



Catholic Youth Organization
- Central Texas -
Athletic Bylaws
Soccer



General Rules

CYO CTX will follow NFHS soccer rules with the following exceptions listed below.

- Players will not wear jewelry, including earrings, bracelets, rings, and watches during a game. Jewelry and/or earrings cannot be covered with a Band-Aid or tape.
- Shirts must be tucked in.
- Game length will be 20 minutes per half for 3rd/4th and older divisions/levels. There will be a 5 minute half time. The 1st/2nd grade level will play four 8 minute quarters with 2 min between each quarter.
- The 7th/8th grade will use a size 5 soccer ball. The 3rd/4th and 5th/6th grade level will use a size 4 soccer ball. The 1st/2nd grade level will use a size 3 soccer ball.
- Substitutions: You may sub a player on the following: A. a goal kick B. Your own throw in C. your opponents throw in if they make a substitution D. Any kick-off following a goal E. Your own corner kick F. Your opponents corner kick if they make a substitution G. You may substitute for a player that receives a caution (yellow card) H. for a player that is injured and must leave the field.
- Teams should line-up to shake hands with one another, the coach and referee after the game.
- Direct kicks will be signaled with a hand pointing to the attacking team's goal. Indirect kicks will be signaled with a hand pointing in the air.
- All other rules follow NFHS rules, as modified for this age group through local practice.

Special CYO CTX Rules

Prayer

Coaches should meet and pray before and after the games. Players will shake hands after the game.

Bench

Coaches and athletes only allowed on the bench

Eligibility and Age Groups

Eligibility

Boys and Girls who qualify under the age groups of competition will be eligible for Soccer. The grade levels for Soccer are combined 1st/2nd, 3rd/4th, 5th/6th, and combined 7th/8th grade.

Age Groups

- To compete at the 1st/2nd grade level, students must be eight years old or younger on September 1st.
- To compete at the 3rd/4th grade level, students must be ten years old or younger on September 1st.
- To compete at the 5th/6th grade level, students must be twelve years old or younger on September 1st.
- To compete at the 7th/8th grade level, students must be fourteen years old or younger on



September 1st.

- A 1st/2nd grade student may not compete at the 3rd/4th grade level unless the student is too old to compete at the 1st/2nd grade level.
- A 3rd/4th grade student may not compete at the 5th/6th grade level unless the student is too old to compete at the 3rd/4th grade level.
- A 5th/6th grade student may not compete at the 7th/8th grade level unless the student is too old to compete at the 5th/6th grade level.

Division Alignment

Divisions for Soccer are determined by the total number of teams for each season and are organized by enrollment of schools.

Format

Game Length

- A 5-minute warm-up will be given to each team.
- There will be four (4) 8 minute quarters with a running clock for all 1st/2nd grade matches.
- There will be two (2) 20 minute halves with a running clock for all 3rd/4th grade and 5th/6th grade matches.
- There will be two (2) 25 minute halves with a running clock for all 7th/8th and above matches.
- There will be a 5-minute half time break except for the 1st/2nd grade level. They will have a two (2) minute breaks between each quarter.
- Water breaks should be considered at the halfway point of each half to not go longer than two (2) minutes.
- Officials may stop the clock for injuries, uniform issues, or talking to the coaches or players.
- If deemed necessary, competition officials, coaches and/or referees may adjust the length of games due to weather conditions (i.e. water breaks) or may adjust based on the nature of the competition.

Equipment

The ball will be a size 3 for all 1st/2nd grade matches. The ball will be a size 4 for all 3rd/4th and 5th/6th grade matches. The size 5 ball will be used for all grades 7th/8th and above.

The goal size will be as outlined below for each age group for each age group. The goal size may be different dimensions as considered by CYO CTX Executive Directors.

Player Uniforms

- Players will not wear jewelry, including earrings, bracelets, rings, and watches during a game. Jewelry and/or earrings cannot be covered with a Band-Aid or tape.
- Shirts must be tucked in.



- Soccer goalies must have a different color jersey than their teammates. Numbers are required on field player’s jerseys on the back of the uniform. Shin guards are required. Socks must cover the shin guard.
- All players will wear shin guards which are commercially produced and specifically designed to provide protection to the shins.
- No player will be allowed to play with a hard cast (padded or otherwise)
- No player will be allowed to play with any brace (knee or otherwise) that contains exposed metal or hard plastics, unless it is wrapped with a minimum of 1/2 inch high-density foam wrapping or the manufacturer’s recommended protective coating.
- Bandanas of any style may not be worn during any game. Players may not wear a bandanna either on their heads, legs or arms. Exceptions may be made at the local level for medical reasons.
- The Players’ Equipment: Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

