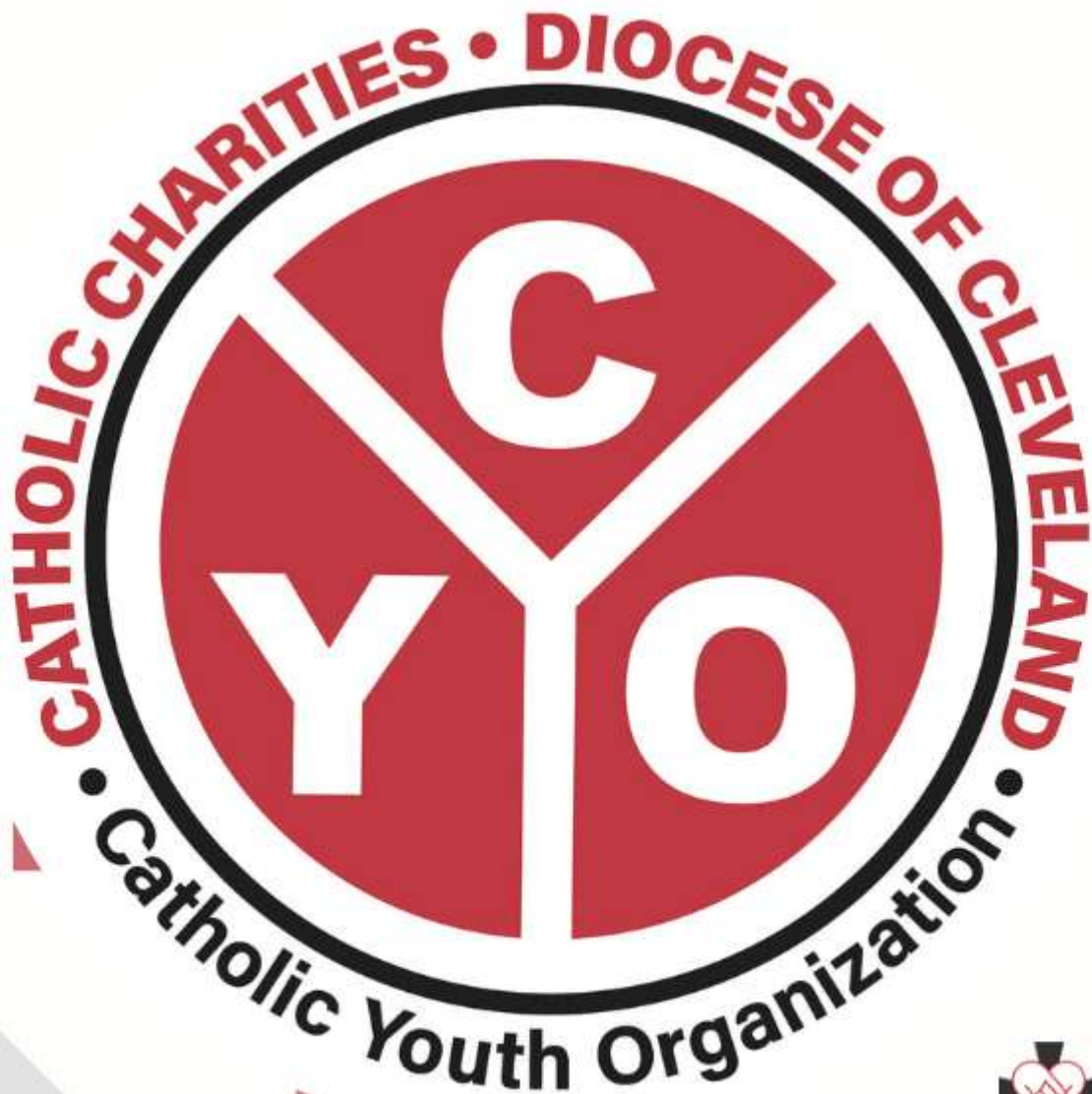


SOCCER RULES 2026

The Way We do Things Here



ccdogle.org/cyo

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@CYOSportsDOC
www.ccdcle.org/cyo

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

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

Yellow highlights are changes from 2025

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 outlined in Bylaw 10. This also applies to CYO Sanctioned Events.

SECTION 2 - REFEREES

- A. Referees that are certified and registered with CYO will be assigned to each match.
- B. Referees will not be assigned to the Co-ed 1-2nd grade division. The home team and/or visiting team will need to officiate.
- C. Referees 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 the team and all spectators shall support the referee. Failure to do so will undermine the referee's authority and has the potential of creating a hostile environment for the players, the referee, and all the other participants and spectators.
 - 1. Absolutely no disputing calls, during or after the match, no remarks to the referee to watch certain players or address rough play. NO disrespect towards the referee, no criticism, sarcasm, harassment, intimidation, or any negative or inappropriate behavior before, 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 be 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 no 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 affixed permanently. Temporary affixed numbers are not permitted. Any change to an athletes uniform number during the regular season, tournament or championship must be communicated prior to match time.
- 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. No exceptions.
- 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 must be worn and visible.
 - 1. Coaches who give their credentials to another coach, even for one match, will have their coaching privileges revoked for one year.
 - 2. If a coach has lost or forgotten their credential, they must inform the referee 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 match and practice, coaches are to have in their possession: a referee 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 participation form.
- 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. Each player must play in 50 % of the regular season matches to be eligible to participate in the post season. Identified and required via the participation form.
- C. An athlete in grades 1-6 may participate in another non-CYO soccer team during the CYO season.
- D. 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.
- E. If a coach chooses not to play a player because of missed practice, unsportsmanlike conduct, academics or injury, the coach must inform the referee and the opposing coach before the match begins and mark the player as "not participating" on the match line-up card.
- F. Participants are required to play a minimum of 20 minutes of each match. Each Member of the team must play a minimum of one (1) complete 10-minute segment during each half of the match. Identified via the participation form. The first time an athlete enters the match will be counted as their ten-minute segment. Athletes may only be substituted during the 10-minute segment of play because 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 match 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.
- G. Participation form submitted electronically by Monday morning.
- H. 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 match under the following restrictions:
 - 1. If a 7v7 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 a 9v9 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 11v11 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 they will assist. Younger players may play up within the parameters of the Charter & Bylaws.

