

CYSL GAME RULES  
Approved 06 FEB, 2024

Current IFAB, USYSA and MYSA rules shall be in effect except as specifically stated in these CYSL game rules. The CYSL Standards Committee will be the final authority on any point covered by the game Rules, IFAB, USYSA or MYSA rules.

1. CYSL STANDINGS

- a. During CYSL play. Teams will be awarded points as follows:
  - b. Win = 3 points
  - c. Win if goal differential is  $\geq 8$  = 2 points
  - d. Tie = 1 point
  - e. Loss = 0 points
- f. In the event of a League approved forfeit, the team forfeiting receives 0 points and the other team receives 3 points.
- g. Each Member Association must input all game results during the week following the scheduled game. A Member Association will be subject to a \$50.00 fine for game results not received within 14 days of the scheduled game unless such game is postponed or canceled by the CYSL. Associations must report all postponements within the same ten days.
- h. At times, placement of teams is inaccurate due to the nature of the process. If you find yourself opposing a misplaced team, you should show sportsmanship and manage the goal differential to no more than +5. CYSL will deduct one point from a win when the goal differentiation is 8 or greater. An association has a right to appeal the 1-point penalty to Standards Committee within one week following the conclusion of the game in question.

2. BALL

- a. The host team shall provide two regulation game balls: #4 for Grade 3/4 and Grade 5/6 games and #5 for Grade 7/8 and higher games.

3. UNIFORMS AND EQUIPMENT

- a. Player equipment must include a jersey (with a unique number), shorts, socks, and suitable footwear (front stud/cleat is deemed dangerous and not permissible). Metal cleats are not permitted. All shirts must have clearly legible numbers on back (or the original number must be clearly visible through the pinnie) with no duplicate numbers. Players will be allowed to wear sweat clothes under their uniforms only if sweat clothes match the colors submitted to league.
- b. Shin guards are mandatory safety equipment to be always worn while on the field.
- c. A player must not use equipment or wear anything which is dangerous. This includes all jewelry (i.e. earrings, finger rings, barrettes of any type, wrist

watches, wrist chains, neck chains, rubber bands, etc.). Using tape to cover jewelry is not permitted – specifically earrings.

- d. CYSL recognizes that there may be items that a player and their family deem necessary to wear, even during soccer activities, for medical, religious, or culture reasons that may be exempt for those reasons. As these items may be a safety concern, they need to be properly secured and protected. Players may not be allowed to play wearing these items if the opinion of the referee that they remain dangerous.
- e. Players with plaster/fiberglass casts or hard splints (even if padded), cannot play – even with the permission of a parent or medical approval.
- f. Players with orthopedic braces that have exposed, or uncapped metal parts are not permitted to play.
- g. Players with approved equipment under the American with Disabilities Act (ADA) waiver is granted to play and needs to inform CYSL.
- h. Players who must wear glasses during the game must wear a glasses strap.
- i. The two teams must wear colors that distinguish them from each other and also the referee. Each goalkeeper will wear colors that distinguish him/her from the other players and the referee. If both teams are wearing the same or similar color (in the opinion of the referee), the **home** team must change shirts or wear pennies.
- j. The following is a list of the colors for CYSL Associations uniforms. Associations may change colors prior to the season by informing the League.

<u>Association</u>	<u>Colors</u>
Carver	Maroon
Cohasset	Navy or White
Duxbury	Green/Black
Halifax	Red or White
Hanover	White
Hingham	White or Red
Hull	Blue/Gold
Kingston	Red
Marshfield	Black
Middleboro	Orange/Black
Norwell	White with Blue Stripes
Pembroke	Red/Navy Blue
Plymouth	Navy Blue/Grey/White
Sacred Heart	Royal Blue

