



**These rules supersede all prior rules (9/19)**

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## **NOTES AND UPDATES**

1. The duration of games depends on the age group. See the following pages for your age group. Time is added at the referees discretion.
2. Referees have total power in games they are officiating. Referees can issue “cards” to any player, parent or coach for misconduct. This includes the ability to eject (i.e. “red card”) a parent. In the event that any player, parent or coach is ejected from a game they must leave “sight and sound” within 5 minutes of the ejection.
3. Coaches and teams will be on one side of the field with spectators **REQUIRED** to be on the opposite side. Coach and subs must stay on their own half of the field (this is called the technical area).
4. **NO PLAYER, COACH, PARENT OR SPECTATOR MAY HARASS OR DISAGREE WITH A REFEREE.** (The kids will play and the officials will officiate).
5. In instances were a team at any parish or school exceeds the maximum number of participants, causing one or more players to have less than 50% playing time, such limitations will not be grounds for a protest or forfeit.

## **GENERAL SAFETY**

1. Players may not wear jewelry, watches, chains, belts, hair-bows with loops, or wristbands. Newly pierced ears must be taped over for safety.
2. Players may not play with hard casts on arms or wrists.
3. Cleats and Shin guards are mandatory.
4. Headers are not permitted for 4<sup>th</sup> grade and below. Players will be penalized by a free kick from the spot of the incident, if a player heads the ball in the box, the referee will take the ball to the nearest spot outside the box and award a free kick from there. Directors and Coaches need to create awareness and educate all players about the dangers of headers and not practice doing them.
5. Slide tackles are not permitted for U10 (4<sup>th</sup> Grade) and below. If the slide tackle occurs inside the goal box and the player makes contact with the advancing player and the advancing player is injured, a penalty kick can occur if deemed necessary by the referee. From anywhere else on the field, slide tackling will result in a free kick.



## **RULES**

### **Rule 1.0 SPORTSMANSHIP**

- A. The CMSL is a participation based recreation league. Behavior and decorum typical of this format of play is expected at all times. All coaches, parents, school representatives, etc., share in the responsibility for the success of our league, and for maintaining our reputation as a home of good sportsmanship, character and class.
  - 1. Any coaches or parents displaying unsportsmanlike conduct may be asked to leave the playing area for the duration of the game. Head Coaches will be responsible for all adults associated with their team.
  - 2. Coaches need to lead by example. Soccer can be an emotional game and the players will look at the coach as a figure of respect and behavioral example. Coaches should control their emotions and always display proper reasoning in tough situations.
  - 3. Parents misconduct resulting in an ejection will be reported to the parish, school or association where such parent's child attends.

### **Rule 2.0 PROTESTS**

Regular season game protests must be made to the soccer director no later than 24 hours after completion of the game. Tournament protests must be made and delivered to the CMSL Commissioner in writing no later than (1) hour after completion of the game.

Protest fee: Recognizing that this is an all-volunteer league and that protests take time to administer and resolve, a condition of consideration of any protest submitted is that the protest must be accompanied by \$100 protest fee. This fee is non-refundable. Judgement calls (or referee performance deemed to be subpar) cannot be protested under ANY circumstances. A protest of this nature WILL NOT receive any consideration from the CMSL.



### **Rule 3.0 Mercy Rule**

- A. Should a team gain a Five goal lead, the coaches must adhere to the Mercy Rule below:

Administering the Mercy Rule:

1. It is the responsibility of the coach to adhere to this Policy. Our referees may remind the coach, but it is NOT their responsibility to bring this to the coaches' attention or force the coaches to take the necessary steps. Please take the lead and do not put referees in an awkward situation.
2. Should a team gain a five goal lead, the losing team shall add a player.
3. The coach will reposition players so that their offense is no longer a threat to the opposition. This can involve moving stronger players into the defense, insisting that they complete 5 passes before any shots on goals, or any other creative means to keep the score even, while still allowing the players to play to the best of their ability.
4. If despite all best efforts by the winning team to keep the score down the goal differential increases to seven goals, a player must be removed from the winning team. When doing so, it is expressly understood that not every player will play 50% of each game.

### **Rule 4.0 EXCESSIVE SCORING**

**“Excessive scoring” is defined as any goal differential of eight (8) goals or greater.**

The following actions will be taken regardless of circumstances that may have attributed to the final score:

- a. First Offense: Coach of team committing excessive scoring offense will be issued a warning from CMSL Commissioner. This warning is in effect, issued or not, upon the second offense.
- b. Second Offense: Team committing the excessive scoring offense will have the game score recorded as a forfeit (3-0) loss.
- c. Third Offense: The team shall not be eligible for tournament play, and shall not be recognized as league Champions.

