

CYO OFFICIAL SOCCER RULES 09

INTRODUCTION AND PURPOSE

1.1 The CYO provides for the development of young people's spiritual, emotional, social and physical potential. Based on Catholic values, CYO offers guidance to assist young people as they assume responsibility for themselves and for their relationship with their faith, peers and community.

1.2 Every CYO activity provides opportunities that encourage and assist youth in their growth and development towards Christian adulthood.

1.3 The specific purpose of CYO athletic program is to develop in youth a sense of self esteem, self-discipline, cooperation and fair play by providing a competitive team sport activity through which they will practice the teaching of their faith.

1.4 This is accomplished through the efforts of the volunteer Coach. The CYO Coach is to serve the team with a Youth Minister philosophy; more than being a sports technician, he/she is an important role model for young people. In that capacity and above everything else, a Coach in the CYO Soccer program strives to exemplify behavior of a committed Christian adult. He/she lives by the letter, but more importantly by the spirit of these rules.

1.5 The CYO Soccer program was originally developed to serve Catholic school students who had few other opportunities to participate in a school-based Physical Education program or to play Soccer in a structured setting.

1.6 In keeping with the purpose provisions of these rules and in order to provide as much parity among teams, the following rules and regulations shall control admission of teams into the CYO Leagues.

1.7 All rosters for the team shall include the players and coaches involved with the team, along with the Athletic Director, and Parish Pastor.

These rules have been reviewed and revised and approved by the CYO Athletic Administrator and the department of Evangelization and Catechesis. Comments and suggestions about the program and its operation are invited. CYO reserves the right to grant exception to these rules when it is deemed in the best interest of the youth concerned.

COACHING REQUIREMENTS

2.1 **All CYO Coaches MUST BE CERTIFIED ANNUALLY.** CYO Certified means:

COACHES MUST ATTEND:

- * “Creating A Safe Environment” program by sponsoring parish. (take once)
- * Complete the on-line training program provide by ASEP American sports Education program, required by first year coaches or as a renewal every 4 years.
- * Mandatory Coaches Meeting, Sponsored by CYO, attendance annually.

NOTE: If you do not attend the above three requirements CYO reserves the right to not allow you to coach until these requirements is met.

2.2 COACHING EXPECTATIONS:

In striving to exemplify the behavior of a committed Christian Adult, the CYO Coach agrees to enhance a Youth Ministry philosophy by:

- recognizing that the purpose of athletics is to promote the spiritual, emotional, intellectual, social and physical well being of the individual player
- offering opportunities for players to live out the teaching of their faith
- emphasizing the proper ideals of ethical conducts, sportsmanship and fair play
- achieving a thorough understanding and acceptance of the spirit and the letter of the rules of the program and the standards of eligibility
- encouraging leadership, use of initiative, and good judgment by all players
- remembering that an athletic contest is only a game, for players, Coaches, officials, fans, community
- stressing the values derived from playing the game fairly
- showing courtesy to visiting Coaches, officials and players
- encouraging a friendly relationship between visitors and host

2.3 The Coach is responsible for the conduct of his/her players at all games and practice times, including group travel to and from games and practices.

2.4 **The Coach is responsible for interpreting the spirit and the letter of those rules to the team members, parents and other appropriate personnel for the sponsoring organization.**

2.5 It is expected that the Coach will ensure that participation in CYO athletics does not intrude upon the team players’ academic responsibilities.

2.6 The Coach is responsible for the timely submission of entry forms and fees, complete and accurate team rosters. CYO permission slips, changes and additions to the roster, and any other forms, which CYO may require.

2.7 Registered Coach of the team must be 21 years old.

2.8 The Coach of the winning team must call or email scores into the CYO office. When calling or e-mailing, please give the following information:

Division & Age group: 5th & 6th (boys and/or girls) Score for both teams
3RD & 4TH Coed Score for both teams

2.9 New Rule:

Coaches are responsible for the final score of the game, and will be held accountable for outrageous scores. If your team is much better than the opposing team, then it is your responsibility to make sure that you do not embarrass the other team. Once you have a comfortable lead, you can substitute bench players, you can pull players, stop scoring, switch offensive players with defensive players, take shots that the goalie can stop. Use this as an opportunity to teach your players about sportsmanship.

