region Division
 - Parish Division

Schedules

Note: Schedules and reschedules are at the discretion of the league commissioner.

- The only acceptable reason for cancellation of a game is inclement weather and parish functions (dances not included). Any games that must be rescheduled due to a parish function after the final schedule is issued are subjected to a \$50.00 fee.
- If a game is to be rescheduled, please notify your Parish Soccer Coordinator who will in turn notify the league commissioner.
- The league commissioner must grant permission for all cancellations.
- All rescheduled games are to be cleared through the league commissioner or the designee.

Home Team Responsibilities

- The home team is responsible for striping the field and providing properly secured goal nets and corner flags.
- The home team is responsible for ensuring the safety of the visiting team both before and after the game, on the field, in the concession areas, and in the parking areas.



Region 19 CYO Soccer Rules

- The home team must provide a first aid kit, which is to be available at the field.
- If not provided by the referee, the home team is to provide flags for use by the linesman. Each team must provide one adult linesman if the referee so desires. Linesmen are to meet with the referee before the start of the game.
- The home team is to supply the game balls.
- In the event that the uniform colors of both teams is similar enough that the official may be confused, the home team is responsible for wearing scrimmage vests by their players.

Reporting scores

- The designated individual from each parish is required to report all scores, varsity and junior varsity, to SoccerScores@region19cyo.org by 9:00pm on Sunday.



Region 19 CYO Soccer Rules

Laws of the Game:

▪ Law 1- Field Dimensions

- *Size of the Field* - It is recommended that the field be marked in the following manner. The length in all cases shall exceed the width. (see attached diagram):
 - The length of the field shall be no larger than 120 yards long and no smaller than 100 yards long.
 - The width of the field shall be no wider than 80 yards and no smaller than 50 yards wide.
 - Distinctive lines no more than five (5) inches wide. A halfway line shall be marked out across the field. A center circle with a ten (10) yard radius. Four corner arcs each with a one (1) yard radius.
 - Goal Area: six (6) yards from each goal post and six (6) yards into the field of play joined by a line drawn parallel to the goal line.
 - Penalty Area: eighteen (18) yards from each goal post and eighteen yards into the field of play joined by a line drawn parallel to the goal line.
 - Penalty Spot: twelve (12) yards from the center of goal line.
 - Penalty Arc: ten (10) yards from the penalty spot, touching the penalty area.
- *Size of the Goals*: It is recommended that the goals have the following dimensions –
 - The height of the goal should be no larger than 8 feet high.
 - The width of the goal should be no wider than 24 feet wide.

▪ Law 2 – Size of the Ball

- JV - It is recommended that players play with a #4 ball.
- Varsity - It is recommended that players play with a #5 ball.

▪ Law 3 – Number of Players

- For Region Varsity and JV, the maximum number of players on the field at any one time is 11v11: eleven (11) including the goalkeeper. A team must have at least 7 players to begin a game.
- For Parish Varsity and JV, the maximum number of players on the field at any one time is 8v8: eight (8) including the goalkeeper. A team must have at least 6 players to begin a game.



Region 19 CYO Soccer

Rules

- **All JV parish games should be played 8 v 8 on a Novice (3/4) size field. Including crossover games.**
- *Additional CYO Rules:*
 - Substitutions are allowed
 - After a goal is scored
 - On any goal kick
 - At the beginning of the half
 - Throw-in
 - Counter-Substitutions: if the team that is awarded a throw-in elects to make substitutions, the opposing team may elect to make substitutions.
 - Rosters are to be completely filled out (no blank columns) and in alphabetical order. Varsity and Junior Varsity teams are to use the quadruple form provided by the league. Novice teams are required to submit a duplicate form that can be photocopied. Incomplete rosters will be returned.
 - A Player's Affidavit is required for all players that do not attend the parish school.
 - The coach, parish athletic director, and the priest moderator must sign all rosters. They must also have the parish seal applied. All rosters must be turned in to the commissioner no later than the end of the first week of season play.
 - All coaches must carry the roster to all league games for verification if requested. Any problems with team rosters should be directed to the league commissioner.
- **Law 4 – Player's Equipment**
 - Player's may not wear any item of equipment that may be dangerous to themselves or others.
 - Numbered T-shirts or jerseys with 8-inch numbers of the same colors are to be worn by all players.
 - It is recommended that gym shorts of the same color and socks be worn.
 - Only molded rubber spikes or plastic screws are permitted. No metal spikes are to be worn.
 - All players must wear shinguards which shall provide adequate and reasonable protection, be professional manufactured, age-appropriate not altered to decrease protection and be worn under the socks - determined by the referee.
 - No player in any league will be permitted to play wearing a permanent cast.
 - No player will be permitted to play wearing jewelry, with the exception of a medical bracelet



Region 19 CYO Soccer Rules

- **Law 5 – The Referee**
 - It is the responsibility of the league to supply a referee for the game.
 - In the event that an official does not show up for a game, the game will be played only on agreement of both coaches decision on a “suitable” referee. Once the decision has been made, the game can not be protested.
 - Fees:
 - The home team is responsible for paying the referee before each game. The home team is responsible for paying the referee the full game fee if proper notification of a cancelled game is not provided.