### **Rule 5.0 PARITY WITHIN EACH SCHOOL/ PROGRAM**

All soccer directors share the commitment to ensure as much parity as possible within each respective program. Parity is required. The directors will be responsible for signing off on their teams with respect to parity. If there are two (or more) teams in any age group, the school, parish, or association is



required to conduct an evaluation. U10, U12 and U14 girls or U12 and U14 boys may not be separately divided into grades.

**Rule 6.0 FIELD OF PLAY**

A. Outer Dimensions (Yards)

<b>Age Group</b>	<b>Minimum L X W</b>	<b>Maximum L X W</b>	<b>Recommended</b>
Pre K/K	20 X 15	30 X 20	25 X 20
1 <sup>st</sup>	25 X 20	35 X 30	35 X 25
2 <sup>nd</sup>	25 X 20	35 X 30	35 X 25
3 <sup>Rd</sup> /4 <sup>th</sup>	45 X 35	60 X 45	50 X 40
5 <sup>th</sup> /6 <sup>th</sup>	60 X 40	100 X 60	80 X 60
7 <sup>th</sup> /8 <sup>th</sup>			

B. Inside Dimensions (Yards)

<b>Age Group</b>	<b>Penalty Area</b>	<b>Goal Area</b>	<b>Penalty Kick Mark</b>
Pre K/K	None	3 Yard Arc	None
1 <sup>st</sup>	None	3 Yard Arc	None
2 <sup>nd</sup>	None	3 Yard Arc	None
3 <sup>Rd</sup> /4 <sup>th</sup>	26 X 10	18 X 6	8
5 <sup>th</sup> /6 <sup>th</sup>	30 X 14	18 X 6	10
7 <sup>th</sup> /8 <sup>th</sup>			

C. Goal Dimensions

<b>Age Group</b>	<b>Inside Height</b>	<b>Inside Width</b>	<b>Recommended H X W</b>
Pre K/K/1st	4 Feet (approx.)	2 Yard (approx.)	4 X 6
2 <sup>nd</sup>	6 Feet (approx.)	4 Yard (approx.)	6 X 12
3 <sup>Rd</sup> /4 <sup>th</sup>	6 Feet (approx.)	6 Yard (approx.)	6 X 18
5 <sup>th</sup> /6 <sup>th</sup>	6 Feet (approx.)	6 Yard (approx.)	6 X 18



7<sup>th</sup>/8<sup>th</sup>

**Rule 7.0 THE BALL**

Ball Size

<u>Age</u>	<u>Ball</u>
Pre K/K	Size 3
1 <sup>st</sup> /2 <sup>nd</sup>	Size 3
3 <sup>Rd</sup> /4 <sup>th</sup> 5 <sup>th</sup> /6 <sup>th</sup>	Size 4
7 <sup>th</sup> /8 <sup>th</sup>	Size 5

**Rule 8.0 NUMBER OF PLAYERS: Goalies, Forfeits, Minimum Time**

**A. Team Size**

1. Minimum and Maximum: Age/Grade Classifications

**a. Minimum and Maximum; Age/Grade Classifications**

Pre-K / K	1st Grade	2nd Fall	3rd	3rd/4th	5th/6th	7th/8th
U6	U7	U8	U9	U10	U12	U14

	<b>Pre-K / K</b>	<b>1st</b>	<b>2nd</b>	<b>3rd/4th</b>	<b>5th/6th</b>	<b>7th/8th</b>
Minimum team size	5	5	6	10	12	14
Maximum team size	7	8	8	11	15	20
Maximum game roster size	7	8	8	13	17	20



## CATHOLIC METRO SOCCER LEAGUE (CMSL) – ATLANTA GA

Minimum number on the field	3	4	4	5	7	10
Maximum number on the field	3	4	4	7	9	11

### 2. AGE CLASSIFICATIONS

For the CMSL (only), divisions are by grade. That is, a 4<sup>th</sup> grader may be over the “age cut off” as established by USYSA or other entity such as Georgia Soccer. Participants will be grouped by grade. In accordance with the stated rules for CMSL, a player may play “up” a grade.

### B. Forfeits and Short Teams

1. Forfeited scores will be recorded as a 3-0 loss
2. A 10 minute grace period will be allowed for teams who are short the minimum number of players allowed on the field.
3. Teams will be allowed to play and begin a game if they are short so long as they have the minimum necessary to play.

