

## **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 graders can only play varsity). Students who miss more than two regular season games cannot play in postseason games.
- The program is for students in grade 6 through 8. (Grade school students have similar program that is age appropriate)
- Once selected for a divisional team (JV or Varsity), players can only play for that divisional team the entire season. One division cannot borrow players from another division.
- All divisions will use a size 5 soccer ball.
- JV and small-sided games play two 25-minute halves. Varsity plays two 30-minute halves. This is for both the boys' and girls' divisions.
- 7v7, 9v9, and 11v11 can be decided at the beginning of the game with the coaches and referees
- 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
- 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.
- 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 represent our Catholic values, and as sport-ministers they are responsible for following the PLCT GROW approach. They must teach players about teamwork, desire to win the right way, commitment, compassion and dedication. CYS coaches must adjust their game to avoid running up the score against their opponents. Coaches are permitted to restrict play time of a player based on discipline or team commitment issues or the nature of the game. A coach can be found in violation of the League's Code of Conduct for failure to adjust their game or game format can be subject to disciplinary action by the school and/or league. Coaches are expected to use the Golden Rule in every practice and game.**