



CYO: Soccer Rules and Regulations (Updated 2/21/2024)

Basic Rules:

- Players participating in CYO Soccer agree to play by the rules and regulations outlined by the OHSAA.
- Goals are scored when the entire ball crosses the goal line between the goal posts and under the crossbar, provided it was not carried, thrown, or propelled by arm or hand of an attacking team.
- Ball is considered out of bounds when crossing goal or sideline in its entirety – In air or on the ground.
- Substitutions are unlimited with the consent of the referee at and in between breaks.
- **No Heading** is permitted for Pee-Wee, Minor, and Cadet divisions. **No Sliding** is permitted for all levels.
- A player is considered offside if they are in the attacking half and receives the ball from a passer on the attacking half and, in receiving this pass, is closer to the opposing team's goal-line than the ball and second to last opponent. A player who is in an offside position when a teammate touches the ball on the attacking half, becomes offside by becoming involved in the active play by (a) interfering with play or with an opponent; or (b) gaining an advantage by being in the offside position. **This definition of offsides is subjective to each official and is at the discretion of the official in position to make the call.**
(Note: No offsides called in Pee-Wee division)
- **The "All Play" CYO Policy is in place for all sports.**

Game Regulations:

- Home team is the first team listed on the schedule. Visiting team will receive the ball to begin the game.
- Immediately prior to the start of the game, team captains and coaches will meet for a pre-game conference with game officials regarding sportsmanship and expectations.
- Both teams and coaches will meet at mid-field to recite the "CYO" Prayer.
- Teams change sides at halftime. Possession goes to the team that did not start with the ball in first half.
- Game Duration and Field Length:

Level	Season	Periods	Ball	Halftime	Field Length	Goals
Pee-Wee	7 Games	10-min quarters	Size 3	7-min	50 x 40 yds	6 1/2' H x 18 1/2' W
Minors	7 Games	20-min halves	Size 4		70 x 50 yds	6 1/2' H x 18 1/2' W
Cadets	6 Gms + TY	25-min halves			100 x 45-55 yds	8' H x 24' W
Juniors	6 Gms + TY	30-min halves	Size 5		8' H x 24' W	

Equipment:

- Ball for Pee-Wee is size three (3); Ball for Minor and Cadet is size four (4); Ball for Juniors is size five (5)
- Home team will supply a game ball. The referee must approve the game ball.
- Cleats with exposed metal are PROHIBITED; Sneakers or molded cleats are encouraged.
- Properly fitted shin guards are MANDATORY, and must be entirely covered by the player's socks
- Teams are responsible for supplying each player with t-shirt style jersey with a number on the back
- Pants with zippers or belts are PROHIBITED; All jewelry is PROHIBITED

Restrictions on the Goalkeeper

From the moment the goalkeeper takes control of the ball with the hands while playing as a goalkeeper within their own penalty area they have 6 seconds in which to release the ball into play. During that interval, they may hold, bounce, or throw the ball into the air and catch it. Once the ball has been released into play, the goalkeeper may not touch it again with the hands until it has been played or touched by another player of the same team outside of the penalty area or by a player of the opposing team either inside or outside of the penalty area.

Field Participation

For Pee-Wee ONLY, one coach is allowed on the field for each team. For all other levels, all coaches must remain on the sideline in the designated box for their team's sideline.

Misconduct

Players and/or coaches shall be **cautioned** for:

- Persistently infringing upon rules of the game or acting in any unsportsmanlike manner
- Objecting by word of mouth or action to the decisions given by an official (dissent)
- Use of foul or abusive language
- Coaching outside the team area

Players and/or coaches shall be **disqualified** for:

- Persistent misconduct or for a second caution
- Exhibiting violent conduct, spitting at other persons

A coach who is disqualified shall leave the CYO Complex and is prohibited from any further contact, direct or indirect, with the team during the remainder of the game. A player who is disqualified must sit on the bench for the remainder of the contest and is not permitted to play for the remainder of the game. Any player or coach disqualified with a 2nd red card in a season will be suspended from the CYO soccer program for the remainder of the season. Any verbal abuse toward an official after the game will result in at least a one game suspension. Any physical contact with a game official at any time will result in a one-year suspension from the CYO program.

Postseason Overtime

There will be a 5-minute overtime period. The entire 5-minute period will be played and the clock stopped after each scored goal. If the score remains tied at the end of overtime, both sides will complete in the below outline:

- Head referee shall choose the goal at which all of the penalty kicks shall be taken.
- Each coach will select five (5) players on or off the field including the goalkeeper, (except those who may have been disqualified) to take the penalty kicks.
- Teams will alternate kickers.
- Following five kicks for each team, the team scoring the greatest number of these kicks shall be declared the winner.

Four Goal Rule

When a team is ahead by four goals or more, the opposing team will be allowed an additional player on the field.

Restraint Rule

When a team has obtained a six-goal lead over an opponent, the coach of the winning team must substitute as many players as possible **AS WELL AS** instruct their team to **NOT** create shots-on-goal opportunities until the opposing team has reduced the score by less than six goals. Final scores with a margin of victory of six goals or more are subject to disciplinary measures against the head coach, up to and including suspension.

- This rule is only in effect for Cadet and Junior divisions. However, if a Pee-Wee or Minor coach violates the "spirit" of the rule, they will be reported to the CYO office and face possible disciplinary measures.