5. The guest player must be the same gender as the replacement player except for the co-ed division.
6. The guest player is reported by means of the button on the Coaches Information page of ccdogle.org/cyo before the match in which they will be used.
7. The same player may only be used as a guest player for 2 matches during the season.
8. The athlete complies with the number of matches per day competition limits as outlined in Section 6.
9. The guest player(s) must meet the minimum participation requirement.
10. 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.

11. Guest players cannot be used for sanctioned events; tournament matches or championship matches.

- I. Violation of these rules will result in disciplinary action against the coach and/or the Member.

SECTION 6 - MATCH & TIME LIMITATION

- A. No team or player may play in more than 2 matches in a day.
- B. Events on Sunday will not 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 matches take precedence over another team's match. A CYO match will not be rescheduled due to conflicts with other soccer leagues.

F. Hydration breaks are advised and should be requested with the referee.

SECTION 7 - SUBSTITUTIONS

- A. Substitutions
 1. **Coaches must 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 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 any stoppage of play.

SECTION 8 - SCORING AND STANDINGS

- A. Match scoring - teams are awarded one (1) point for a goal.
- B. Season Standings
 1. Standings will be based upon match points awarded.
 2. **Teams are awarded 4 points for a win.**
 3. Teams are awarded 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 match results.
 - b. Least number of goals given up between the tied teams.
 - c. Coin toss.
- C. Running up the score: DOES NOT PERTAIN TO TOURNAMENTS & CHAMPIONSHIP
 1. Scores beyond a 6-goal differential will only be published with a six-goal differential.
 2. **A win by a margin beyond 6 goals will count as 2 points rather than 4 points for a win.**
 3. A win by a margin of 9-goals or greater will result in a loss of the match 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 match. Further penalties may be imposed.
 5. **CONTROLLING THE SCORE REQUIREMENTS:**

- a. Remove a player until the goal differential is less than 6.
- b. Switch players around to different positions.
- c. Establish a minimum number of touches by the team, and/or by each player.
- d. Add passes to the goalie to start offense.

D. All matches shall be scored as regulation, if after one half of play has been completed, the match is called by the referee because of darkness, rain, or any other cause, which makes future play hazardous.

SECTION 9 - SPECIAL RULES BY DIVISION

	<u>1st, 2nd, 3rd & 4th Grade</u>	<u>5th-6th Grade</u>	<u>7-8th Grade</u>
Field of Play	55-65 yards by 35-45 yards	70-80 yards by 45-55 yards	100 -110 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	#4	#4	#5
Match 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 & championship OT	One full 10-minute OT followed by 5 full PK's See additional details below	One full 10-minute OT followed by 5 full PK's See additional details below	One full 10-minute OT followed by 5 full PK's See additional details below
Number of players on the field for each team	Up to 7 per team (including the goalkeeper) Both teams agree on # of players	Up to 9 per team (including the goalkeeper) Both teams agree on # of players	Up to 11 per team (including the goalkeeper) Both teams agree on # of players
Minimum number of players to start a match	5	7	9
Minimum Number to Add a Guest Player	8	10	11
Heading Permitted	No	No	Yes
Referees	No refs for 1-2 grade division	YES	YES
Sideline judges Referee should meet with judges to review expectations	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	NFHS Rule	NFHS Rule
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Tournament & Championship OT- Referees and coaches should meet prior to start of OT, Full 10-minute period is played not sudden death. For PK's 1 goal box side is used and goalies rotate determined by a coin toss. Goalies are eligible to take a PK.

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. Referees assume authority for competitions when they arrive on the field. When the referees recognize inclement weather, they are bound to suspend the match. Coaches and Member athletic directors are responsible for applying this policy at practice.
- D. Temperature, humidity, heavy precipitation, and wind can become dangerous to the athletes and spectators and must be monitored during all practices and competitions by coaches and competition referees.
- E. Announcements related to the status of competitions will be posted on the main page of the schedule website and social media as needed.
- F. During inclement weather, a commissioner or head referee 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 match.
- 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. 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 for supervising their spectators at competitions.
- B. Whenever a referee issues a card, the player, coaches, the scorer, and the other referees shall be notified of the reason for the card or disqualification.
- C. Excessive celebration is a disqualification (yellow/red) when the match is delayed, or a player(s) draws attention to himself/herself.
- D. Teams are expected to conduct themselves in a manner that the match officials and CYO administration feel shows respect and dignity towards its opponent.
- E. CYO is dedicated to the safety of every child, parent, and adult. We will not tolerate any form of aggressive or abusive behavior in the CYO community. Examples include: yelling at officials or site personnel; physical intimidation or threatening behavior; verbal or physical harassment; and any disruptive behaviors. If any of these behaviors occur, consequences will be assessed as outlined in Bylaw 9 of the CYO Charter & Bylaws. <https://www.ccdcle.org/files/assets/2025-26charterandbylawsfinal.pdf>

	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.	
Red Card	Must leave the field. May not return. May not be substituted. Restricted to team area. Suspended from the following match	Restricted to team area for substitutes or other students. Adult bench personnel must leave the vicinity of the playing area. Suspended from the following match.	Must leave the vicinity of the playing area. Suspended from the following match.	