Summary Grids

1st/2nd grade level

Field Markings	Minimum Dimensions	Maximum Dimensions
Field Size	(W) 15 x (L) 25 yards	(W) 25 x (L) 35 yards
Goals	Maximum: 6 x 4 feet No corner flags needed on field	
Center circle	None	
Penalty Area	None	
Goal Area	None	
Penalty Spot	None	
Penalty Arc	None	



Restarts	<p>Fouls: All fouls shall be penalized with indirect kicks. No penalty kicks for the 1st/2nd Grade level.</p> <p>Due to no goalkeeper, intentional handballs, deemed by the official, in front of the goal will incur a warning to the coach from the official. If the intentional handballs, deemed by the official, continue then a goal may be awarded.</p> <p>Kick offs, free kicks, throw-ins, goal kicks and corner kicks are used to start or restart play. Kick-ins and/or dribble-ins are also accepted if coaches agree prior to match.</p> <p>Substitutions are unlimited and can occur at any stoppage. Goal kicks and corner kicks should be taken in the general vicinity of the respective goal or corner.</p> <p>Opponents should be 10 feet away from the ball on all restarts.</p> <p>If there is an infraction of the FIFA throw-in rules, the player throwing the ball in shall receive one additional throw-in after a correcting instruction from the referee. If the player violates the FIFA rule on his/her second attempt then the opposing team shall be awarded a throw-in.</p>
Offside	No offside
Duration of Match	<p>10 Minute Warmup 4 quarters 8 minute quarters 2 minute break between quarters No added time</p>
Ball Size	Size 3
Number of Players	<p>4v4 (4 field players, <u>no goalkeeper</u>) Game may not start or continue if there are less than 3 players on a team</p>
Heading	<p>Heading is not allowed in 4v4 games. If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense.</p>



3rd/4th grade level

Field Markings	Minimum Dimensions	Maximum Dimensions
Field Size	(W) 35 x (L) 55 yards	(W) 45 x (L) 65 yards
Goals	Maximum: 21 x 7 feet Recommended: 12 x 6.5 feet	
Center circle	8 yards in radius	
Penalty Area	12 x 24 yards	
Goal Area	4 x 8 yards	
Penalty Spot	10 yards and perpendicular from the midpoint of the goal line	
Penalty Arc	8 yards radius from the penalty spot	
Build out lines	Build out lines should be equidistant between the penalty area line and halfway line (can be marked with painted line, cones, or flags placed on sidelines)	
Restarts	<p>Conform to FIFA with the exception of the opponents of the team taking the kick-off are at least six (6) yards from the ball.</p> <p>If the goalkeeper punts or drop-kicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the punt or kick occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.</p> <p>Substitutions are unlimited and can occur at any stoppage based on the substitution rules listed at the top of these rules.</p> <p>Restarts with Build Out Line:</p> <p>When the goalkeeper has the ball in his/her hands during play or a goal kick is being taken, then:</p> <ol style="list-style-type: none"> 1. before the ball is passed, thrown, or rolled into play by the goalkeeper or a goal kick is being taken, players on the team in possession may stand anywhere on the field, including inside the penalty area; 2. players on the defending team must move beyond the Build Out Line and may not cross the Build Out Line until the ball is in play; 3. the ball is in play as soon as the goalkeeper passes, throws or rolls the ball or any player takes a goal kick; and 	

	<p>4. as soon as the ball is in play, other members of the team in possession may play it, even if it is inside the penalty area, and players on the defending team may then cross the Build Out Line.</p> <p>If the goalkeeper punts or drop-kicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the punt or kick occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.</p> <p>Ideally, the goalkeeper will wait to put the ball into play once all opponents are past the Build Out Line. However, the goalkeeper can put the ball into play sooner but he/she does so accepting the positioning of the opponents and the consequences of how play resumes.</p>
Offside	<p>The FIFA Offside Rule shall apply.</p> <p>The build out line will also be used to denote where offside offenses can be called. Players cannot be penalized for an offside offense between the halfway line and the build out line</p> <p>Players can be penalized for an offside offense between the build out line and the goal line.</p>
Duration of Match	<p>2 halves 20 minute halves 5 min halftime No added time</p>
Ball Size	<p>Size 4</p>
Number of Players	<p>7v7 (6 field players and 1 goalkeeper) Game may not start or continue if there are less than 5 players on a team</p>
Heading	<p>Heading is not allowed in 7v7 games.</p> <p>If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense.</p> <p>If a deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.</p>