#### 4. COACH AND PLAYER CREDENTIALS

- a. All rosters for the fall and spring seasons are required to be photo rosters. For the fall season, the rosters must be typed and certified (signed) by each Association Registrar. For the spring season, the rosters must be signed by the CYSL Registrar and coach. Players not printed on the roster may not play.
- b. For the fall season, teams are required to use rosters including color photos by Columbus Day.
- c. For the spring season, any player/coach without a photo on the roster will not be allowed to participate in the game.
- d. Teams must have coaches that have completed the Mass Youth Credentials requirements to be awarded a lanyard at all games in the fall and spring. The lanyard is an indication that the coach is registered and has completed all required CORI and adult registration training requirements. All team officials on the team sideline during the game must display by wearing their credentials during the game.
- e. Two color copies of the CYSL/MYSA team roster must be submitted to the referee before each game. Paper copies of the roster are required. No electronic versions will be accepted. Jersey numbers may be written in for Coastal League games. White out and/or tape are not allowed on rosters. Players may not be written in.
- f. For fall seasons only, borrowed players within age groups are authorized to play, but two copies of the roster with the borrowed players at the game need to be submitted to the referee.
- g. If rosters are not available, the team has until the end of the game to produce the missing documents. If they are not available at game's end, then the referee will report the missing information in a game report. The Standards Committee will review and award a forfeit against the team without documentation.
- h. The Referee will ensure that the MYSA team rosters match the players dressed for the game. In the event of a red card or other ejection, the Referee forward a game report to Standards Committee within three (3) days. Referees will sign each team's roster and give a copy to the opposing coaches at the start of each game. Referees will note the final score, confirmed with both coaches, on the roster they maintain as part of their records until the completion of the season.
- i. The eligibility of players printed on the roster is not subject to review by the referee. Questions concerning player eligibility (grade, age, residency, multi-rostered, etc) should be directed to the CYSL registrar.
- j. In the event a rostered coach fails to have their lanyard available, yet their name and photo are on the team's roster, the game will be played with the coach allowed in the technical area. The referee must note the coach's lack of a lanyard

in the Game Report in Game Officials. Standards Committee may award a \$25 fine to the association.

- k. If no adult with a lanyard is present and no adult listed on the roster is available, then the referee will only allow the game to be played if any adult with a lanyard is available to coach the team. The referee will record the name of the adult who coached and the team in a Game Report in Game Officials.
- l. If no adult with a lanyard is available to coach the team, the referee will abandon the game and report the team lacking an appropriate coach in Game Officials for Standards Committee to make a ruling.
- m. It is the final responsibility of the coach/person responsible for the team at a game to ensure that all players qualified according to CYSL bylaws, safety procedures, and all rules.

## 5. SUBSTITUTIONS

- a. Substitutions may be made at the following times with permission of the referee:
  - On a throw-in, the team with possession may substitute unlimited, and if they choose to sub, then the defending team may substitute players
  - After a goal, prior to a goal kick, prior to the start of the 2<sup>nd</sup> half by either team.
  - If an injured player(s) is substituted, then the opposing team may sub on a 1 for 1 basis
  - Any player who is bleeding must be substituted immediately and may return only when bandaged.
- b. Substitute players waiting to enter the game should wait on their own half of the field at the midfield line. All substituted players must enter and exit the field at the halfway line between the technical areas.
  - a. Technical areas are defined as an area inclusive of each bench, starting ten yards from midfield and extending no more than twenty yards. It can be no closer to the touch lines than three yards.

## 6. INJURED PLAYER

- a. An injured player must be substituted when he/she is down, and the referee stops the play. Goalkeepers are exempt from this rule. The injured player may return to the game on the next substitution.
- b. For concussions, CYSL follows the MYSA protocol, which is:
  - a. Mass Youth Soccer requires all Member Organizations where no HCP (health care professional) is present at a soccer activity (practice, game, clinic, etc.) that any player who (1) sustains a significant blow to the head or body, (2) complains about or is exhibiting symptoms consistent with having suffered a concussion or (3) is otherwise suspected of having sustained a concussion, must be

evaluated by an HCP before the player will be allowed to return to practice or play.

- a) No coach shall permit a player who has been removed from a game for a concussion to RTP (return to play) until cleared to do so by an HCP.
  - b) If a coach seeks to allow a player who has been removed from a game for a concussion assessment to re-enter the game, the referee shall allow the player to return to the field but shall:
    - 1) Immediately stop play
    - 2) Direct the player to leave the field of play and
    - 3) Direct the coach to remove the player and select a substitute
  - c) If a coach seeks to allow a player to re-enter the game who has been removed from a game for a concussion assessment, the referee shall issue a warning to the coach. If a coach persists in seeking to allow such player to re-enter the game after having been issued a warning, the referee shall be entitled to take such other disciplinary measure as are permitted.
- b. Unless an HCP determines that the player has not suffered a concussion and clears the player to RTP, the player will not be permitted to return to practice or play until the player has successfully completed the graduated RTP protocol described below and has been cleared to RTP by a physician.
- c. Return to Play (RTP) Protocol – Mass Youth Soccer and all Member Organizations will follow the following graduated RTP protocol (not including steps b. (4) - (5) unless the player has a baseline test and access to a neuropsychologist).
- a) For any player removed from a practice or play who has been diagnosed as having suffered a concussion, the player will not be permitted to return to practice or play until the player has successfully completed a graduated RTP protocol under the guidance of an HCP.
  - b) The graduated RTP protocol will consist of at least the following steps:
    - 1) the player must be symptom free at rest for 24 hours before commencing the protocol.
    - 2) the player must be symptom free after moderate activity for 24 hours.

