



Region 19 CYO Soccer Novice Program 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.

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 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 Friday after Labor Day.

Eligibility Standards:

▪ **Novice Players**

- All novice players are to be in 3rd or 4th grade and not have reached their 11th birthday before September 1st of the current school year.

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:

- Novice boys and girls (3rd and 4th grade)
 - Open

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.



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- Failure to provide either of the above could result in the forfeiture of remaining home games for the team involved.
- The home team must provide first aid kit.
- If not provided by the referee, the home team is to provide flags for use by the linesman.
- 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.



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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 80 yards long and no smaller than 70 yards long.
 - The width of the field shall be no wider than 55 yards and no smaller than 45 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 an eight (8) yard radius. Four corner arcs each with a two (2) foot radius.
 - Goal Area: five (5) yards from each goal post and five (5) yards into the field of play joined by a line drawn parallel to the goal line.
 - Penalty Area: fourteen (14) yards from each goal post and fourteen yards into the field of play joined by a line drawn parallel to the goal line.
- *Size of the Goals:* It is recommended that the goals have the following dimensions –
 - The height of the goal should be no larger than 6.5 feet high and no smaller than 6 feet high.
 - The width of the goal should be no wider than 18.5 feet wide and no smaller than 18 feet wide.

▪ **Law 2 – Size of the Ball**

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

▪ **Law 3 – Number of Players**

- 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.
 - If a team has less than 8 players to start the game, **both** teams will field an equal number of players.
 - It is recommended that the maximum number of players on the roster should not exceed 14.
 - Novice teams are required to submit a duplicate form, provided by the league, which can be photocopied. Incomplete rosters will be returned
 - 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.



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- 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

- **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.
 - 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 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.

- **Law 5 – The Referee**
 - It is the responsibility of the home team to supply a referee for the game. It is recommended that the referee be at least a high school aged student.
 - The fee is determined by the individual parishes.

- **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.

- **Law 7 – Duration of the Game**
 - The game shall be divided into two (2) equal halves of twenty-five (25) minutes each. There shall be a half time break of five (5) minutes.

 - 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. This decision is to be made at least two hours prior to game time.
 - If the field is unplayable but weather conditions are acceptable, an alternate field should be used, if possible.



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- The home team is to inspect the field at least two hours before game time for playing conditions.

- **Law 8 – The Start of Play**
 - Follow all applicable PIAA rules. Opponent must be eight (8) yards from the center mark while kick-off is in progress.

- **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 goal 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

- **Law 11 – Off-Sides**
 - A player is in an offside position when nearer to his/her opponent’s goal line than the ball, unless
 - The player is in his/her own half of the field of play
 - The player is not nearer to the opponent’s goal line than at least two opponents.

- **Law 12 - Fouls and Misconducts**
 - Follow all applicable PIAA rules.

- **Law 13 – Free Kicks**
 - All free kicks shall be classified ‘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 eight (8) yards away before kick is allowed.

- **Law 14 – Penalty Kicks**



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- In the event of a penalty kick, an indirect kick will be awarded; the ball will be placed on the outer edge (parallel to the goal) of the penalty area nearest to where the foul occurred.
 - Opponent must be eight (8) yards away before kick is allowed.
 - If an intentional foul occurs in the penalty area, on the first occurrence the coach will receive a caution; on the second occurrence the coach will be sent off.
- **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.
 - The player will have two (2) opportunities to return the ball into play.
- **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.
- **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.
- **Law 18 – Heading the ball**
- Heading the ball is not permitted at the Novice level. A free kick as defined in law 13 will be awarded to the opposing team when the ball is hit with the head regardless of being on purpose or inadvertent.



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Recommendations:

- **Videos/DVD's**
 - **Coerver DVD's/Videos – Pyramid of Player Development**
- **Books**
 - **Coaching Youth Soccer: A Baffled Parent's Guide by Bobby Clark**
 - **Coaching U12s – A Complete Coaching Course by Tino Stoop**
- **Websites**
 - www.nscaa.com
 - www.finesoccer.com
 - www.usyouthsoccer.org



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