

Diocese of Cleveland CYO Soccer

Giving the Very Best of Yourself!

**Rules
2025**



Table of Contents

SECTION 1 - OFFICIAL TEAM	PAGE 3
SECTION 2 - OFFICIALS	PAGE 3
SECTION 3 - EQUIPMENT & UNIFORMS	PAGE 3
SECTION 4 - PRE-CONTEST COACHES RESPONSIBILITIES	PAGE 4
SECTION 5 - PARTICIPATION	PAGES 4-5
SECTION 6 - GAME & TIME LIMITATION	PAGE 5
SECTION 7 - SUBSTITUTIONS	PAGE 5
SECTION 8 - SCORING & STANDINGS	PAGES 5-6
SECTION 9 - SPECIAL RULES BY DIVISION	PAGE 6
SECTION 10 - LIGHTNING & INCLEMENT	PAGE 7
SECTION 11 - CAUTION AND DISQUALIFICATION	PAGES 7-8



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The National Federation of State High School Associations (NFHS) Soccer Rules apply in this league with the exceptions contained within. CYO game rules may not be altered by mutual consent of the coaches. Only the CYO office may authorize changes.

SECTION 1 - OFFICIAL TEAM

- A. Defined as an individual or group of children from one or more Members listed on the team roster that meet the eligibility rules and are approved by the member athletic director, Member Administrator and CYO Office.
- B. A CYO Team refusing to continue playing a scheduled match for any reason without the consent of the referee or CYO representative may be subject to penalties outline in Bylaw 10. This also applies to CYO Sanctioned Events.

SECTION 2 - OFFICIALS

- A. Officials that are certified and registered with the Diocese of Cleveland CYO will be assigned to each match
- B. Officials will not be assigned to the Co-ed 1-2nd grade division. The home team or visiting team will need to provide a referee. 8/22/25 added per coaches meetings clarification.
- C. Officials have the power to warn or disqualify from the competition anyone who commits acts which intend to influence their decisions.
- D. All individuals responsible for a team and all spectators shall support the official. Failure to do so will undermine the official's authority and has the potential of creating a hostile environment for the players, the official, and all the other participants and spectators.
 - 1. Absolutely no disputing calls, during or after the game, no remarks to the official to watch certain players or address rough play. NO disrespect at the official, EVER, no criticism, sarcasm, harassment, intimidation, or feedback of any kind during or after the match.
 - 2. Violators may be ejected and are subject to disciplinary action as stated in the CYO Charter & Bylaws.

SECTION 3 - EQUIPMENT & UNIFORMS

- A. Tennis shoes or rubber/plastic molded sole soccer shoes must be worn.
- B. Shin guards that are properly fitted are required for all players. Shin guards must meet the National Operating Committee on Standards for Athletic Equipment (NOCSAE) specifications.
- C. A mouthpiece is recommended for all players.
- D. A soft padded headgear that meets the ASTM standard is permitted.
- E. All athletes are required to wear Member issued uniforms.
- F. All jerseys including the goalkeeper shall be numbered on the back with a different Arabic number at least 6 inches in height and on the front (jersey or shorts) with the same number, which shall be at least 4 inches in height. Numbers shall be of contrasting color to the jersey (or shorts) and clearly visible.
- G. The uniforms shall be of the same color for all players except the goalkeeper. A goalkeeper must wear a jersey of a different color and distinctly different from that of any teammate or opponent, except the opposing goalie.
- H. If visible apparel is worn under the jersey or shorts, it shall be of a solid color and the same for each team member wearing the apparel.
- I. Both stockings shall be the same color, with a single dominant color but not necessarily the color of the jersey.
- J. There is not a limitation on the color of tape or sock worn at or below the ankle.
- K. All athletes must have the CYO Emblem on their uniform, either sewn or stenciled.
- L. Hair adornments, such as beads, may be worn in the hair if they are secured to the head and do not present a risk of injury to the player, teammates, or opponents. (NFHS).
- M. Chains, earrings, other jewelry, glitter, face paint or other inappropriate items may not be worn during competition.
- N. An American flag and or a commemorative/memorial patch not to exceed 2 by 3 inches and with the approval of the CYO Administration may be worn on each of the uniform apparel provided neither the flag nor patch interferes with the visibility of the team's name.