- 3) the player must be symptom free after heavy activity for 24 hours.
- 4) player will retake baseline tests (SCAT3, BESS, and/or imPACT).
- 5) neuropsychologists must review and interpret test versus baseline; and
- 6) HCP must confirm that the player has completed the RTP process, and a physician must make the final RTP decision.

## 7. LENGTH OF GAMES AND OVERTIME PERIODS

a. The game lengths are as follows:

<b>Group</b>	<b>Game</b>	<b>Overtime (Playoffs only)</b>
Grade 11/12/PG	2 – 40 Min Halves	2 – 5 Min Halves
Grade 9/10	2 – 40 Min Halves	2 – 5 Min Halves
Grade 7/8	2 – 35 Min Halves	2 – 5 Min Halves
Grade 5/6	2 – 30 Min Halves	2 – 5 Min Halves
Grade 3/4	2 – 30 Min Halves	2 – 5 Min Halves

- a. The referee is the official timekeeper and may add time to compensate for obvious time-wasting, prolonged injury, or time lost by excessive substitutions.
- b. In play-off or tournament play, if the game is still tied after the overtime periods IFAB “Kicks from the Penalty Mark” rules will apply to determine the winner.
- c. IFAB “Kicks from the Penalty Mark” will be administered as follows: the Referee shall toss a coin and the team whose Captain wins the toss must take the first kick. Each team shall take five (5) kicks from the Penalty Mark. Kicks shall be taken alternately by different players. Players taking the penalty kicks must be on the field at the end of overtime play.
- d. If, after both teams have taken five (5) kicks, both have scored the same number of goals, or have not scored any goals, alternating additional kicks shall be taken in the same order until one team has scored a goal and the other does not score a goal. Players taking the penalty kicks must be on the field at the end of overtime play.

## 8. GAME TIMES AND FORFEITS

- a. The referee and teams should be present at the playing field 20 minutes prior to the scheduled start of game. Teams that have not arrived at the playing field 15 minutes after the scheduled start shall forfeit the game.
- b. A minimum of 7 players must be present to begin play for 11 v 11 competition. For 9 v 9 competition, 6 players are required.

- c. If the minimum number of players are not present 15 minutes after scheduled start, a forfeit win is awarded to the team with the minimum number of players. If both teams have less than the minimum number of players 15 minutes after the scheduled start, the referee will prepare a game report within 48 hours of the scheduled game. The Standards Committee will review the report and award a forfeit as appropriate. After the 15-minute wait period, a scrimmage game may be played for the benefit of the players present and the good of the game. Forfeited games shall not be rescheduled.
- d. For Grade 3/4, Grade 5/6 and Grade 7/8 Dave Coutts Cup Divisions, when the referee does not arrive within 20 minutes after scheduled start, the two coaches may agree upon a qualified person to serve as a substitute Referee and play the game. Given the difficulties in rescheduling games, every effort should be made to play the game.
- e. For 5/6 and 7/8 Division One and Two Only, and Grade 9/10 and Grade 11/12/PG games, when the referee does not arrive within 20 minutes after scheduled start, both coaches will determine if a certified referee is present to serve as a substitute referee and appoint that person to officiate the game. If coaches use a qualified person to officiate the game, the game may not be protested on that basis. If no substitute can be found the game must be re-scheduled.
- f. In case of a forfeit in advance of the game start, each coach must notify both Town Associations within 24 hours of the scheduled game. The Town Association must provide a written notice of the forfeiture to the Standards Committee within 7 days of the scheduled game.
- g. Teams committing a no show forfeit the day of the game will be fined \$100.00. Teams forfeiting with notification prior to the date of the game will be fined \$25.00.
- h. The Association of a MTOC eligible team will be responsible for fees assessed due to forfeits at MTOC.
- i. For Grade 9/10/11 and Grade 12/PG, these games have traditionally been played on Sunday afternoons. If both teams agree, the home team may schedule these games for any weeknight or Saturday during the regular season.

## 9. CANCELED & RESCHEDULED GAMES

- a. FIELD UNPLAYABLE: Town Coordinators will make the decision if a field is in unplayable condition due to weather prior to 7:00 AM or 2 hours before the first game, whichever is earlier. The Town Coordinator will then notify the home team coaches and Town Referee Coordinator. The Town Referee Coordinator will notify the assigned referees. Home team coaches are responsible for immediately notifying the visiting team coach. If you cannot contact the visiting coach two hours prior to a rained-out game, then please be at the field to notify the visiting coach. Unless notified by the Town Coordinator or home team coach, teams must report to the scheduled field where the decision to play is made by the assigned referee.

