

CYS Middle School Soccer Rule Addendums*

Version 2025-2026

The middle school soccer program will follow NFHS rules except for the items noted below that benefit our young athletes and increase competition for their age level.

- Eligibility levels
 - Players can only play a maximum of two grade levels up. No player may play down a level (i.e. 8th grader can only play varsity, a 5th grader cannot play varsity).
 - Middle school students cannot be cut in place of a grade school student.
 - Once selected for a divisional level (JV or Varsity), players can only play for that divisional team the entire season. One division cannot borrow lower division players.
 - The program is for students in grade 6 through 8. (Grade school students have similar program that is age appropriate)
- Roster Size
 - Maximum is 24 players. Exceptions made with league approval only.
 - Only registered players can participate.
- Coaches
 - **MUST BE WEARING A NEW BLUE CYS LANYARD AND NEW COACH BADGE**
 - Max of three coaches permitted in bench area. All coaches must remain in bench area during active play.
- Ball Size
 - All divisions will use a Size 5 soccer ball.
- Game Time (Both Boys & Girls Division)
 - JV plays two 25-minute halves.
 - Varsity plays two 30-minute halves.
- Format
 - 7v7, 9v9, and 11v11 can be decided at the beginning of the game with the coaches and referees
 - Everyone must agree and/or CYS Administration final decision
- Playing Time
 - Every player should play some part of all regular season games.
- Points are awarded as follows:
 - 3 points for a win
 - 1 point for tie
 - 0 points for a loss
- Overtime
 - No overtime during regular season games.
- Mercy rule
 - Applies after the first half, 8-point differential
- Red Cards:
 - Any player or coach that receives a red card will be suspended from their next game without exception.
 - Coaches/Athletic Directors/Site Administrators must notify Catholic Youth Sports Administration as soon as possible. Catholic Youth Sports will further review each situation.

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- NO JEWELRY
 - **Including earrings - NO BANDAIDS or TAPE over ears to cover earrings.**
 - Except for Medic Alert Labels that must be worn inside the uniform, taped to body or under cloth wristband.
- Noisemakers
 - The use of artificial noise producing devices (air horns, megaphone, whistles, etc.) by teams or spectators prohibited at all games.
- Tournament Eligibility
 - Only players missing two or less regular season games can participate in the tournament.

Overtime Procedure for Tournament Play:

- If a game is tied at the end of regulation play, teams will play one complete 10-minute overtime period.
- If after the overtime period, the game remains tied, each team coach will select five eligible players currently on or off the field to take penalty kicks.
- A coin toss shall be done, and the winning team decides who kicks first.
- Referee will choose the goal.
- Teams will alternate kickers.
- If there is still a tie after all first five players have shot their penalty kicks, then any eligible 5 players that were not part of the original five may be selected for another round of penalty kicks.
- Teams will alternate kickers. If the game remains tied, teams will alternate shooters with different eligible players each time until one team scores and the other does not.
- Teams must use different eligible players during alternate shooters until entire roster used.
- Only participating players permitted on the field. Other team members, coaches and personnel shall remain in team beach area.

CYS Coaches' Responsibilities

CYS coaches represent Catholic values and act as sport-ministers. They must teach:

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

Coaches must adjust their game to avoid running up the score. Coaches are expected to use the **Golden Rule** in every practice and game.