



Toledo CYO is a faith-based youth league serving Diocese of Toledo parishes and schools. Soccer is offered for kindergarten through high school. CYO follows a developmental approach that promotes lifelong engagement and holistic growth—physically, mentally, and socially—rather than focusing solely on competition. Our divisions are structured as progressive stages that guide athletes from active participation and skill learning to sustained enjoyment and involvement, all under the guidance of our Catholic faith and commitment to sportsmanship.

**General Rules |**

- National Federation High School/OHSAA rules will govern CYO leagues, unless stated otherwise. NFHS rule books may be purchased online at [www.nfhs.com](http://www.nfhs.com)
- Official scorecards are kept as permanent records of each game.

**League Divisions |**

PEE WEE	MINOR	CADET	JUNIOR	High School
Kindergarten – 1 <sup>st</sup>	2 <sup>nd</sup> – 3 <sup>rd</sup>	4 <sup>th</sup> – 6 <sup>th</sup>	7 <sup>th</sup> – 8 <sup>th</sup>	9 <sup>th</sup> - 12 <sup>th</sup>
Bronze – Silver – Gold	Bronze – Silver – Gold	Bronze – Silver – Gold	Bronze – Silver – Gold	5vs5 – For Fun
No Standings		League Standings		No Standings
No Tournament		League Tournament		No Tournament

**Division Guidelines |**

Below is a description of the divisions based on team ability and expectations.

BRONZE	SILVER	GOLD
<b>0% experience</b> — No recreational or competitive soccer experience; no club/travel players on roster. Developmental / for fun.	<b>Up to 50% experience</b> — Some recreational or competitive background; <u>fewer than four</u> club/travel players on the roster.	<b>80% experience</b> — Mostly competitive experience; <u>more than five</u> club/travel players on the roster.

**Pre-Match Procedures |**

**Pre-Match Conference**

- The officials, coaches, and team captains will meet on the sideline at midfield to go over rules, sportsmanship, and determine which team will start with the ball first or which side of the field they want to defend first by a coin toss. If no coins are available, rock, paper, scissors is a good alternative.
  - Coin Flip will be called by the Visiting team Captain/Coach.
  - Rosters and lineups will be verified, and updates/changes may still be made.
  - **CYO All Play Rule** will be reviewed, and any “dressed” player a coach is not playing due to injury, or team infraction must be reported at this time to the officials and opposing team.

**Pre-Match Prayer |**

- All teams will line up in front of parents/spectators to recite the “CYO Prayer” and Pledge of Allegiance.
  - After the Pledge of Allegiance, teams will go back to their benches and have 1 minute for any final prep. Starters, then, should take the field.

**Post-Match Procedure |**

- Post-match handshake: Teams exchange greetings as a gesture of sportsmanship, respect, and appreciation for the opponent.



<b>Match Play &amp; Results</b>	<b>PEE WEE</b>	<b>MINOR</b>	<b>CADET</b>	<b>JUNIOR</b>
	<i>Bronze – Silver - Gold</i>	<i>Bronze – Silver- Gold</i>	<i>Bronze – Silver – Gold</i>	<i>Bronze – Silver – Gold</i>
<b>Length</b>	Four 10min Quarters	Two 25min. Halves		Two 30min. Halves
<b>Halftime</b>	5 Min.   Teams will switch sides/goals for 2 <sup>nd</sup> half			
<b>Standings Calculation &amp; Structure</b>	No Standings	Standings are determined solely by points, awarded as listed below.		
		The declining point value of a win for excessive goal differentials is to discourage teams from running up the score.		
		Win (if goal differential is +6 or less)	3 points	
		Win (if goal differential is +7)	2 points	
		Win (if goal differential is +8)	1 point	
		Win (if goal differential is +9)	0 point	
		Win (if goal differential is +10 or more)	-1 point	
		Tie	2 points	
		Loss	0 points	
		Win <i>by forfeit</i>	3 points	
Loss <i>by forfeit</i>	-3 points			
		Teams who directly & purposefully allow a goal in or score on themselves, the goal will be called off. Coach may face disciplinary action for unsportsmanlike conduct.		
		<b>Updated Weekly</b>		
<b>Tournament</b>	No Tournament	End of season tournament   Single Elimination Bracket		
<b>Seeding</b>		Overall Record (Point total, W/L Record, Head-to-Head)		
<b>Tie Breaker</b> <i>Tournament Play Only</i>		5 Min. Overtime   Full 5min. will be played. This is <b>not</b> sudden death. Teams will have 1 timeout		
	<b>2<sup>nd</sup> Tie Breaker</b>   5 vs 5 Penalty Kicks Coaches will select 5 players and 1 goalie <b>3<sup>rd</sup> Tie Breaker</b>   3 vs 3 Penalty Kicks Coaches will select 3 different players and goalie			
<b>Time Outs</b>	Two 30-second timeouts per Half (regular & tournament) Timeouts do not roll over into the 2 <sup>nd</sup> half or OT for Tournaments			
	The team can only call a timeout when they have full possession of the ball			