1. **Games not played for other reasons:** Coaches do not have to agree to postpone games due to missing some players. If the team has the minimum number of players, the game should proceed as scheduled.
2. a. In the case where a coach realizes that he/she does not have the minimum number of players required for a game, as defined in the Game Rules, they can request a reschedule. This request must be made no later than 96 hours before the scheduled game date.
  - i) The League requests that opposing coaches honor any rescheduling requests made (under paragraph a. above and they should use the normal rescheduling procedures), as it is in the interest of maintaining fairness and good sportsmanship.
  - ii) The opposing coach is not obliged to reschedule the game if the request is received less than 96 hours before the game.
- b. HALTED PLAY: In the event of electric and/or thunderstorms, the game shall be stopped for the duration of the storm. Re-starts are solely the referee's decision. If the game cannot be restarted, it shall be replayed.
- c. INSUFFICIENT PLAYERS: Associations that do not have enough players to field a team may request to reschedule the game. The opponent is under no obligation to reschedule.
- d. DATES FOR ALL MAKE UP GAMES FOR GRADES 3/4, 5/6 AND 7/8: Any games originally scheduled through May 11<sup>th</sup> and not played for any reason must be played and the scores reported prior to Memorial Day. Any canceled games after May 11<sup>th</sup> must be played before the last game of the season. If the last game of the season is postponed, it must be made up by the next scheduled CYSL meeting. Forfeits will result if the procedures in (9g) were not followed, or games are not played within the makeup period. Requests for forfeit declarations for games originally scheduled prior to May 11<sup>th</sup> must be made to the Chair, Standards Committee before Memorial Day. Requests for forfeit declarations for games after May 11<sup>th</sup> must be made to the Chair, Standards Committee before the last game of the season. If no request is received by these dates, a double forfeit will be awarded. An appropriate fine (8g) is charged when a game is forfeited.
- e. DATES FOR MAKEUP GAMES FOR GRADES 9/10 AND 11/12/PG: Any games not played due to (9a) through (9c) must be played by the last Sunday of the regular season. Forfeits will result if the procedures in (9g) were not followed, or games are not played within the makeup period. Requests for forfeit declarations must be made to the Standards Committee before the last Sunday of the regular season. If no request is received by this date, a double forfeit will be awarded. An appropriate fine (8g) is charged when a game is forfeited.
- f. MEMORIAL DAY: CYSL does not schedule games on Memorial Day weekend.
- g. SCHEDULING PROCEDURES FOR ALL MAKE UP GAMES: The home coach will provide the away coach with a list of three (3) different dates and times



within 5 days of initial notification. The away coach must respond within 5 days of receiving the dates. If the coaches cannot agree, the Town Coordinators must attempt to resolve the dispute. If the Town Coordinators cannot agree to a date, the matter will be forwarded to the Standards Committee. Notice of the Standards Committee decision shall be given in writing to both teams.

## 10. PLAY-OFF GAMES

- a. The playoff matrix will be setup by the Competition Committee but may be adjusted by the Executive Committee because of rain and ties in sections to expedite the schedule. Changes will be communicated to the Town Associations.
- b. The playoff sites chosen by the league are neutral sites even if one of the teams is from that town. The league appoints all referees.
- c. If two teams are tied for 1 spot for the playoffs, then the head-to-head record will determine which team makes the playoffs. If teams tied in the head-to-head matchup, then a playoff game will be scheduled. Games are scheduled at the tournament site or at a neutral field. All officials are assigned by CYSL.
- d. If two teams are tied and two teams are eligible for the playoffs, the head-to-head record will determine team placement. If teams tied in the head-to-head, placement will be determined by the blind draw below.

Alphabetical order determines the highest seed. Team Number determines letter.

A	E	G	I	C	B	J	H	F	D
4	1	3	8	7	5	2	6	9	10

- e. If three teams or more teams are tied in a section where two teams advance to playoffs, then playoff games will be scheduled. The blind draw will be used to determine playoff game pairings. The team(s) with the highest letter will get any byes that are required. All teams will play at least one game.
- f. MTOC Division 5/6 teams who do not have 9 players and 3 substitutes from their CYSL roster available for a CYSL playoff game will be allowed to add enough players from the Dave Coutts Division so that a total of 12 players are available for the game.
  - 1) An association will need to provide the names of the players from the Dave Coutts Division, they want to have play in the playoff game to the Competition Committee prior to June 1st. The Competition Committee will have final approval on those players that are allowed to play in the CYSL playoff game
- g. MTOC Division 7/8 teams who do not have 11 players and 4 substitutes from their CYSL roster available for a CYSL playoff game will be allowed to add

enough players from the Dave Coutts Division so that a total of 15 players are available for the game.