- **Law 6 – The Assistant Referee**
 - It is the responsibility of the each team to supply an assistant referee for the game. It is recommended that the assistant referee be at least a high school aged student. They are to signal the referee once the ball has completely crossed over the line; either in the air or on the ground.

- **Law 7 – Duration of the Game**
 - The game shall be divided into two (2) equal halves. There shall be a half time break of five (5) minutes.
 - JV and Varsity – teams will play 2-30 minute halves.
 - High School – teams will play 2-40 minute halves.
 - Inclement Weather
 - **Cancellations are to be avoided if at all possible.**
 - If a decision for cancellation is made due to inclement weather, the home team is responsible for notifying the opposing team and the league commissioner, who will notify the referee assignor. This decision is to be made at least two hours prior to game time or the home team will be responsible to pay the referee as if the game was played.
 - If the field is unplayable but weather conditions are acceptable, an alternate field should be used, if possible.
 - The home team is to inspect the field at least two hours before game time for playing conditions.



Region 19 CYO Soccer Rules

- If a decision has been made to play a game, and a dispute arises regarding playing conditions, the referee's decision is final. If the game is not continued, the home team will pay the official half of the game fee.
 - In the event a game must be suspended due to inclement weather conditions which make it impossible to play, the game will be official if one complete half or more of the game has been played. If less than one half has been played, the game will rescheduled from the start.
- The penalty for a forfeited game will be as follows:
 - First game -1 point deducted from standings
 - Second game -2 points deducted from standings
 - Third game -3 points deducted from standings.
- **Law 8 – The Start of Play**
 - Opponent must be ten (10) yards from the center mark while kick-off is in progress. A goal may be scored directly from the kickoff. The ball is in play when it moves forward.
- **Law 9 – Ball in and out of play**
 - Ball must completely cross the line to be “out of play”. Ball is “in play” if any part of the ball is on or above the line.
- **Law 10 – Method of Scoring**
In the spirit of the CYO, Coaches should refrain from excessive goal scoring against overmatched opponents.
 - Ball must completely cross the line, between posts and beneath the crossbar to count.
 - A goal may be awarded during play directly from:
 - A kickoff
 - A direct free kick
 - A goal kick
 - A penalty kick
 - A corner kick
 - A drop ball
 - A goalkeeper’s throw, punt or drop-kick
 - A goal may not be scored during play directly from:
 - A indirect free kick
 - A throw-in
 - A free kick into a team’s own goal



Region 19 CYO Soccer Rules

- **Law 11 – Off-Sides**
 - The offside rule generally provides that a pass cannot legally be made to an off-ball attacker who is ahead of the ball **AND** in the attacking half unless there are at least two defenders (one of whom may be the goalkeeper) between him and the goal when the ball is passed to him by a teammate.

- **Law 12 - Fouls and Misconducts**
 - Follow all applicable PIAA rules.
 - Both coaches on the field at the time a red or yellow card is issued must contact the league commissioner, or the designated representative, within 24 hours or before the next scheduled game, whichever comes first, to report the player(s) to whom the cards have been issued and the reason.
 - Three yellow cards received during the season will result in a two (2) game suspension.
 - A red card that is issued to any player or coach will result in a two (2) game suspension.
 - Slide tackles from behind will result in an automatic red card.
 - Failure to comply with the above will result in a one (1) point deduction from the offending team’s standings.
 - All suspensions are servable in the entire season.

- **Law 13 – Free Kicks**
 - Free kicks shall be classified ‘direct’ from which a goal may be scored against the offending team or ‘indirect’ from which a goal can not be scored unless the ball is touched or played by another player of either team.
 - Opponent must be ten (10) yards away before kick is allowed.

- **Law 14 – Penalty Kicks**
 - A penalty kick shall be awarded when a foul, which ordinarily results in the awarding of a direct free kick, occurs within the offending team’s penalty area.
 - All players, except the kicker and opposing goalkeeper, must be outside the penalty area and at least ten (10) yards from and behind the penalty mark until the ball is kicked.