2.10 New Rule:

All Coaches, parents, and players are required to sign a code of conduct, and are expected to follow the standards set forth in this document. Coaches, who violate these CYO standards or receive Red Cards, for Unsportsmanlike Conduct, will be subject to “Penalties and Disciplinary Actions” as outlined in section 8 below. Coaches are also responsible for the conduct of their players, and MUST take action during a game to defuse situations before they escalate. CYO and game officials will not tolerate the bad behavior that has occurred in the past. Players will be ejected from games, placed on probation, or removed from the league. CYO is adopting a “ZERO” tolerance policy on bad behavior and poor sportsmanship.

2.11 New Rule:

The Coaches must have a team meeting with the parents and players before the season starts to read these rules, and make sure they understand that the rules will be vigorously enforced. Each Coach, Player and Parent must sign a “Code of Conduct” form at this meeting and submit these forms to the Parish Athletic Director. If called upon by the CYO Administrator, an AD must be able to produce this “Code of Conduct” document if asked.

PROGRAM STRUCTURE AND ORGANIZATION

3.1 The CYO Soccer program is divided into the following leagues:

- 3/4th grade coed
- 5/6th grade boys & girls
- **Girls may play on boy's team in any league at the discretion of the coach and/or Athletic Director. For 5/6th grade leagues, coed teams will be placed in a boy's division.**

3.2 The program activities are under the supervision of the CYO Athletic Administrator, who reports to the Director of Evangelization and Catechesis. The CYO Athletic Committee establishes and maintains all CYO athletic program activities and related rules, procedures and fines. The CYO Athletic Administrator serves as chairperson of the Athletic Committee. The Director of Evangelization and Catechesis has final approval of all program policies, rules and fees.

3.3 The CYO Soccer season includes a minimum of five weeks of league play.

3.4 No teams may play any scheduled games unless all fees are paid or unless provisions have been made with CYO. Team entry fees are non-refundable and will be billed by the CYO office.

3.5 Entry forms, rosters, permission slips and other related materials are available on line at www.dor.org, click on CYO Athletics.

3.6 Rosters must be received at the CYO office two weeks before the opening game in order for a team to play. After week 1 of the regular season, additional players may be added to the roster only with the approval of the CYO Athletic Administrator. No additions after the 4th league game. No exceptions.

3.7 If during the playing season, a member of a team is dropped from the team due to injury or for disciplinary reasons, written approval from the CYO Athletic Administrator must be secured before a replacement may play. The name, address, age, grade and school of the replacement player must be submitted in writing to secure approval.

3.8 Referees for 3/4th grade teams can be one or two parents/siblings. This age group is about learning. Obvious fouls, off sides, and handballs need to be called. Use a lot of discretion on throw- ins. Players cannot enter the goal area on a goal kick because of the players' size and inexperience.

3.9 CYO eligibility and medical forms must be filled out for all players participating in the Soccer Program. These forms **MUST** be returned to the Coach prior to the first game. Please keep one copy of these forms for yourself and one at your parish office.

TEAM COMPOSITION

4.1 **3/4th grade** teams are coed. If a school has more than one team, try to make them even since there is only one level of play in the league. Teams are 11 on 11; fields should be normal size to accommodate this, but can be slightly smaller because these kids are small. Do not use an 8 on 8 field.

4.2 **5/6th and Jr. High** teams may be entered with a suggested minimum of 14. Players may not be added after the 4th league game. In the event of an injury, contact the CYO Athletic Administrator for an exception.