- 1) An association will need to provide the names of the players from the Dave Coutts Division, they want to have play in the playoff game to the Competition Committee prior to June 1st. The Competition Committee will have final approval on those players that are allowed to play in the CYSL playoff game
- h. To protest a playoff game, you must notify a CYSL official and your association within two hours of the game end. Your association must agree to support the protest. Remember that judgment calls by referees cannot be protested; only incorrect application of a game law can be protested. A protest fee of \$100 must be guaranteed by the association. A check must be submitted with the written protest. Playoffs may continue while a protest is being heard. The protest fee will be returned if the protest is upheld and forfeited if the protest is denied.

## 11. REFEREES

- a. Referees shall be certified by the MSRC and registered.
- b. Assignors must be certified by MSRC and are required for every association.
- c. The use of Assignr Software is required for referee assigning of all CYSL games. Failure to use this required software by an association will result in fines of up to \$1000 per season.

## 12. FOULS AND MISCONDUCT

- a. In a match designated as no heading, if in the opinion of the referee, a player deliberately heads or attempts to head the ball, an indirect free kick is awarded to the opposing team
- b. Slide tackling follows IFAB rules. It is a legal move but discouraged at the younger ages as it is extremely difficult to do without fouling the opponent until mastering body control. Often, the slide tackle will be deemed dangerous by the referee and will draw sanctions.
- c. A player receiving a Yellow Card must be substituted but may reenter the game. If the player's team has no substitutes, his/her team will play short-handed until the next substitution opportunity. This rule is not intended to cause a game forfeit, if the yellow-carded team falls below the minimum number of players, the game will continue.
- d. A player receiving two Yellow Cards in a game will be expelled from the game with no substitution.
- e. A player receiving a Red Card will be expelled from the game with no substitution.
  - a. The player being sent off, will remain on the team sideline without the jersey being visible (either removed or covered) and may take no further part in game activities.

- f. A player receiving a RED card(s) during the combined fall and spring seasons will also be subject to the following additional discipline:
  - First - One game suspension assessed the next scheduled game whenever played.
  - Second – Two game suspension
  - Third - Suspension for the remainder of the season and the individual must appear before the Standards Committee prior to being allowed to play or coach during the next season Due to the severity and or cause of the red cards may lead to lifetime ban from CYSL.
- e. A player receiving an accumulation of YELLOW cards during the fall and spring seasons will also be subject to the following additional discipline:
  - An accumulation of Three (3) Yellow - One game suspension
  - Accumulation of Four (4) Yellow - Additional one game suspension
  - An accumulation of Five (5) Yellow - Individual must appear before Standards Committee before being allowed to practice and play during the remainder of the season. If the 5<sup>th</sup> offense occurs at the end of the season, the individual will be required to appear before the Standards Committee before being allowed to participate in the next season. The individual will be accompanied by Association CYSL representative and parent.
- f. A coach ejected from a game (receiving a red card) will receive an automatic three game suspension.
- g. A coach receiving two cautions (yellow cards) during the fall and spring season will receive an automatic one game suspension.
- h. All coach and player suspensions will be posted on the CYSL website.
- i. If the individual feels there are mitigating circumstances related to the red or yellow card, he or she may appeal the card to the Standards Committee.

#### 1. FRACASES OR UNBECOMING CONDUCT

- a. If a player leaves the sidelines to participate in a fracas and it is so noted by any game referee, then that player shall be shown a red card and suspended for the remainder of the game and following game. In addition, a report shall be forwarded to the Standards Committee, which could result in additional sanctions including banishment from further league play.
- b. If any member on a team engages in unbecoming conduct which is brought to the League's attention, the Standards Committee will investigate and apply appropriate penalties.

#### 13. MASS YOUTH SOCCER CODES OF CONDUCT AND ZERO TOLERANCE POLICY

The following are excerpts from the MYSA Codes of Conduct and Zero Tolerance Policy. The full document must be reviewed and understood by all participants, including players, referees, coaches, parents and spectators.

The full documents can be found on the MYSA website and on the CYSL website. Associations are responsible for adherence to these policies and codes for both home and away play.

- This Zero Tolerance Policy in an effort to decrease the abuse of soccer Officials (Referee, Assistant Referee, Linespeople, 4th Official). We must all work together to deter and eliminate all levels of verbal abuse or negative criticism of Officials. We would not tolerate such behavior towards our children, we must not tolerate the same towards our Officials.
- This Zero Tolerance Policy applies to all coaches, players, parents, spectators, and other supporters and Officials participating in a Mass Youth Soccer program or event.
- The coach is responsible for ensuring all spectators associated with their team follow this Zero Tolerance Policy relating to communications with an Official. A coach or spectator may not express any disagreement or dissatisfaction whatsoever with the officiating to any Official, directly or indirectly. A coach or spectator may not, before, during, or after a match, discuss with, or voice within earshot of, an Official any critique of the Official's performance, other than to thank and positively compliment the Official. Any other critiques may only be voiced or communicated through the appropriate league's reporting channels.
- Abusive and obscene language, violent play or conduct, fighting, and other negative or derogatory behavior (such as sarcasm or taunting) directed to or about Officials or otherwise deemed detrimental to the match will not be tolerated. The ultimate responsibility for the actions of coaches, players and spectators resides with the member organizations (towns, clubs, leagues).
- It is the responsibility of the coaches to provide all Officials support and spectator control, and it is the responsibility of the member clubs to provide instructions to their coaches on how they are expected to carry this out. This policy applies before, during, and after the match at the soccer field and its immediate surrounding areas.