**Play Adjustment by Divisions |**

<b>CYO All Play</b>	All uniformed players on the bench must play the equivalent of at least half of the match
	This does not include players injured or disciplined for missing practice(s) or other team infractions.

A player must participate in at least three league games to play in the tournament. Any request for an exception to this rule must be submitted to the CYO office in writing before the start of the tournament.

<b>CYO Match Play Details</b>	<b>PEE WEE</b>	<b>MINOR</b>	<b>CADET</b>	<b>JUNIOR</b>	<b>HS</b>
	<i>Bronze - Silver - Gold</i>				<i>For Fun</i>
<b>Players on Field</b>	6   5v5 with goalie	7   6v6 with goalie	9   8v8 with goalie		5   4v4 with goalie
	May start with 5		May start with 6		May start with 3
<b>Offsides</b>	No	Yes, Offsides will be called			
<b>Build-out-Line</b>	YES	NO			
<b>Substitutions Unlimited</b>	Any number of players from either team MAY be substituted WITH the referee's permission during ANY stoppage of play. Substitutes must be ready at the Midfield line before a request for substitution. <b>Substitutes MAY NOT enter the field of play until permitted by the referee.</b>				
<b>Substitution Designated Area</b>	This area is outside the touchline at the midfield line. The substitute must enter the field of play at this area after receiving the referee's signal.				
<b>Player Entry/Exit</b>	A player being substituted for must leave the field at the nearest point on the boundary line near their team/bench area				

<b>Equipment &amp; Field</b>	<b>PEE WEE</b>	<b>MINOR</b>	<b>CADET</b>	<b>JUNIOR</b>	<b>HS</b>
	<i>Bronze - Silver - Gold</i>				<i>For Fun</i>
<b>Ball</b>	Size 3	Size 4		Size 5	
<b>Field Dimensions</b>	50x40yds	70x50yds	90x45-55yds		50x40yds
<b>Goal Size</b>	4' H x 6' W	6 ½' H X 18 ½' W	7' H X 21' W	8' H x 24' W	4' H x 6' W

**Equipment Regulations |**

- All teams provide their own practice balls for practices and pre-match warm-ups.
- The home team will provide the game ball for the match

**Uniform Regulations |**

- Team jerseys should have a number on the back and be tucked in
  - Teams with a similar color jersey, Away team will be asked to either switch to a 2<sup>nd</sup> jersey or wear a pullover mesh jersey, which will be available at the CYO Complex.
- Teams are to wear matching (color) gym shorts or athletic pants