Age	# of Players	Min. to Start	If Short
Pre-K/K	3 v 3	3	3 v 3
1st Grade	4 v 4	3	4 v 3
2nd Grade	5 v 5	4	5 v 4
3rd/4th Grade	7 v 7	6	7 v 6
5th/6th Grade	9 v 9	8	9 v 8
7th/8th Grade	11 v 11	10	11 v 10

### C. Goalie Requirements

1. No Goalie for Prek, K and 1<sup>st</sup> Grade
2. Goalies required for all others (except for when trying to comply with the Mercy Rule)



## Rule 9.0 SUBSTITUTION RULES

### Substitutions and Minimum Playing Time for Pre K/K through 5<sup>th</sup>/6<sup>th</sup> Grade.

#### 1. General

- a. The official game clock (managed by the referee) will continue to run during substitution times.
- b. Players wanting to substitute must be waiting at the halfway line when play stops. Teams shall substitute from the mid field line.
- c. In case of an injured player, the player **must** be substituted if the coach is called onto the field by the referee.
- d. Players must wait for the referee to give permission for them to enter the field of play.
- e. Substitutions must be made prior to a throw-in in favor of your team, prior to a goal kick by either team, following an injury to a player from either team, or at halftime. Additional rules may apply for Pre-K – 2<sup>nd</sup> grade as listed below.

#### 2. K and 1<sup>st</sup> Grade U6 and U7 Divisions

- a. Substitution is mandatory
  - i) In the middle of each quarter of play AND at the end of each quarter of play (this includes half time.
  - ii) At a stoppage in play for an injury
  - iii) Both teams shall substitute at the same time.
- b. Each player must play a minimum of half of each half of a match.
- c. No player shall play the entire game unless every other team player has played three-fourths of the game.
- d. There shall be (8) instances to sub for K and 1<sup>st</sup>.

#### 3. 2<sup>nd</sup> Grade – U8 Division

- a. Free substitution





- b Each player must play a minimum of half of the game.
- c No player shall play the entire game unless every other team player has played three-fourths of the game.
- d Two (2) GOALIE MINIMUM: A 2<sup>nd</sup> grade team must play at least 2 goalies. One child may only play 50% of any game in goal as a goalkeeper.

**4. 3<sup>rd</sup> and 4<sup>th</sup> Grade – U10 Division**

- a. Free substitution
- b Each player must play a minimum of 50% of the game.
- c Two (2) GOALIE MINIMUM: A 3<sup>rd</sup>/4<sup>th</sup> grade team must play at least 2 goalies and may alternate as the coach sees fit.

**5. 5<sup>th</sup> and 6<sup>th</sup> Grade – U12 Division**

- a. Free substitution
- b Each player must play a minimum of 50% of the game.
- c A goalkeeper may play the entire game in goal, as long as each team member will have played 50% of the game.
- d A player other than the goalkeeper may play the entire game, as long as each team member will have played 50% of the game.

**6. 7<sup>th</sup> and 8<sup>th</sup> Grade – U14 Division**

- a. Free substitution
- b Each player must play a minimum of 50% of the game.
- c A goalkeeper may play the entire game in goal, as long as each team member will have played 50% of the game.
- d A player other than the goalkeeper may play the entire game, as long as each team member will have played 50% of the game.



**Rule 10.0 ROSTERS & ELIGIBILITY**

1. All teams will be comprised of boys and girls separately (exception made for U14)
2. Rosters are to be provided by each team for U10 and above, stating full players name, grade, if a club player and jersey number. These rosters will be posted and made available on the CMSL website.
3. Rosters must be posted on the league's website on the Friday before the second week of each season, no later than 5pm. Any team that fails to meet this rule shall forfeit all games until there is compliance. The roster rules are for for U10 and above.
4. Guest Players – A player registered for a CMSL team and noted on a roster for a lower team may play up only as noted in -4(a)
  - a. The plus one exception: In the event that a team may risk a forfeit because it has less than minimum OR has only the correct number to start a game without any substitutions, one child from a lower division, duly registered and listed on a CMSL roster, shall be allowed to play in that game. That is, ONE CHILD MAY PLAY UP TO AVOID A FORFEIT or to have one additional player to serve as a substitute during the game.
  - b. The player may only play up one level except to join 3<sup>rd</sup>/4<sup>th</sup> grade teams. A player from 1<sup>st</sup> or 2<sup>nd</sup> grade may play up with 3<sup>rd</sup>/4<sup>th</sup> grade team. A player from 3<sup>rd</sup> or 4<sup>th</sup> grade may play up with 5<sup>th</sup>/6<sup>th</sup> grade team, and a player from 5<sup>th</sup>/6<sup>th</sup> grade may play up on 7<sup>th</sup>/8<sup>th</sup> grade team.
  - c. 1<sup>st</sup> and 2<sup>nd</sup> grade does not have rosters for any team, so it is up to the honesty of the coach to represent that the 2<sup>nd</sup> grader playing up is registered to play soccer.