### **Parents, Guardians & Spectators**

No parent, guardian or spectator shall address the Officials at any time. This includes, but is not limited to:

1. Parents, guardians and spectators shall not dispute calls during or after the match.
2. Parents, guardians and spectators shall not make remarks to the Official(s) or advise the Officials(s) to watch certain players or attend to rough play.
3. Parents, guardians and spectators shall never yell at the Official(s), including criticism, sarcasm, harassment, intimidation or feedback of any kind before, during or after the match.

The only allowable exceptions to the above are:

1. Parents, guardians and spectators may only respond to an Official who has initiated a conversation, until such time as the Official terminates the

- conversation.
2. Parents, guardians and spectators may point out an emergency or safety issues; such as a player apparently injured on the field or observed fighting.
  3. Parents, guardians and spectators may compliment the Official after the match.

Additionally, parents, guardians and spectators shall not make derogatory comments to coaches, players, or spectators of either team.

### **Consequences (for Parents, Guardians & Spectators)**

In the opinion of the lead Official, depending on the severity of the offense, the lead Official may take any of the following actions:

1. Issue a verbal warning, and possibly a caution, to the coach of the offending party's team and have the coach address the parent, guardian or spectator to cease their actions.
2. Stop the match and instruct the coaches to direct the parent, guardian or spectator to leave the field area.
3. Abandon the match if the parent, guardian or spectator does not leave the field area.

### **Coaches, Assistant Coaches, & Bench Personnel**

It is the responsibility of all coaches to maintain the highest standards of conduct for themselves, their players and supporters in all matches (Please refer to our Coaches Code of Conduct). Failure to do so undermines the Official's authority and the integrity of the match resulting in a hostile environment for players, the Official(s), coaches, assistant coaches, bench personnel, and spectators. As role models for all of the participants and spectators, coaches participating in a Mass Youth Soccer sanctioned event are expected to be supportive of, and to acknowledge the effort, good play, and sportsmanship on the part of ALL players from both teams. For example, coaches, assistant coaches and bench personnel are expected to show that although they are competing in a match, they have respect for their opponent, Officials, and spectators at all times. Mass Youth Soccer will not tolerate negative behavior exhibited either by demonstrative actions and gestures, or by ill-intentioned remarks, including those addressed toward the Officials or members of an opposing team. Coaches exhibiting hostile, negative, sarcastic, or otherwise ill-intended behavior toward Officials, opposing players, or opponent's coaches will be subject to sanction by the match Official.

Additional sanctions may be imposed by the coach's club, the league that the match is being played under, or as allowed by Mass Youth Soccer policies after a review of the match report.

- Coaches shall not interact directly or indirectly with the coaches or players of the

opposing team during the match in any manner that may be construed as negative, hostile, or sarcastic either by way of demonstrative actions and gestures or by ill-intentioned remarks.

- Coaches shall not offer dissent to any call made by the Officials at any time.
- Coaches are not to address the Officials during the match except to:
  - A. Respond to an Official who has initiated a conversation.
  - B. Point out emergency or safety issues.
  - C. Make substitutions.
  - D. Ask the Officials, “What is the type of restart (direction and Indirect Free Kick or Direct Free Kick)?” on a limited basis (ie not every stoppage).
  - E. Ask for the time remaining in the half.

### **GRADE 3/4 GAME RULES**

Below are the rules for the Grade 3/4 program. These rules are based on a recommended program from the USYSA plus additions by a CYSL Grade 3/4 Committee. The purpose of the program is to provide an atmosphere where the players feel free to try a lot of different techniques without being concerned about winning or losing. Coaching emphasis should be skills and ball control by the individual player. Fewer players are being put on a small field to ensure that each player has a lot of touches of the ball.

By extending the small field concept to the Grade 3/4, we expect the players to have better skills at the Grade 5/6 level when they should begin to learn tactics.

#### **LAW I: THE FIELD**

##### **A. DIMENSIONS:**

The field of play shall be rectangular, with a suggested length of 60 yards and a width of 40 yards. The length in all cases shall exceed the width. Fields will vary.

