

CYSL RULE BOOK

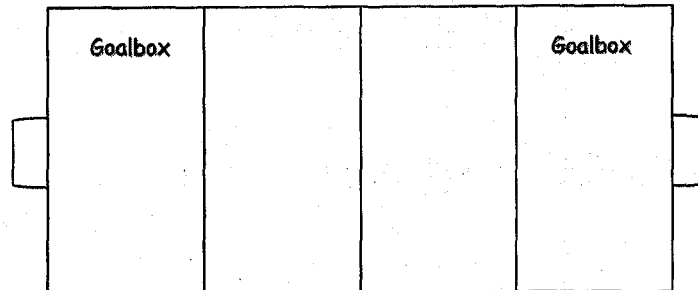


2015

3 vs 3 PreK & K (U-6) Soccer

Information and Rules:

1. The Field for 3 v 3 is approximately 25 yards long by 20 yards wide. The field is divided with a Centerline and Quarter lines. The section closest to each goal is the Goalbox.



2. At each end of the field is a goal. This is a small-netted goal approximately 4 ft. high and 6 ft. wide. The ball is a size 3 (three.)
3. Coaches will coach from on the field. The coach should walk throughout the field explaining proper starting positioning, encouraging players, helping with restarts, and generally instructing the players.
4. Each team should have a roster of enough players to play two teams for two games played at the same time on adjacent fields.
5. The game is divided into 4 equal quarters with a 2-minute break between quarters. Quarters can be 8 to 10 minutes depending on weather, field and player conditions. There is a half time break of 5 minutes. There are NO time-outs. If a player is injured, while attending to the injured player, the clock continues to run although play is stopped.
6. At the start of the game and the start of the second half, two of a team's three players line up inside their own Goalbox. One player from each team goes to the center of the field. The game and the second half begins with a drop ball at the center of the field. At the 2nd Quarter, the Visitor team gets the ball. At the 4th Quarter, the Home team gets the ball.

7. After a goal has been scored, both teams return to their own goalbox. The team scored upon is awarded the ball inside their goalbox. The opposing team cannot leave their goalbox until a player with the ball or the kicked ball advances out of the goalbox.
8. Substitutions may be made at any time, onto either field. The maximum number of players from one team on one field is three.
9. There is no goalkeeper. Therefore, no players are allowed to use their hands on the ball when in the field of play. Although players should be encouraged to defend their goal, they should not be instructed to stand in front of their goal acting as a goalkeeper.
10. If the ball goes out-of-bounds, the team that last touched the ball turns it over to the other team where it went out. The ball is then kicked in, (NO THROW-INS) by a player from that team. ALL other players must stand at least 3 (THREE) yards from the ball during the kick-in. All restarts are indirect kicks. There are no Penalty kicks. There is no OFFSIDE in 3 v 3 Soccer.
11. Deliberate handballs and/or overly rough play will result in the ball being turned over to the other team.
12. Parents should be encouraged to participate in the game by setting out-of-bounds barriers, bringing the ball into play as quickly as possible, encouraging their children, and helping position their children during starts and restarts.

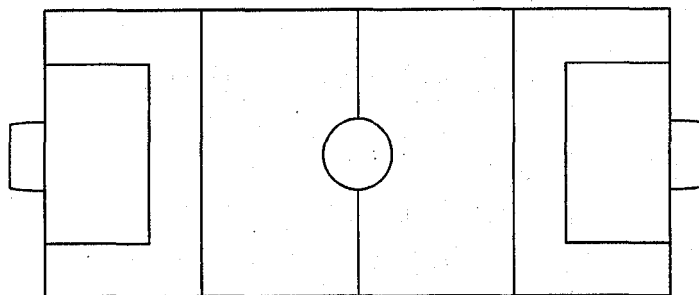
Nothing should prevent the children from having a GREAT Time, and coaches and parents should continually praise the children, in soccer terms, for a "good job!" For example, if a player kicks the ball and it ends up by one of their teammates, the coach should say "Good Pass." If a player calls to one of their teammates, "Pass me the ball," the coach should say " Good idea, great thinking."