- **Law 15 – Throw-ins**
 - A throw-in shall be awarded a team when the opposing team last touches or plays the ball before the entire ball passes beyond the touchline either in the air or on the ground.



Region 19 CYO Soccer Rules

- **Law 16 – Goal Kick**
 - A goal kick shall be awarded to the defending team when the entire ball crosses the goal line, excluding that portion between the goal post and under the crossbar, either in the air or on the ground, having last been touched or played by the attacking team.
 - **A goal-kick is no longer required to leave the penalty area before a teammate touches the ball, meaning once the goalkeeper touches the ball for the kick, it is immediately considered in play. Opponents must remain outside the penalty area when a goal-kick takes place.**
- **Law 17 – Corner Kicks**
 - A corner kick shall be awarded to the attacking team when the entire ball crosses the goal line, excluding that portion between the goal post and under the crossbar, either in the air or on the ground, having last been touched or played by the defending team.

Standings and Playoffs

- The teams overall record will determine the regular season winner of each division. Team points are assigned as follows: Three points are awarded for each win; one point for each tie; no points for a loss.
- For Region Division playoffs, the first six teams will make the playoffs. For Parish Division playoffs, the number of teams participating in the playoffs will depend on the total number of teams in each division.
- In the case of a tie by two or more teams who have qualified for the playoffs, the following tiebreakers will be used:
 - The team with the best record (head to head) in the games between the teams involved in the tie will receive the highest seeding.
 - The team with the better goal differential in games between the tied teams will receive the highest seeding.
 - If the teams are still tied, a coin toss will determine the playoff seeding.
- If two or more teams are tied for the last playoff spot, a special playoff game will be played. No team will be eliminated from a playoff without the benefit of a special playoff game.
 - A coin toss will determine the home team and field. If there is difficulty with field availability, then the league commissioner shall determine the site of the game.
- The teams involved in the playoff games will pay referees.
- If a playoff game is tied, it will be decided by the following procedure:
 - Two ten-minute overtime periods will be played, in their entirety, with the teams changing ends between periods, with a five-minute interval



Region 19 CYO Soccer Rules

between periods. Possession of the ball will be decided by a coin toss. The home team will call the flip.

- If the game is still tied at the conclusion of two overtime periods, penalty kicks will be used to break the tie. Each team will take five penalty kicks on an alternating basis. A coin flip will determine which team kicks first. Any five different players (including goalie) may take a shot. If succeeding rounds of penalty kicks are needed, then all players are again eligible but for only one kick. The goalie maybe changed after each separate kick in any round.

General Protest Procedure

- Applies to Junior Varsity and Varsity only.

Game protests are to be filed on the basis of rules interpretation. Not judgment (*) - Offsides is an example of a judgment call).**

Protests are to be filed as follows:

- Before the game is completed, the protesting coach is to indicate to both the referee and the head coach of the opposing team that the game is being played under protest. If the referee leaves the playing area without being notified that a protest is being lodged, the protest is automatically dropped.
- The protesting coach has 24 hours from the completion of the game to notify the league commissioner. If a protest is lodged and the protesting coach loses the protest decision, that parish is to pay the league a fine of \$50.
- Protests based on player eligibility may be filed with the league commissioner up to one day after the date when the league champion is decided.