SECTION 4 - PRE-CONTEST COACHES RESPONSIBILITIES

- A. Coaches must be CYO certified.
- B. CYO Credentials are to be always worn and visible.
 - 1. Credentials cannot be given to another coach at any time.
 - 2. Coaches who give their credentials to another coach, even for one game, will have their coaching privileges revoked for one year.
 - 3. If a coach has lost or forgotten their credential, they must inform the official and show proof of certification with a photo ID and either the photo of the credential or the coach's name on the certification list.
- C. Coaches are responsible for the supervision of their team before and after the match.
- D. At each game and practice, coaches are to have in their possession: an official team roster, a copy of each athlete's Pre-participation Form and Emergency Medical Authorization Form, and a first aid kit.
- E. Guest players must be listed on the line-up card.
- F. Bench personnel are limited to players listed on the eligibility roster, and three credentialed coaches.

SECTION 5 - PARTICIPATION

- A. Each athlete must be treated with dignity regardless of his or her ability.
- B. An athlete on a CYO team may participate on another non-CYO soccer team during the CYO season. However, 7th & 8th grade athletes are not permitted to participate for a middle school sponsored team and the CYO sponsored team.
- C. An athlete on a CYO team may not be rostered/participate on another CYO team, in the same sport, from the published start date of the season to the published end date of the season for the sport.
- D. If a coach chooses not to play a player because of missed practice, unsportsmanlike conduct, academics or injury, the coach must inform the official and the opposing coach before the game begins and mark the player as "not participating" on the game line-up card.
- E. Participants are required to play a minimum of 20 minutes of each game. Each member of the team must play a minimum of one (1) complete 10-minute segment during each half of the game. The first time an athlete enters the game will be counted as their ten-minute segment. Athletes may only be substituted with-in/during the 10-minute segment of play as a result of the athlete being:
 - 1. Injured or health related issues.
 - a. An injured player must leave the field if the referee beckons a coach or appropriate health care provider.
 - 2. Assessed with a red card/yellow card.
 - 3. The athlete removed from the game will be credited with full participation of the segment. The replacement athlete will not be marked on the participation sheet and will not receive credit for playing in that segment.
- F. If all eligible players do not participate in their required one (1) complete 10-minute segment during each half of the game, the referee will issue an immediate forfeit.
- G. Guest Player Rule: Guest Players may be moved from the member's other CYO soccer team(s) to fill the positions at the start of a game under the following restrictions:
 - 1. If a 6v6 team has less than 8 athletes at a match, guest players cannot be used if the team has more than 8 players available.
 - 2. If an 8v8 team has less than 10 athletes at a match, guest players cannot be used if the team has more than 10 players available.
 - 3. If a 9v9 team has less than 11 athletes at a match, guest players cannot be used if the team has more than 11 players available.
 - 4. The athlete meets the age/grade restrictions of the squad he/she will assist.
 - 5. The guest player is reported by means of the button on the Coaches Information page of ccdacle.org/cyo before the game in which he/she will be used.
 - 6. The same individual may be moved as a guest player for no more than two (2) game during the season.
 - 7. The athlete complies with the number of games per day competition limits as outlined in Section 6.

8. The guest player(s) must meet the minimum participation requirement.
 9. Guest player must be reported on the participation form before the competition begins by listing the guest player's name after all the original team's athletes are listed and place "GP" next to their name.
 10. Guest players cannot be used for a sanctioned event or CYO championship.
- H. Violation of these rules will also result in disciplinary action against the coach and/or the member.

SECTION 6 - GAME & TIME LIMITATION

- A. No team or player may play in more than two (2) game in a day.
- B. Events on Sunday cannot begin until 1:00 PM.
- C. Events cannot start after 8:00 PM.
- D. Practice sessions must be completed by 9:00 PM.
- E. CYO match take precedence over another team's match. A CYO match will not be rescheduled due to conflicts of other soccer leagues.
- F. Each player must play in 50 % of the regular season game to be eligible to participate in the post season.

