

# **CAJUN YOUTH SPORTS INC.**

## **CHAPTER #20: SOCCER GAME RULES**

### **U-5 Co-Ed: (Field #1)**

**C.Y.S. Inc. follows F.I.F.A. rules for all sanction games, with exception to rules that have been modified by C.Y.S. Inc.**

- Game Times:** 8 minute Quarters  
4 quarters per game  
2 minute breaks between Quarters  
5 minute half time break
- Start of Game:** Coin toss decides kickoff
- Ball Size:** Size #3
- Players on Field:** Field #1 plays with 5 players on each team on the field at once unless otherwise indicated on the Season's schedule..
- Field Size:** It is 30 yards by 20 yards.
- Score Cards:** Head coaches must sign score card after the game is finished, this is how the score and winners are verified. **No exceptions!**
- CYS Modified Rules:**
- No Direct Kicks.**
  - No Slide Tackling.**
  - No Offside Penalties**
  - No kicking the ball, when the goalie hands are nearing the ball!**
  - No switching sides at halftime, unless the weather is giving an unfair advantage to (1) team or the other.**
  - Follow CYS Shootout rules during playoffs!**
  - Follow mandatory play rules.**
  - A banner can be put inside your goal, to catch the children's attention!**
- 1) If a penalty occurs within the goalie box, the penalty kick will be placed (1) yard outside the box, on the left or right side of the goalie box.**
  - 2) Coaches can only go onto a field to fix a problem then hurry off! The Head coach and an assistant coach can be on each side of the field on their half, to make it easier to run on & off a field to help their children!**
  - 3) All Kicks are in-direct. This means for it not be classified as a direct kick, the ball must make a full rotation & be touched by another player prior to entering the goal.**
  - 4) No score can be made from a kick off, or from a corner kick. Unless rule #3 rule is used.**
  - 5) Throw-ins: when a throw-in is done by a player, both feet must be on or behind the line, and both hands must be holding the ball with the ball being thrown directly over the head. ( a goal can't be scored from a throw-in unless rule #3 is used)**
  - 6) If a player is injured on a field, good sportsmanship is to kick it out of bounds. so that the child can be looked at. When the opposing team throws it in to start the game again, it should be thrown to the team that kicked it out!**

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### **U-7 Co-Ed: (Field #2)**

**C.Y.S. Inc. follows F.I.F.A. rules for all sanction games, with exception to rules that have been modified by C.Y.S. Inc.**

<b>Game Times:</b>	<b>9 minute Quarters 4 quarters per game 2 minute breaks between Quarters 5 minute half time break</b>
<b>Start of Game:</b>	<b>Coin toss decides kickoff</b>
<b>Ball Size:</b>	<b>Size #4</b>
<b>Players on Field:</b>	<b>Field #2 plays with 5 players on each team on the field at once unless otherwise indicated on the Season's schedule.</b>
<b>Field Size:</b>	<b>It is 40 yards by 30 yards.</b>
<b>Score Cards:</b>	<b>Head coaches must sign score card <u>after</u> the game is finished, this is how the score and winners are verified. No exceptions!</b>
<b>CYS Modified Rules:</b>	<b>No Direct Kicks. No Slide Tackling. Will be warned about! No Offside Penalties Will be warned about! No kicking the ball, when the goalie hands are nearing the ball! Teams switch sides at half time! Follow CYS Shootout rules during playoffs! Follow CYS mandatory play rules. A banner can be put inside your goal, to catch the children's attention!</b>

**1) If a penalty occurs within the goalie box, the penalty kick will be placed (1) yard outside the box, on the left or right side of the goalie box.**

**2) Coaches can only go onto a field to fix a problem then hurry off! The Head coach and an assistant coach can be on each side of the field on their half, to make it easier to run on & off a field to help their children!**

**3) All Kicks are in-direct. This means for it not be classified as a direct kick, the ball must make a full rotation & be touched by another player prior to entering the goal.**

**4) No score can be made from a kick off, or from a corner kick. Unless rule #3 rule is used.**

**5) Throw-ins: when a throw-in is done by a player, both feet must be on or behind the line, and both hands must be holding the ball with the ball being thrown directly over the head. ( A goal can't be scored from a throw-in unless rule #3 is used)**

**6) If a player is injured on a field, good sportsmanship is to kick it out of bounds. so that the child can be looked at. When the opposing team throws it in to start the game again, it should be thrown to the team that kicked it out!**

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### **U-10 Co-Ed: (Field #3)**

**C.Y.S. Inc. follows F.I.F.A. rules for all sanction games, with exception to rules that have been modified by C.Y.S. Inc.**

- Game Times:** 10 minute Quarters  
4 quarters per game  
2 minute breaks between Quarters  
5 minute half time break
- Start of Game:** Coin toss decides kickoff
- Score Cards:** Head coaches must sign score card after the game is finished, this is how the score and winners are verified. No exceptions!
- Ball Size:** Size #5
- Players on Field:** Field #3 plays with 6 players on each team on the field at once unless otherwise indicated on the Season's schedule.
- Size of Field #3:** It is 60 yards by 40 yards.
- If a player is injured on a field, good sportsmanship is to kick it out of bounds. so that the child can be looked at. When the opposing team throws it in to start the game again, it should be thrown to the team that kicked it out!
- CYS Modified Rules:** No kicking at the ball, when the goalie hands are nearing the ball!  
No slide tackling!  
Scores can be made from half field line when kicking off!  
Follow CYS Shootout rules!  
Follow CYS Mandatory Play!