4.3 Parishes may enter 3/4th, 5/6th, teams which are composed as follows:

- Players representing their parish must be registered members of that parish for at least one year. (exceptions to 1 year rule: unless a physical address change occurs or a student changes to a diocesan school)
- Players may be selected from within the parish boundaries and must be so noted on the roster, or people may be taken from a contiguous neighboring parish that does not have a team. The team must consist of two-thirds parish member players. No parish player may be cut to accommodate a non-parish player.
- Teams may not use players from parishes that have a CYO team.
- The players' names and parishes must be submitted to the CYO Athletic Administrator for confirmation.

PLAYER ELIGIBILITY

5.1 It is the duty of each participating parish to abide by the eligibility rules set forth by the CYO.

5.2 **Any player who, during the current Soccer season, has played or is playing on any public or private school team is ineligible to play CYO Soccer. Boys or Girls playing Modified Soccer are also ineligible.**

5.3 3/4th grade: any player who is 11 years of age on or before July 1st of the current year is eligible.

- 5/6th grade: any player who is 13 years of age on or before July 1st of the current year is eligible.

5.4 Verification of birth date for all players AT ALL LEVELS is required. Coaches may verify birth dates at the player's school office or by securing a copy of a birth or baptismal certificate.

5.5 **Individuals are not permitted to change parish or organizational registration for the sole purpose of "electing" to play for a team of their choosing. This rule will be strictly enforced by the CYO Athletic Program.**

SUPERVISION

6.1 Recommendation/guideline for parishes to consider: There must be at least two people aged 21 or over with each team for all games and practices.

6.2 The Coach and an adult supervisor must be with the team at all times until the player is picked up by their parent or authorized adult.

RULES GOVERNING PLAY

7.1 The Federation Internationale de Football Association Rules will be the official rules except where inconsistent with CYO rules.

7.2 3/4th Grade teams play four (4) 12 minute quarters with 2 minute breaks in between quarters substituting at the quarters only, unless there is exhaustion or injury.

7.3 5/6th grade teams will play 25 minute halves with halftime break being 10 minutes.

7.4 Playing Time

3/4th grade players should be played as close to equal time as possible for all players.

5/6th grade players must play a minimum of five (5) consecutive minutes upon entering the game in each half of the game, and must sit out four (4) consecutive minutes in each half. *Coaches have the discretion to remove a player if he/she is physically unable to play.

7.5 It is recommended that the field of play be as close to regulation as possible.

7.6 It is the responsibility of the home team to ensure that the field is ready for play. This shall include but not be limited to line preparation and have corner posts or cones.

7.7 Teams must be ready to play at the scheduled time of their game, or they will forfeit that game.

7.8 No slide-tackling at any time in CYO games.

7.9 CYO Substitution Rule: you can sub on your own throw in, any goal kick, and after any goal. You can also sub one player if the opposing team replaced a player due to injury. You cannot sub on a corner kick (yours or opposition).

7.10 Sportsmanship on team's bench is a major issue and Coaches need to control players, themselves and the fans. Absolutely no harassment allowed by opposing team. No taunting – use of word or act to incite or degrade an opposing player, coach, referee or individual. Head Coach and captains may be present with referee prior to the game so

there isn't any misunderstanding from the Coach. The referees will enforce bad language.

Remember coaches NO Jewelry may be worn during the game, not even covered with tape.

PROTESTS

8.1 Teams may only protest eligibility and interpretation of rules. "Judgment Calls" cannot be reason for protest.

8.2 All protests must carry the signature of the parish Pastor or organization Program/Athletic Director and must be submitted in writing to the CYO Soccer Athletic Administrator as follows:

- game protests must be initiated at the time of the infraction by notifying the referee, who will mark both score books.
- game protests must be received at the CYO office within two business days of the game being protested.
- no eligibility protests may be submitted after three weeks of play.

8.3 The protest letter must contain as much proof as possible pertaining to the alleged infraction of the rules. Score sheets, newspaper clippings or any other pertinent information to clarify the protest should be included.