SECTION 7 - SUBSTITUTIONS

- A. Substitutions
 1. Coaches are to have their substitutes at the mid-field line by 20 seconds before the ten-minute breaks (10 minutes, 20 minutes, and 30 minutes) of each half.
 2. If there are no substitutes present at the mid-field line 20 seconds before the ten-minute break points, the match may continue without a stoppage in play.
 3. Substitutions will be made at a stoppage of play that occurs between 20 seconds before and 20 seconds after mark of the ten-minute break point.
 4. Both teams are required to make their substitutions, if any, during the same break in play.
 5. If after the 20 second mark the referee has not halted play for substitutions, the coach will signal the referee to halt play for substitutions to occur.
 6. The break for substitutions should occur without interrupting a play in progress.
- B. Once the participation requirements have been met by a player, unlimited substitution will be permitted at the any stoppage of play.

SECTION 8 - SCORING AND STANDINGS

- A. Game scoring - teams are awarded one (1) point for a goal.
- B. Season Standings
 1. Standings will be based upon game points awarded.
 2. Teams are awarded three (3) points for a win.
 3. Teams are awarded one (1) point for a tie.
 4. Teams are awarded zero (0) points for a loss or a forfeit.
 5. Standing Tiebreakers
 - a. Head-to-Head game results.
 - b. Least number of goals given up between the tied teams.
 - c. Coin toss.
- C. Running up the score:
 1. Scores beyond a 6-goal differential will only be published with a six goal differential.
 2. A win by a margin of 7 or 8 goals will count as only 1 point, rather than 3 points for the win.
 3. A win by a margin of 9-goals or greater will result in a loss of the game by a score of 0-1.
 4. Coaches who run up the score by 9 or more goals, will be given a warning, if it happens a second time the coach will be suspended for one game. Further penalties may be imposed.
 5. POSSIBLE METHODS TO CONTROL THE SCORE
 - a. Switch players around to different positions.
 - b. Establish a minimum number of touches by the team, and/or by each player.
 - c. Pull one or more players off the field until some parity between the teams is achieved.
 - d. Limit players from the winning team to the defensive half of the field.

- D. All games shall be scored as regulation, if after one half of play has been completed, the game is called by the official because of darkness, rain, or any other cause, which in his/her opinion makes future play hazardous.
- E. The winning teams must report the score to CYO within 48 hours of the match. Matches that end in a tie should be reported by both teams.

SECTION 9 - SPECIAL RULES BY DIVISION

	<u>1st, 2nd, 3rd & 4th Grade</u>	<u>6th Grade</u>	<u>8th Grade</u>
Field of Play	45-60 yards by 35-45 yards	70-80 yards by 45-55 yards	90 -120 yards by 50-65 yards
Maximum Goal Size	6' high x 18' wide	7' high x 21' wide	8' high x 24' wide
Ball Size	Regulation #4	Regulation #4	Regulation #5
Game Length	2 x 25 minute halves 10 minute half-time	2 x 30 minute halves 10 minute half-time	2 x 35 minute halves 10 minute half-time
Regular Season Overtime	NONE	NONE	NONE
Tournament Overtime	One ten-minute overtime, then followed by penalty kicks	One ten-minute overtime, then followed by penalty kicks	One ten-minute overtime, then followed by penalty kicks
Regulation number of players on field	6 per team (includes the goalkeeper)	8 per team (includes the goalkeeper)	9 per team (includes the goalkeeper)
Minimum number of players to start a game	4	5	6
Minimum Number to Add a Guest Player	8	10	11
Heading Permitted	No	No	Yes
Referees	Assigned by CYO	Assigned by CYO	Assigned by CYO
Line Judges	1 provided by each Team	1 provided by each Team	1 provided by each Team
Offside	No	NFHS Rule	NFHS Rule
Sliding/Slide Tackle	No	NFHS Rule	NFHS Rule
Penalty Kick Line	8 (eight) yards	10 (ten) yards	12 (twelve) yards
Kick offs, Free Kicks, Corner kicks, Restart	Opponents ten (10) yards from the ball	Opponents ten (10) yards from the ball	Opponents ten (10) yards from the ball
Goalie punts	Goalies may not send the ball directly into the opponent's penalty area. It must be touched by another player before entering the penalty area or the opponent is awarded an indirect free kick at the top of their area	NFHS Rule	NFHS Rule

CYO inspires young people to know God, to love God, and to serve God through athletics.