### **U-14 & U-20 Co-Ed Teams: (Field #4)**

**C.Y.S. Inc. follows F.I.F.A. rules for all sanction games, with exception to rules that have been modified by C.Y.S. Inc.**

- Game Times:** 10 minute Quarters  
4 quarters per game  
2 minute breaks between Quarters  
5 minute half time break
- Start of Game:** Coin toss decides kickoff
- Score Cards:** Head coaches must sign score card after the game is finished, this is how the score and winners are verified. No exceptions!
- Ball Size:** Size #5
- Players on Field:** Field #4 plays with 7 players on each team on the field at once unless otherwise indicated on the Season's schedule.
- Size of Field #4:** It is 80 yards by 50 yards.
- If a player is injured on a field, good sportsmanship is to kick it out of bounds. so that the child can be looked at. When the opposing team throws it in to start the game again, it should be thrown to the team that kicked it out!
- CYS Modified Rules:** Follow CYS Shootout rules!  
Follow CYS Mandatory Play!  
Scores can be made from half field line when kicking off!  
No kicking at the ball, when the goalie hands are nearing the ball!

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### **Uniforms:**

**Only sanctioned uniforms are to be worn during games! Shorts must have CYS logo.**

**Coaches please enforced this rule; your player will not be allowed to participate.**

**Jerseys: League authorized only**

**Shorts: All black, with white CYS logo! Must be purchased with CYS!**

**Socks: Must be color authorized by league and only that color**

**(No Stripes or checks and must be over shin guards)**

### **Sub-ins:**

**If a coach wants to sub a player into a game, the player must be placed at midfield on the player's sideline waiting for the ball to go out of bounds, but must be in their possession to be allowed to sub in and for the referee to signal them to enter the game. They must have played their (2) quarters before a player can be subbed out.**

**No Player can be subbed in the 1<sup>st</sup> & 2<sup>nd</sup> quarters, unless they are hurt or sick!**

**A Player cannot sub-in for a player until that player has their two quarters completed!**

**Players are locked in, on the field until they have played their two quarters.**

**Example: Player #1 plays in the 1<sup>st</sup> & 3<sup>rd</sup> quarters, he cannot be pulled out, unless he is hurt or sick. If after he plays the 1<sup>st</sup> & 3<sup>rd</sup> quarters and you place him in the 4<sup>th</sup>, quarter, he can be subbed out because he has played his (2) quarters already!**

### **Unsportsmanlike Conduct:**

**Vulgar language that is used during a game, will be given a yellow card for a slip-up and for blatant use, a red card will be given. Depending on the severity of the incident A (1) game suspension, can be given. The minimum will be suspension for the remainder of the game.**

### **Field Rules:**

**No parent, coach or spectator can be behind, or next to a goal. The goal and the goal line is off limits, to everyone.**

**If a referee is having trouble with parents being out of control, he will request both coaches go settle down their parents, if it continues, the game will be delayed until a league representative can arrive on scene.**

**Coaches, Asst. Coaches & Team moms are not allowed to use or be under the influence of tobacco, alcohol or illegal drugs, around game or practice fields.**

**Goalies must wear an official goalie shirt or a penny over their uniform. If weather is extremely hot, they are allowed to take off their official Goalie shirt or penny, but it must be somewhere on their body so they can be distinguished from the rest of the players.**

**Goalies can play anywhere on the field, leave their goal unguarded or guarded by another team mate. But the goalie is the only one who can use their hands in the goalie box, and player left to protect the goal cannot use their hands while protecting the goal, because they are not the goalie.**

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### **Safety rules:**

**If a goalie hands are in the motion of picking a ball up in the goalie box, all players must refrain from going after the ball to score or to regain possession.**

**No cleats with metal or hard plastic tips are to be worn. Also, shoes with a cleat at the tip of the shoe cannot be worn.**

**Shin guards are mandatory during practice & during games, your game socks have to be worn over shin guards.**

**No high kicks; high kicks can result in yellow card.**

**Pushing & shoving is to some part, is a large part of the game, but when it is being done in deliberate means of possibly hurting a player, the referee can hand out warnings or yellow or red cards.**

**A) Red Cards: player suspended for remainder of game and no one can enter game to replace them. Depending on severity of infraction could also be suspended for next game.**

**B) Yellow Cards: player receives one in a game; it's just a warning, two yellows in the same game equal's remainder of game being suspended. Player cannot enter game to replace the double yellow carded player.**