8.4 A money order of \$25.00 must accompany every protest. The bond will be returned only if the protest is sustained.

8.5 All protests will be reviewed and ruled upon by the CYO Athletic Administrator and The Department of Evangelization and Catechesis.

PENALTIES AND DISCIPLINARY ACTIONS

9.1 It is expected that all Coaches and players in the CYO Soccer program will adhere to CYO regulations and will be guided by both the letter, and more importantly the spirit of these rules.

9.2 In all cases of complaints about Coaches or teams, the Coach will be notified by the CYO Athletic Administrator and invited to respond.

9.3 Conduct contrary to the purpose and regulations of CYO Soccer will incur disciplinary action as follows:

- Use of an illegal player will result in the Coach being contacted by the CYO Athletic Administrator and:
 - the player will be dropped, and/or
 - all games in which he/she played being forfeited, and/or

- the team may be barred from any CYO sponsored tournaments, and/or
- the team may be refused entry to the next year's program, and/or
- the Coach may be placed on probation for the remainder of the current year and the next year.
- the Coach may be asked to step down, and relieved from his coaching duties.

- **For all other violations including improper conduct on the part of Coaches or players:**

If a player receives a Yellow Card, he/she is to be immediately removed from the game for the balance of the half, and if a player or coach receives a RED card and is ejected from the game, that player or coach will sit out the next scheduled CYO game. If a player or coach is ejected from a second game, he/she will no longer be allowed to participate in CYO scheduled games for the remainder of the year.

- the Coach may be placed on probation
- the Coach may be dropped from the league
- players may be dropped from the league
- games may be forfeited
- teams may be barred from tournaments.

A player shall be disqualified (yellow or red card) for any delayed, excessive or prolonged acts by which a player attempts to focus upon himself/herself or prohibits a timely restart. A player, coach or bench personnel shall be disqualified (red card) for: 1) Exhibiting violent conduct, 2) taunting – use of word or act to incite or degrade an opposing player, coach, referee or other individual.

EQUIPMENT/UNIFORMS

10.1 All teams are responsible for providing their own time clock, soccer balls (size 4 -3/4th & 5/6th, size 5 – 7/8th), horn or whistle, adult timer, score book and adult scorekeeper.

10.2 Team practice balls must be kept aside until team is ready to practice on the field.

10.3 The sponsoring parish or organization is responsible for damage of equipment at the game sites cause by its players or spectators.

10.4 Home teams are responsible for alternate tops in the event of a color clash.

10.5 3/4th grade team uniforms can be either t-shirts and shorts or uniforms if you so desire. If using t-shirts, try and match the shorts as best as possible. Shin guards are needed but cleats are not required.

10.6 Shin guards must be inside the socks and 2 inches above the ankle.

10.7 Shin guards and any metal braces MUST be covered with a manufactured sleeve that fits over the brace. If this is not done, the player will not be allowed to play. Ace bandage is NOT a covering made by a brace manufacturer and therefore does not fit the description as a legal covering.

MEDICAL COVERAGE

11.1 **CYO does not provide accident insurance. All team members are responsible for their own medical coverage.**

11.2 CYO strongly encourages that each team have present a person trained in First Aid or CPR.

11.3 If an individual team member has not been able to participate due to a serious injury or an extended illness, a Doctor's written permission slip must be obtained before allowing the individual to resume participation.

TOURNAMENTS

12.1 A mid season tournament will be offered for 3rd/4th grade teams & 5th/6th grade teams. We are hosting a tournament on Columbus Day weekend, Oct 10th – 11th. Only CYO teams will be allowed to participate in the tourney. **Absolutely NO guest players are allowed for the tourney.**

- ❖ CYO reserves the right to grant exception to these rules and procedures when it is deemed in the best interest of the youth concerned.
- ❖ These rules have been reviewed and approved by the CYO Athletic Committee. Comments and suggestions about the program and its operation are invited.

Revised – June, 2009