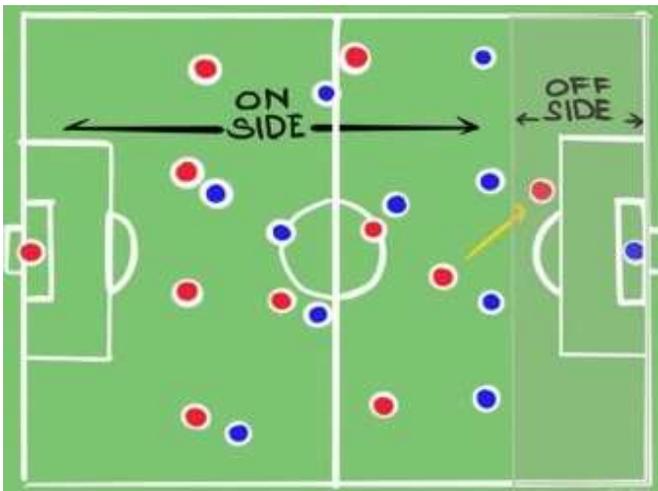


- Metal cleats are prohibited
  - Tennis/turf shoes or molded cleats are acceptable
- Properly fitted shin guards are MANDATORY and *must be entirely covered by the player's socks*
- Pants with zippers or belts are prohibited
- **All jewelry is prohibited.** Earrings need to be completely out, not covered up.

Game Play	PEE WEE	MINOR	CADET	JUNIOR
	Bronze – Silver – Gold	Bronze – Silver – Gold	Bronze – Silver – Gold	Bronze – Silver – Gold
<b>Goals</b>	When the ball is over the goal line entirely between the goal posts and under the crossbar			
<b>Handball</b>	Occurs when a player intentionally or unintentionally touches the ball with their hand or arm below the armpit. The key aspect is whether the play gained an advantage or if their arm made their body unnaturally bigger. <ul style="list-style-type: none"> <li>- A direct free kick is awarded to the opposing team if the handball is deemed intentional.</li> <li>- Accidental handballs are generally not penalized, unless they lead to a goal or goal-scoring opportunity for the offending team</li> </ul>			
<b>Handball in the box</b>	When a defender intentionally or unintentionally touches the ball with their hand or arm. <ul style="list-style-type: none"> <li>- If the ball goes into the goal, the goal counts, and no penalty kick is issued</li> <li>- If the ball does not go into the goal, a penalty kick is awarded to the attacking team</li> </ul>			
<b>Corner Kicks</b>	<ul style="list-style-type: none"> <li>- When the ball is kicked out of play by the defense over the end line</li> <li>- If a goalie holds onto the ball longer than 6 seconds</li> </ul>			
<b>Goal Kicks</b>	<ul style="list-style-type: none"> <li>- When the ball is kicked out of play by the offense over the end line</li> <li>- While usually taken by the goalkeeper, any player on the defending team can take the kick</li> <li>- The opposing players must remain outside the penalty area until the ball is in play. The ball is in play once it has been kicked and moves</li> </ul>			
<b>Goalkeeper Restrictions</b>	<ul style="list-style-type: none"> <li>- Goalkeepers can only hold the ball for a maximum of 6 seconds, starting from the moment they gain control of it.               <ul style="list-style-type: none"> <li>- If the ball is held for longer than 6 seconds, a corner kick is awarded to the opposing team.</li> </ul> </li> <li>- <b>Pass Back Rule</b>   Goalkeepers cannot handle the ball with their hands or arms if a teammate deliberately kicks/passes the ball to them, or throws it to them directly from a throw-in</li> <li>- Goalkeepers can play the ball anywhere on the field, but they cannot handle the ball with their hands or outstretched arms outside of their penalty area</li> <li>- <b>Pee Wee Division</b>   <b>Goalkeepers shall not punt the ball.</b> They may place the ball on the ground and pass/kick it as desired</li> </ul>			
<b>Throw Ins</b>	<ul style="list-style-type: none"> <li>- When the ball is kicked out of play over the sidelines</li> <li>- The throw-in is awarded to the opposing team that kicked the ball out</li> <li>- A proper throw-in is an overhead throw, and both hands and feet must stay in contact with the ground. This will be called at all levels.</li> </ul>			
<b>Heading</b>	Heading is <b>NOT permitted</b> for the following divisions   <b>Pee Wee,- Minor - Cadet</b>			
<b>Slide Tacking</b>	<b>Slide Tackling is NOT permitted for ALL DIVISIONS.</b> Each offense will result in a yellow card			