At the end of the game, opposing players, coaches and parents should shake hands, and congratulate each other.

6 vs 6 1st & 2nd Grade (U-8) Soccer

Information and Rules:

1. The Field for 6 v 6 is approximately 50 yards long by 35 yards wide. The field is divided with a Centerline and Quarter lines.



2. There is a netted goal approximately 12' wide x 6' high at each end of the field. The Goalbox is approximately 18' wide and 15' deep. Within the Goalbox, the referee and the players will be instructed to give the Goalkeeper a protective advantage. The ball is a size 4 (four.)

3. The Coaches will coach from the sidelines of the field. Nevertheless, throughout the game, the coach should explain proper starting positioning, help with restarts, and generally encourage and instruct the players.

4. Each team should have a roster of enough players to field 6 (six) players with one player designated as the Goalkeeper, who is the only player allowed to touch the ball with their hands while on the field of play.

5. The game is divided into 4 equal 10 minute quarters with a 2-minute break between quarters. There is a half time break of 5 minutes. There are NO time-outs. If a player is injured, while attending to the injured player, the clock continues to run although play is stopped.

6. The game will start with a kickoff from the Visiting team at the centerline. The Home team will start the 2nd quarter, Visitor 3rd quarter with the Home team kicking-off for the 4th quarter. The opposing team will line up their players within their quarterline and must stay there until the ball is kicked. ALL kickoff touches must move the ball forward at least one revolution.

7. After a goal has been scored, the scoring team returns to their quarterline. The team scored upon is awarded the ball to kickoff from the centerline.

8. There are no Direct or Penalty kicks. Goal kicks are taken from the Goalbox with the opposing team positioned behind the Centerline. Throw-ins may be substituted for corner kicks, and will be taken with the referee's instructions. During restarts, opposing players will give at least 5 yards clearance. OFFSIDE calls are made at the discretion of the referee and at no time should be contested by the players, coaches, or fans.

9. Deliberate handballs and/or overly rough play will result in the ball being turned over to the other team, with the referee issuing warnings.

10. Substitutions should be made often, with the notification and consent of the referee.

11. Parents should be encouraged to participate in the game by bringing the ball into play as quickly as possible, encouraging their children, and generally helping their children enjoy and learn the game of soccer. Scorekeeping should be discouraged. NOTE: Any scorekeeping is only for enforcement of the CYSL Equal-Play Mercy Rules.

Nothing should prevent the children from having a GREAT Time, and coaches and parents should continually praise the children, in Positive soccer terms, for a "good job!" For example, if a player kicks the ball and it ends up by one of their teammates, the coach should say "Good Pass." If a player calls to one of their teammates, "Pass me the ball," the coach should say " Nice idea, great thinking."

At the end of the game, opposing players, coaches and parents should shake hands, and congratulate each other.

Soccer Information

Ball Size, Game Length and other Info.

PreK - K (U-6) Games: Ball Size#3 Four- 8 to 10 Minute Quarters with 2 minutes between Quarters, 5 minutes between Halves. 3 vs 3 Rules apply. No goalkeeper. No scorekeeper.

PLEASE, Encourage the Parents to Participate. At this level, Sideline Parents CAN keep the ball in play. COACHES act also as the ref, and should be on the field with the Players during PLAY! Coaches can encourage Parents as well as players. When Parents or Players do something positive, say "Thank You. Good Job!" These are the most formative Soccer Years. Let's use them wisely.

1st and 2nd (U-8) Grade Games: Ball Size#4 Four-10 Minute Quarters with 2 minutes between Quarters, 5 minutes between halves. 6 vs 6 includes the goalkeeper. 6 v 6 Rules apply.

This is the most challenging level. Not so much for the kids, but for the COACHES and Parents. The message our COACHES convey should be encouraging and positive, without the 'must-win' mentality. Remember: We are a Catholic Instructional League.

