

CYS Grade School Soccer Rule Addendums*

Version 2025-2026

The grade school soccer program will follow National Federation of High School (NFHS) rules **except** for the items noted below that benefit our young athletes and increase competition for their age level:

- All players who register will be placed on the school team by the school's Athletic Director
- Once selected for a team, a player can only play for another team with league approval. Opponents can share players if the other team is short players.
- All games are **small sided** to promote player development.
- Grade K–2 play **4v4 format (no goalie)**. Grade 3–5 play **7v7 format (includes goalies)**. Format may be modified based on registration numbers.
- Roster size: minimum of 6 players for 4v4 and minimum of 9 players for 7v7.
- Max of three coaches permitted in bench area. **Coaches must wear ID with lanyard** to be on team bench.
- Grade K–2 coaches may have one coach from each team on the field during active play (must avoid center area).
- Grade 3–5 coaches must remain in their bench area during active play.
- All coaches must wear the **CYS coach shirt** and **CYS Coach ID badge and lanyard** while in the bench area.
- Grade K games may be officiated by coaches from both teams if no official is available.
- Grades 1–5 will be officiated by league-provided officials. If no official is present, a coach or appropriate person may officiate with site administrator approval.
- Ball sizes: Grade K–2 use **#3 soccer ball**; Grade 3–5 use **#4 soccer ball**.
- **Game Duration:** Two 20-minute halves. A 30-second water break may be taken around the 10-minute mark of each half (game clock does not stop). Halftime is 2 minutes.
- Officials may shorten each half equally if teams are not ready at scheduled time.
- **Offside** applies only at Grade 4 & 5 level. "Cherry picking" is not permitted at any level.
- **Build Out Line** may be used at Grades 3–5. Punting is not permitted. Goalie must pass the ball to a teammate.
- **No slide tackling or heading the ball** at any level.
- Officials must verbalize the call against a player after each whistle to assist with development.
- **League Prayer** shall be conducted prior to the start of the game (on back of Coach ID).
- **Every player at a game should play an equal amount of time.**
- Substitutions may occur during a dead-ball with permission from the official. Players must check in at the center line between the bench area. No direct substitution from the bench.
- No overtime games.
- **Red Cards:** Any player or coach receiving a red card is suspended from at least the next game. Coaches, officials, and athletic directors must notify the Director of Catholic Youth Sports after the incident occurs.
- Fouls within 8 yards of the goal (normally indirect kick) will result in the ball being moved 8 yards from the goal line for an indirect free kick. A wall may be set. Referee must clearly indicate it is an IDK.
- Penalty kicking fouls will still result in a penalty kick.

CYS Grade School Soccer Rule Addendums*

Version 2025-2026

- NO JEWELRY - Players may not wear watches, earrings (no bandages), or other non-soccer items **except Medic Alert Labels**, which must be worn inside the jersey and taped to the body or under a cloth wristband.
- **Coaches and Parents are expected to realize this is a developmental league and should treat all players and officials with respect and kindness.**
- After every game, all players and coaches must shake hands in a sportsmanlike fashion.

CYS Coaches' Responsibilities

CYS coaches represent Catholic values and act as sport-ministers. They must follow the **PLCT GROW** approach and teach:

- Teamwork
- Desire to win the right way
- Commitment
- Compassion
- Dedication

Coaches must adjust their game to avoid running up the score. They may restrict play time based on discipline, team commitment, or game nature. Coaches are expected to use the **Golden Rule** in every practice and game.