Offsides	MINOR	CADET	JUNIOR	HS
	Bronze - Silver - Gold			For Fun
Offsides will be called for the following divisions.				
Offside Position	A player is in an offside position if they are nearer to the opponent's goal line than both the ball and the second-to-last defender when the ball is played. <ul style="list-style-type: none"> <li>• Being in an offside position alone is NOT an offside offense</li> </ul>			
Involvement in Active Play	To be penalized for offside, the player in the <b>offside position</b> must be involved in <b>active play</b> . <ul style="list-style-type: none"> <li>• <b>Active Play</b> / This means interfering with an opponent or gaining an advantage from being in that position</li> </ul>			
Timing Is Key	The crucial moment for determining offside is when the ball is played to the player in question. <ul style="list-style-type: none"> <li>• If they were in an offside position at the moment and subsequently became involved in active play, offside offense is committed.</li> </ul>			



Build-out-Line	Pee Wee
	Bronze - Silver - Gold
The build-out line runs across the field equidistant between the top of the penalty area and the halfway line. <ul style="list-style-type: none"> <li>• Promotes playing the ball out of the back in a less pressured setting.</li> <li>• When the goalkeeper obtains possession of the ball, they may pass, throw, or roll the ball anywhere on the field.</li> <li>• Opposing team must move back behind the BOL once the goalkeeper obtains possession of the ball and on goal kicks</li> <li>• The opposing team cannot attack the ball until it is completely over the BOL.</li> <li>• Coaches are encouraged to remind their players to retreat behind the BOL.</li> <li>• Coaches are encouraged to teach goalkeepers to wait for the opposing team to move behind the BOL.</li> </ul>	



### **Coach & Player Conduct |**

The CYO Official(s) oversee the match and have the authority to disqualify players, coaches, or spectators for unsportsmanlike conduct.

- This included warnings and could result in immediate removal from the gym/field of play.
- Any coach, spectator, or player being removed will be removed from the gym/complex for the remainder of the day.
- An official has the authority to stop a match, and if the individual refuses to leave, it could result in discontinuing the match and automatic forfeit for the team that the individual is representing.
- An official report will be made, and the player, coach, and/or team may be suspended after review by the CYO Administration/Office.
  - This includes damage to the property or misconduct with the building.
- Coaching Area
  - A head coach may stand in the area immediately in front of her/his team's bench to coach her/his players. This shall be no closer to the court than 6ft from the sideline.
- Team Bench
  - During match play, players not on the court/field are to be seated at the bench/team area.
  - Players can stand behind the bench/team area to warm up/stretch before subbing in.
- Coaches warning
  - If a warning is issued to any member of the coaching staff or team bench.
    - That coach must remain restricted to the team/bench area the remainder of the match.
    - Team bench warning – the head coach, assistant coach, and players must remain restricted to the team/bench area for the remainder of the match.
    - Exceptions are to request a time-out, substitutions, or review the score during a dead ball.

### **Good Sportsmanship |**

As a coach and/or spectator, leading by example through sportsmanship means demonstrating respect, fair play, and positive behavior both on and off the court. This includes showing respect for opponents, officials, and teammates, as well as handling both victory and defeat with grace. By embodying these qualities, coaches and spectators inspire our young athletes to do the same, fostering a positive and ethical sporting environment.



### CYO Prayer

Lord God, we thank you for bringing us together today and ask that you watch over and guide us.

Help the athletes use their talents to the fullest and remain injury-free.

Help the coaches teach these young athletes not only about the game, but more importantly, about being good Christians.

Help the game officials do their best to enforce the rules and remain fair at all times.

And help the spectators to be considerate of all players, coaches, officials, and each other.

Thank you for giving all of us the opportunity to put our faith into action today.

-Amen-