3rd and 4th (U-10) Grade Games: Ball Size #4 Two - 24 Minute Halves with 5 minutes between halves. 8 vs 8 includes the goalkeeper. Standard soccer rules apply.

At this level, skill development will be important. These players will show a natural competitive drive. It is the role of the COACHES to direct this. If we encourage them with positive remarks and goals, they will develop into confident and capable players. If we discourage or criticize them, they will distrust us, and dislike the game.

5th and 6th (U-12) Grade Games: Ball Size #4 Two-25 Minute Halves with 5 minutes between halves. 11 vs 11 includes the goalkeeper. Standard soccer rules apply.

This level can be the most FUN for COACHES. The players are here usually because they want to be. The COACHES can develop in the players, a 'sense' of the game. Skills can be reinforced through interesting repetition, and scrimmages and games will now live up to the billing that "*the GAME is the BEST Teacher.*" Here is where players can first experience the "FLOW" of the game, and enjoy the process.

7th and 8th (U-14) Grade Games: Ball Size #5 Two-25 Minute Halves with 5 minutes between halves. 11 vs 11 includes the goalkeeper. Standard soccer rules apply.

These young adults, at times, may seem to be more interested in other things than Soccer. Or they may be hyper-competitivel COACHES, Be aware of this. Be positive and directed. RUN your games by being prepared with a line-up for both the start and the half. At game time, your role is to: monitor your players' condition, adjust to their changing energy and enthusiasm, try to get them into the "FLOW." Enjoy the game by positively noting what they do right. Save corrections or criticisms for the next practice.

Some RULES to Remember:

COACHES: Introduce yourselves to the other Coaches and the Referee.

Although scorekeeping is discouraged, Coaches & players usually know who is ahead. In U-8 to U-14, Three goals UP is sufficient. Great Coaches can play possession and restriction. (Multi-touch or multi-pass before a shot, etc) soccer, and defend their goals while keeping the game interesting, instructive and FUN. If you are the Up-team, make an effort to help out the other team to even-up. This is an instructive league. We are here for Player development not Game Outcome.

Mercy Rules:

- These rules apply to all age groups except for the U-6. In regards to the U-6 age group it is up to the coaches to keep the games fair and fun.
- With a "3-goal LEAD" the coach must make a significant change in your team's lineup enabling your opponent to even up the score of the game.
- With a "4- goal LEAD" you are required to pull an impact player. Further enabling your opponent to even up the score of the game.
- For every subsequent Goal scored, you are required to pull yet another player from the field until you reach the minimum amount of players required to continue the game.
- If a team's lead is 8 goals or more the game is over.
- If a player scores 3-goals during the game they are not permitted to score another goal during the game unless the game becomes tied. Once the game is tied they can continue to score.
- The referees will be made aware of these rules. However, it is up to the coaches to uphold these rules.

Grade/Age Specific Information

Age/Grade	U6 Pre-K/Kinder	U8 1 st /2 nd	U10 3 rd /4 th	U12 5 th /6 th	U14 7 th /8 th
Ball Size	Size 3	Size 4	Size 4	Size 4	Size 5
Team Size On field	3v 3 No Keeper	6v6 w/Keeper	8v8 w/Keeper	11 v 11 w/Keeper	11 v 11 w/Keeper
Length of Game by Age Group	(4) 10 minute Quarters w/2 @ QTR 5 min at half	(4) 10 minute Quarters w/2 @ QTR 5 min at half	(2) 24 Minute Halves With 5 minute @ half	(2) 25 Minute Halves With 5 minute @ half	(2) 25 Minute Halves With 5 minute @ half
Officiating	Coaches	Referee	Referee	Referee	Referee
Throw -ins	Kick -ins	Thrown in 2 Tries	Thrown in 2 Tries	Throw in 1 Try	Throw in 1 Try
Off Sides	NO	NO	YES	YES	YES

Substitutions:

- There is unlimited/universal substitution permitted at all age levels, regardless of which team last touched the ball before it left the field of play.
- Before a substitution a coach must obtain permission of the referee.