**Rule 11.0 DURATION OF GAME**

Length of Games, and match tie-breaking rules for each age group shall be as follows:

<b>Age Group</b>	<b>Game Length</b>	<b>Tournament* Game Length</b>	<b>Overtime Periods** (Cup &amp; Tourn.)</b>
7th/8th	Two 30-min. halves	2 x 25 mins	Two 5-min. halves
5 <sup>th</sup> /6 <sup>th</sup>	Two 30-min. halves	2 x 25 mins	Two 5-min. halves
3 <sup>rd</sup> /4 <sup>th</sup>	Two 25-min. halves	2 x 20 mins	Two 5-min. halves
1 <sup>st</sup>	Four 10-min. quarters		N/A
2 <sup>nd</sup>	Four 10-min. quarters		N/A
Pre K and K	Four 8-min. quarters		

\* Tournament final will be Regular Season game length



\*\*There will be no overtime periods during the regular season.

**Rule 12.0 START AND RESTART OF PLAY**

- A. Coin toss determines ball/goal at game start. The team that wins the coin toss chooses which goal to defend.
- B. The other team starts play with a kick from the center mark.
- C. Teams alternate kicks from the center mark to start play at the beginning of each quarter or half.
- D. Players may not touch the ball twice at the start of play.

**Rule 13.0 BALL IN AND OUT OF PLAY**

- A. The ball is in play until it *completely* crosses over a touchline or goal line.

**Rule 14.0 METHOD OF SCORING**

- A. A goal is scored when the ball *completely* crosses over the goal line, between the goal posts and below the crossbar.



**Rule 15.0 OFFSIDE**

- A. Offside is not called for U6, U7 or U8.
- B. A player is not offside if he is in his own half of the field or he is level with the second-to-last opponent.
  - Offside is determined **ONLY AT THE MOMENT** the ball touches or is played by one of HIS own teammates.
  - Player is **OFFSIDE** and **PENALIZED** only if he is **SEEKING TO GAIN AN ADVANTAGE** by being in that position or interfering with play or with an opponent.
  - A player is not offside just for being in an offside position (must be a part of the play).
  - It is not offside if a player gets the ball directly from a goal kick, corner kick or throw-in.
- C. An indirect free kick is awarded to the opposing team at the point where the infraction occurred.

**Rule 16.0 FOULS AND MISCONDUCT**

- A. Fouls are classified as either Penal (Contact) or Technical (Non-Contact)  
  
Penal fouls include tripping, pushing, etc. Technical fouls include dangerous play and impeding (obstruction).
- B. Coaches for younger players deal with inappropriate behavior by removing the players from the game for a “cool down” period.
- C. In the event a coach or an assistant is ejected at any point (before the game or during the game), the coach (or assistant) is suspended from coaching the next game. If the ejection occurs during the tournament, see tournament rules.
- D. In the event a parent or spectator is ejected at any point (before the game or during the game), a person shall be prohibited from attending any further games in that season.



**Rule 17.0 FREE KICKS**

- A. Free kicks are either direct or indirect.
- B. A goal can be scored from a direct free kick.
- C. Indirect kicks must be touched by another player before going in the goal for the score to count.
- D. All free kicks for U6 thru U8 are indirect free kicks.

**Rule 18.0 PENALTY KICK**

- A. Penalty kicks are awarded when the defense commits a direct free kick foul in the penalty area.
- B. No penalty kicks in K, 1<sup>st</sup> Grade, or 2nd Grade.

**Rule 19.0 THROW-IN**

- A. When the **WHOLE** ball goes completely over a touch (side) line, a throw-in is awarded to the team opposite of the one that last touched it. A throw-in is taken at the point (give or take a yard) where the ball left the field of play.

At the moment of delivering the ball, the thrower must:

- Face the field of play.
  - Have part of each foot either on the touch line or on the ground outside the touch line.
  - Use both hands, delivering the ball from behind and over his head. Thrower cannot touch the ball again until it has touched another player. (An indirect free kick is awarded.)
- B. A goal may not be scored directly from a thrown in. That is, a goal may not be scored if a player throws the ball in, no one touches it, and the ball crosses the goal line. If so, **NO GOAL**.

**Rule 20.0 GOAL KICK**



- A. When the **WHOLE** of the ball goes completely over the goal line (and is not a goal scored (see Law 10) last touched by a member of the attacking team, a goal kick is awarded to the defending team.

- B. To perform an acceptable goal kick:

The ball can be placed anywhere in the goal area by a player of the defending team and kicked directly outside the penalty box. Re-kick if the ball does not go outside penalty box.

**Rule 21.0 CORNER KICK**

- A. When the **WHOLE** ball goes completely over the goal line (and a goal is not scored) and having last touched a player from the defending team.

**Rule 22.0 PLAYERS EQUIPMENT**

- A. All players on the same team shall wear the same color uniforms.
- B. The goalkeeper shall wear a shirt of a different color from his teammates and the referee.
- C. Players shall not play with a cast.**
- D. All players must wear shin guards covered with socks.