##### **B. MARKINGS:**

1. Distinctive lines not more than 5 inches wide.
2. A halfway line shall be marked across the field.
3. A center circle with a radius of 8 yards.
4. Four corner arcs with a 1yard radius.
5. Goal area - 6 yards from each goal post and 6 yards into the field of play joined by a line drawn parallel with the goal-line.
6. Penalty area - 14 yards from each goal post and 14 yards into the field of play joined by a line drawn parallel with the goal-line.

7. Build-Out Line - the halfway line will be used as the build-out line for all goalie distributions and free kicks that start in an own team's penalty area.

### **C. GOALS**

Maximum 7 feet high and 18 feet wide. Minimum size of 5 feet high and 12 feet wide. Size will vary.

## **LAW II: THE BALL - SIZE FOUR (4)**

## **LAW III: PLAYERS**

### **A. TEAM MAKEUP**

Teams will be divided by gender into boys and girls per CYSL rule #2. Co-ed is acceptable if no other roster slot available. Competition Committee needs to approve co-ed rosters.

### **B. ROSTER SIZE**

CYSL recommends a maximum roster size of 13. This should allow adequate playing time for all.

### **C. PLAYERS ON FIELD**

Seven (7) players are allowed on the field at any one time. One of the seven players must be designated as the goalkeeper.

### **D. PLAYING TIME**

EACH PLAYER SHALL PLAY A MINIMUM OF 50% OF THE TOTAL PLAYING TIME.

### **E. ROSTER COMPOSITION**

All teams competing in Grade 3/4 must be level picked.

## **LAW IV: PLAYERS EQUIPMENT - Conform to IFAB**

## **LAW V: REFEREE:**

- A. Registered Referee
- B. All rule infractions shall be explained to the offending player providing it does not interfere with the "flow" of the game.

**LAW VI: ASSISTANT REFEREES:** Assigned by town. Club linesmen/women can be used if no assigned linesmen/women available

## **LAW VII: DURATION OF GAME:**

The game shall be divided into 2 equal halves of 30 minutes each with a half-time break of 5 minutes.

## **LAW VIII: THE START OF PLAY:**

Conform to IFAB with the following exception: Opponents must be 8 yards from the center mark while the kick-on is in progress.

**LAW IX: BALL IN AND OUT OF PLAY - Conform to IFAB.**

**LAW X: METHOD OF SCORING - Conform to IFAB.**

**LAW XI: OFF-SIDE - Conform to IFAB.**

## **LAW XII: FOULS AND MISCONDUCT**

### **A. GOALIE DISTRIBUTION**

An indirect free kick shall be awarded to the opposing team when, a goalkeeper handles the ball within his/her penalty area and throws, punts, or kicks the ball across midfield without making contact with the goalkeepers' side of the field or being touched by any player on that side of the field. If a goalkeeper dribbles the ball outside the penalty area or does not play the ball with the hands, then the kick may cross the midfield.

### **B. GOAL KICKS**

An indirect free kick shall be awarded to the opposing team when a goalkeeper and/or field player, when making a goal kick, kicks the ball across midfield without making contact with his/her side of the field or being touched by any player on that side of the field. In both cases, the indirect free kick will be taken at the point of the midfield line where the ball crossed.

### **C. HEADING**

All players in U10 age groups shall not engage in heading in either games or practices. An indirect kick is awarded to the opposing team if a player, in the opinion of the referee, deliberately heads or attempts to head the ball at the point of the infraction.

If, in the opinion of the referee, a deliberate head ball or attempt to head the ball occurs in the penalty area, the indirect free kick will be taken on the top edge of the penalty area parallel to the goal line at the point nearest to where the infringement occurs.

If, in the opinion of the referee, a player does not deliberately head or attempt to head the ball, then play should continue.

### **D. BUILD OUT LINE**

When the goalie has the ball in their hands during play from the opponent, the opposing team must move behind the build out line until the ball is put into play. Once the opposing team is behind the build out line, the goalie can resume distribution in accordance with these game rules. Ideally, the goalkeeper will wait until the opposing team has retreated to put the ball into play but has the option to do so sooner. If the goalie does not wait, they accept the positioning of the opponents and the consequences of how play develops. After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal.

The opposing team must also move behind the build out line during a goal kick until the ball is in play. Limitations on the goal kick as specified in these game rules apply.

The ball is considered "in play" in accordance with IFAB rules. There are no modifications because of the build out line.

## **LAW XIII: FREE KICKS**

Conform to IFAB with the following exception: Opponents must be 8 yards away before kick is allowed.

## **LAW XIV: PENALTY KICKS:**



Conform to IFAB with the following exception: Opponents must be 8 yards away before kick is allowed.