SECTION 10 - LIGHTNING & INCLEMENT WEATHER

- A. The OHSAA lightning & inclement weather policy is in effect.
- B. When thunder is heard or a lightning bolt is seen at a practice or competition, the teams must suspend play and take shelter immediately. Once play has been suspended, a period of at least 30 minutes after the last thunder heard or lightning flash is witnessed must be honored prior to resuming play/practice.
- C. Contest or CYO officials assume authority for competitions when they arrive on the field. When the officials recognize inclement weather, they are duty bound to suspend the game. Coaches and member athletic director are responsible for application of this policy at practice.
- D. Temperature, humidity, heavy precipitation, and wind chill can become dangerous to the athletes and spectators and must be monitored during all practices and competitions by coaches and competition officials.
- E. Announcements related to the status of competitions will be posted on the main page of the schedule website and Instagram @CYOSportsDoc or social media as needed.
- F. During inclement weather, a commissioner or head official may choose to relax the uniform rule.
- G. Unless the head coach is contacted or notified through a phone message, website or e-mail, your team is to report to the field at the scheduled time of the game.
- H. Weather Statement
 - 1. Weather conditions are continuously monitored by CYO staff and weather professionals.
 - 2. Weather delays or cancelation decisions will be made ONLY BY CYO STAFF and communicated promptly.
 - 3. Official contest delays or cancellations re weather is available on the scheduling page of the CYO website.
 - 4. When lightning is detected within a 10-mile radius, all outdoor activities will be suspended immediately.
 - 5. When heat index thresholds become too high, outdoor events may be delayed or canceled.
 - 6. Events may be delayed, relocated, or rescheduled due to field or facility conditions.

SECTION 11 - CAUTION AND DISQUALIFICATION

- A. Coaches are responsible to supervise their spectators at competitions.
- B. A spectator ejected from the game must fulfill requirements of Bylaw 10 prior to returning to practice or participation in any games.
- C. Whenever an official issues a card, the player, coaches, the scorer, and the other officials shall be notified of the reason for the caution or disqualification.
- D. Excessive celebration is considered to be a disqualification (yellow/red) when the game is delayed, or a player(s) draws attention to himself/herself.
- E. Red carded coaches and adults must immediately leave the competition area. Red-carded players must remain supervised by a coach or other adult.
- F. Athletes, coaches, parents, and fans who have been ejected, asked to leave, or removed by Officials or CYO personnel must depart immediately. If they refuse to leave the premises immediately, one week is added to their suspension. Their suspension begins the next day, with no option to appeal. There may be additional consequences and disciplinary actions for those individuals as stated below and in Bylaw 10.
- G. Anyone besides the coach or athlete on the team that enters the court or field of play is immediately suspended for one week and may be suspended for a longer time as determined by CYO Administration.
- H. Athletes who are ejected, asked to leave, or removed from an athletic event are automatically prohibited from attending any practices or CYO games for seven days including sanctioned events. They may not be on the premises of the next CYO scheduled game of any grade and may not attend or participate in any sanctioned event games during the seven-day period.
- I. Coaches who are ejected, asked to leave, or removed from an athletic event are automatically prohibited from attending any practice or CYO games for fourteen days including sanctioned events. They may not attend or be on the premises of the next two CYO scheduled games of any grade and may not attend any sanctioned event games during the fourteen-day period.

- J. Parents or fans who are ejected, asked to leave, or removed from an athletic event are automatically prohibited from attending any practices or CYO games for twenty-one days including sanctioned events. They may not attend or be on the premises of the next three CYO scheduled games of any grade and may not attend any sanctioned event games during the twenty-one-day period.
- K. Athletes, coaches, parents, or fans who are ejected, asked to leave, or removed from an event for a second time are not permitted to attend any competitions for the remainder of the season, including tournaments.
- L. Coaches ejected, asked to leave, or removed from an event for the second time in the same season will immediately surrender their coach's credential to the Site Director or Member Administration.

	Player	Bench Personnel	Coach
Yellow Card	Must leave the field until the next legal substitution. May be substituted or play short.	Substitute (non-player) remains in team area until next legal substitution opportunity. Other bench personnel remain in the team area.	Remains in team area.
Yellow Card/ Red Card	Must leave the field. May not return. May be substituted or play short. Restricted to team area	Not applicable	Not applicable
Red Card	Must leave the field. May not return. May not be substituted. Restricted to team area. Suspended from the following game	Restricted to team area for substitutes or other students. Adult bench personnel must leave the vicinity of the playing area. Suspended from the following game.	Must leave the vicinity of the playing area. Suspended from the following game.



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