5th/6th grade level

Markings on the field	Minimum Dimensions	Maximum Dimensions
Field Size	(W) 45 x (L) 70 yards	(W) 55 x (L) 80 yards
Goals	Maximum: 21 x 7 feet Recommended: 18.5 x 6.5 feet	
Center circle	8 yards in radius	
Penalty Area	14 x 36 yards	
Goal Area	5 x 16 yards	
Penalty Spot	10 yards and perpendicular from the midpoint of the goal line	
Penalty Arc	8 yards radius from the penalty spot	
Restarts	Conform to FIFA with the exception of the opponents of the team taking the kick-off are at least eight (8) yards from the ball until it is in play. Substitutions are unlimited and can occur at any stoppage	
Duration of Match	2 halves 25 minute halves 5 min halftime No added time	
Ball Size	Size 4	
Number of Players	7v7 (6 field players and 1 goalkeeper) Game may not start or continue if there are less than 5 players on a team 11 players (10 field players and 1 goalkeeper) Game may not start or continue if there are less than 7 players on the field for a team	



Heading	<p>Deliberate heading is not allowed in 11U games.</p> <p>If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense.</p> <p>If a deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred. Heading is permitted in 12U games.</p>
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7th/8th grade level

Markings on the field	Minimum Dimensions	Maximum Dimensions
Field Size	(W) 50 x (L) 100 yards	(W) 65 x (L) 120 yards
Goals	Maximum: 24 x 8 feet	
Center circle	10 yards in radius	
Penalty Area	18 x 44 yards	
Goal Area	6 x 20 yards	
Penalty Spot	12 yards and perpendicular from the midpoint of the goal line	
Penalty Arc	10 yards radius from the penalty spot	
Offside	The FIFA Offside Rule shall apply.	
Duration of Match	2 halves 25 minute halves 5 min halftime (2) 5 minute overtime periods	
Ball Size	Size 5	
Number of Players	<p style="text-align: center;">7v7 (6 field players and 1 goalkeeper) Game may not start or continue if there are less than 5 players on a team</p> <p style="text-align: center;">11 players (10 field players and 1 goalkeeper) Game may not start or continue if there are less than 7 players on the field.</p>	
Heading	Permitted	



Overtime

If the game is tied at the end of regulation, we will defer to the above age appropriate rule as it relates to extra time.

Tie Breaker System

If keeping league standings.

The tie breaker system will be used to determine the regular season champion in case of a tie and will also be used for seeding the end-of-season tournament.

In the event of a two way tie:

- Head to head win/loss between the tied teams

In the event of a three or more way tie:

- Step 1: Head to head win/loss between all the tied teams
 - Example 1 - Team A beats Team B, Team A beats Team C, Team B beats Team C;
 - Team A is higher seed with 2 wins/0 losses, Team B is second seed with 1 win/1 loss, Team C is third seed with/2 losses; do not need Step 2
 - Example 2 - Team A beats Team B, Team B beats Team C, Team C beats Team A;
 - All teams have 1 win/1 loss; move to Step 2
- Step 2: Team with the least number of goals scored against them, within the teams that are tied, matches. If determined that one team can be moved out of the tie then we move back to step 1 for the remaining teams left in the tie and repeat the process if still multiple teams.
 - Example 1 – Team A beats Team B, Team B beats Team C, Team C beats Team A;
 - All teams have 1 win/1 loss;
 - Team A allowed 2 goals, Team B allowed 3 goals, and Team C allowed 4 goals.
 - Then Team A would be awarded the highest seed of the 3 teams.
 - Move back to step 1 for remaining teams.
 - Team B beat Team C then Team B would be awarded the next seed and Team C would be awarded the final seed. Do not move to Step 3
 - Example 2 - Team A beats Team B, Team B beats Team C, Team C beats Team A;
 - All teams have 1 win/1 loss;
 - Team A allowed 2 goals, Team B allowed 2 goals, and Team C allowed 3 goals.
 - Then Team C would be awarded the lowest seed of the 3 teams.
 - Move back to step 1 for remaining teams.
 - Team A beat Team B then Team A would be awarded the highest seed and Team B would be awarded the middle seed. Do not move to step 3.
 - Example 3 - Team A beats Team B, Team B beats Team C, Team C beats Team A; All teams have 1 win/1 loss; Team A allowed 2 goals, Team B allowed 2 goals, and Team C allowed 2 goals. Then, since all 3 teams are still tied by goals allowed within the matches played within the tie, move to step 3.
- Step 3: Team with the least number of goals allowed within all conference matches in the division. If determined that one team can be moved out of the tie then we move back to step 1 for the remaining teams left in the tie and repeat the process if still multiple teams.
 - See examples for step 2 and substitute all goals allowed in all conference games in the division play.



Modifications to these Guidelines, Procedures and Rules will be documented with a description of the change and the date the modification was recommended by the CYO CTX Executive Directors and approved by the CYO CTX Board of Directors.