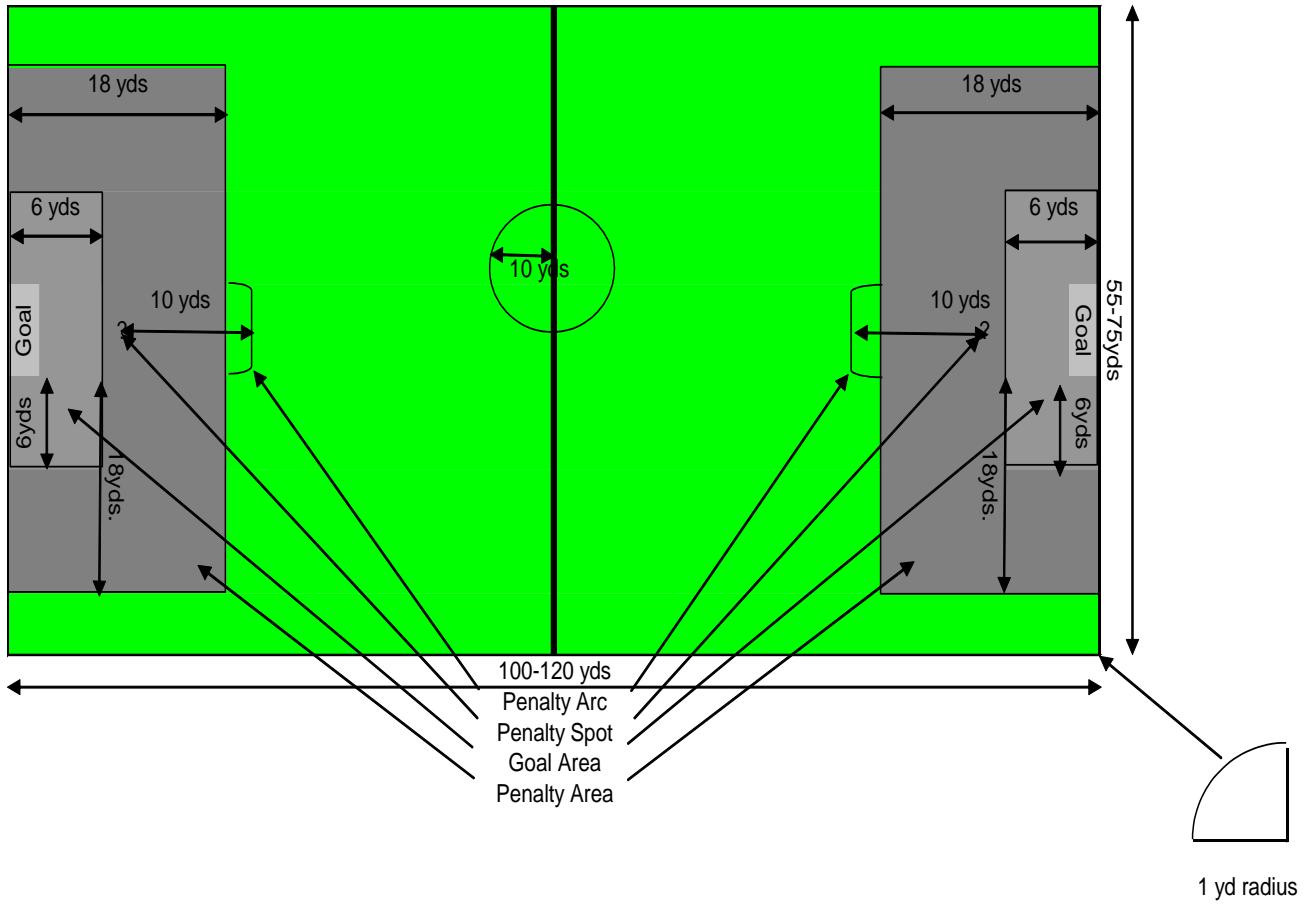
League Fees

League fees are determined by the commissioner on the basis of the budget prepared for the Region 19 Board of Directors. These fees will be communicated to the Parish Soccer Coordinators by July 31 of the current year. Budgets are determined based on the needs of the program as expressed by the parish directors. Special assessments may be made of each parish if necessary to maintain a balanced budget, and such assessments require the approval of the Region 19 Board.

- All checks are to be made payable to Region 19 CYO and are due with the submission of the team roster.



Region 19 CYO Soccer Rules





Region 19 CYO Soccer Rules

Direct Free Kick					NFHS Official Soccer Signals			
	1	2	3	4				
	Direct free kick (points in direction of kick)	Kicking	Tripping	Holding				
	5	6	7	8		9		
	Handling	Pushing	Striking (back and forth)	Jumping at		Reckless or dangerous charging		
	Indirect Free Kick		General					
	10	11	12	15		16	17	18
	Indirect free kick	Offside	Goalkeeper violation or second touching	Play On		Dead Ball	Timeout	(Wind-up to start clock)
13	14	19	20	21	22			
Dangerous Play	Obstruction	Penalty Kick, Corner, Goal (point to spot)	Goal	No Goal	Caution/ejection			

Referee Hand Signals



Region 19 CYO Soccer Rules

Recommendations:

- **Books**
 - Total Soccer Coaching by Riccardo Capanna, Marco Oneto and Gianni Ferrera
 - Zone Soccer by Herman Vermeulen
 - Attacking Soccer by Massimo Lucchesi
 - The Soccer Coaching Handbook by Martin Bidzinski
- **Videos/DVDs**
 - Developing First Touch
 - Training Sessions from Around the World
 - Coerver DVD's/Videos – Pyramid of Player Development
- **Websites**
 - www.nscaa.com
 - www.finesoccer.com
 - www.usyouthsoccer.org