**It is mandatory for all coaches & players to shake hands after a game is complete. U-5, U-7 and U-10 still run through the parent tunnels after patting hands.**

**Refusal can result in a one game suspension for un-sportsmanlike conduct.**

### **What constitutes a score?**

**The ball, not the player must completely cross the line for it to be a score!!!**

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**Shootout Rules:**

- 1) All Divisions will follow CYS Shootout rules during playoffs:
- 2) To begin the shootout, each coach will pick five players from each of team. Each team will sit their first five players to kick in the order in which they will be kicking on each side of the circle at mid-field.
- 3) Your goalie may be one of the kickers but he/she does not have to be a kicker in order to be the goalie.
- 4) Each coach will need to keep their kickers sitting in a straight line facing the goal in which they will be using for the shoot-out. The referee will need to write down the player's jersey number in the order in which they will be kicking, also let the referee know if your goalie will not be one of your kickers.
- 5) Keep in mind that you may not change out your goalie at any time during the shoot-out unless for serious injury. The goalie must stay on the side of the goal until the shootout is complete and the tie is broken whether they participate in kicking or not.
- 6) The remainder of the players must stay on the sidelines during the shoot-out. You may want to have a member of your coaching staff to stay on the side-lines with the remaining players to keep them where they need to stay. The coaches/kickers may not go any closer than mid-field unless it is the kickers turn to kick. A coin toss will decide who kicks first.
- 7) Make sure when your player comes up to take their turn to kick, they turn around and show the number of their jersey before they approach to kick. This will prevent the kicker from kicking out of turn because if they kick out of turn, their kick (whether they score or not the kick will not count).
- 8) When it is your players turn to kick make sure they wait until the referee blows the whistle before they attempt to take their turn to kick. If the player kicks the ball before the whistle is blown, that player could lose their score if they make it into the goal. They must wait until the whistle is blown before they attempt their kick.
- 9) After each player kicks they must return back to mid-field sitting in the exact order in which they were originally sitting.
- 10) If at the end of the shootout and it is still a tie, each coach will pull one player from the remainder of their players left on their roster for sudden death. The next two players will kick and if there is still a tie, this process will continue until a team emerges a winner or one team runs out of players.
- 11) If in sudden death, one team runs out of players, sudden death stops, both teams start all over again by picking one child at a time from their roster from each team. This process continues until a team emerges a winner.
- 12) The goalie must be on or behind the line prior to the player kicking the ball. A goalie can move from side to side prior to the ball being kicked, but his feet must be on or behind the line!!! Please remember that in the younger divisions, we are a little more lenient about the goalie keeping their feet on or behind the line due to their age.
- 13) The ball must completely cross the goal line to be a goal.
- 14) Goals made during the shootout are added to final score to give you the final score of the game. (PAGE #6)

## **CYS SUB RULES:**

### **1) WHAT IS A SUB:**

**A) A Sub is a player from a younger division, that plays up to help another team .**

- Example:**
- 1) A U-5 player can help any U-7 team and onward.**
  - 2) A player cannot sub for a division that they play in!**

### **2) HOW DOES A CHILD BECOME A SUB :**

**A) A Sub must have their Parent & Head coach both agree to let them Sub for another team.**

**B) Before all parties agree, the following items must be understood!**

- 1) The child's first priority is to their original team and coach!**
- 2) A child that subs for another team only gets one participation medal, even if the medals are different.**
- 3) If the team that the child is subbing for makes it to the Championship, that child will be given a champion or runner-up ring for playing in that game!**

### **3) WHAT ARE THE RULES CONCERNING A SUB:**

**A) If a child is to be a sub for another team, that child must be log in on that roster, before opening weekend. Any time after, must be approved by that Sports' Judicial Board. Also all coaches in that division must be notified by their board members for their opinion.**

**B) Only teams that are (2) players above, what is needed to play on a field can even request Subs.**

**Example: If you play with (5) and have (7) on your roster, you can request (2) Subs. But if you have (8) on your roster, you cannot request subs.**

**B) Only (2) subs are allowed on a team! If you need more subs, they must be approved by that Sports' Judicial Board and all coaches in that division must be notified by their board members.**

**C) If a child is listed on that roster & they show up for a game, they cannot be turned away, if that child has agreed to help you, you & your team should be grateful and except them as a team member.**

**D) If a sub is on your roster & on your sideline, they are mandated to play (2) Quarters.**

**E) The following year, a sub must follow the same rules, in dealing with drafts, if they move up a division. They are not guaranteed a spot on the team that they subbed for the year before.**

**F) FIFA states that if games are played with a certain number on a team, the team can play with two less and still be a sanction game.**

**G) The other team does not have to drop down to match numbers!**

**H) If a team shows up with (3) less than what is required, it will be classified as a forfeit and a fun game will be played.**

**I) A fun game will keep your team eligible for playoffs, but if a team does not show up on game day to play and a forfeit is committed by a team, that team then becomes ineligible to play in playoffs!**