**LAW XV: THROW IN** - Conform to IFAB.

**LAW XVI: GOAL KICK**

The opposing team must move behind the build out line during a goal kick until the ball is put into play. The goal kick cannot go directly beyond the midfield line. The penalty for kicking the ball directly beyond the midfield line is an indirect free kick awarded to the opposing team at the point of the midfield line where the ball crossed.

**LAW XVII: CORNER KICK**

Conform to IFAB with the following exception: Opponents must be 8 yards away from the ball.

## **GRADE 5/6 9v9 GAME RULES**

Below are the rules for the Grade 5/6 9v9 program. These rules are based on a recommended program from the US Youth Soccer plus additions by a CYSL Board of Directors. Advantages of playing small, sided games:

- More time with coach.
- Energetic workouts due to playing both offense and defense.
- More efficient use of field space.
- Matches can be played simultaneously across a full-size field.
- Children are physically more efficient in smaller space.
- Children are actively involved for a longer period of time.
- It takes less time to score a goal or advance to goal.
- Greater success rate for the players.

### **LAW I: THE FIELD**

#### **A. DIMENSIONS**

The field of play shall be rectangular, with a suggested length of 70 yards and a width of 55 yards. The length in all cases shall exceed the width. Fields will vary.

#### **B. MARKINGS**

1. Distinctive lines not more than 5 inches wide.
2. A halfway line shall be marked across the field.
3. A center circle with a radius of 8 yards.
4. Four corner arcs with a 1 yard radius.
5. Goal area - 6 yards from each goal post and 6 yards into the field of play joined by a line drawn parallel with the goal-line.
6. Penalty area - 14 yards from each goal post and 14 yards into the field of play joined by a line drawn parallel with the goal-line.
7. Penalty mark is ten (10) yards from the center of the goal line.
8. Penalty arc with a radius of eight (8) yards.

#### **C. GOALS**

The goals shall be 6 feet high by 18 feet wide.

### **LAW II: THE BALL - SIZE FOUR (4)**

### **LAW III: NUMBER OF PLAYERS**

#### **A. PLAYERS ON FIELD**

Nine (9) players, one of whom must be designated as a goalkeeper are allowed on the field at any one time.

#### **B. MAXIMUM ROSTER SIZE**

The maximum roster size of 15.

### **C. MINIMUM NUMBER OF PLAYERS**

The minimum number of players to begin a match is six (6).

**LAW IV: PLAYERS EQUIPMENT** - Conform to FIFA

**LAW V: REFEREE:** Registered Referee

**LAW VI: ASSISTANT REFEREES:** Assigned by town.

### **LAW VI: DURATION OF GAME**

The game shall be divided into 2 equal halves of 30 minutes each with a five-minute half time.

### **LAW VIII: THE START OF PLAY:**

Conform to IFAB with the following exception: Opponents must be 8 yards from the center mark while the kick-on is in progress.

**LAW IX: BALL IN AND OUT OF PLAY** - Conform to IFAB

**LAW X: METHOD OF SCORING** - Conform to IFAB

**LAW XI: OFF-SIDE** - Conform to IFAB

### **LAW XII: FOULS AND MISCONDUCT: LAW XII: FOULS AND MISCONDUCT:**

#### **A. GOALIE DISTRIBUTION**

An indirect free kick shall be awarded to the opposing team when a goalkeeper handles the ball within his/her penalty area and throws, punts, or kicks the ball into the opposing penalty area. If the violation occurs, an indirect free kick will be awarded at the top of the opposing penalty area.

#### **B. HEADING**

All players in U12 age groups shall not engage in heading in either games or practices. An indirect kick is awarded to the opposing team if a player, in the opinion of the referee, deliberately heads or attempts to head the ball at the point of the infraction.

If, in the opinion of the referee, a deliberate header or attempt to head the ball occurs in the penalty area, the indirect free kick will be taken on the penalty line parallel goal line at the point nearest to where the infringement occurs.

If, in the opinion of the referee, a player does not deliberately head or attempt to head the ball, then play should continue.

### **LAW XIII: FREE KICKS**

Conform to IFAB with the following exception: Opponents must be 8 yards away before kick is allowed.

### **LAW XIV: PENALTY KICKS**

Conform to IFAB with the exceptions that the penalty mark is ten (10) yards from the center of the goal line and those players other than the kicker and defending goalkeeper are at least eight (8) yards from the penalty mark.

**LAW XV: THROW IN** - Conform to IFAB.

**LAW XVI: GOAL KICK**

Conform to IFAB with the exception that the goal kick cannot go directly into the opposing penalty area. The penalty for kicking the ball directly into this area is an indirect free kick awarded to the opposing team at the top of their penalty area.

**LAW XVII: CORNER KICK**

Conform to IFAB with the following exception: Opponents must 8 yards away from the ball.