

Catholic Youth Sports
Middle School Soccer Rule Addendums*
Version 2026 -2027

The Middle School program follows standard FHSAA Soccer rules **except as noted below**. These modifications are intended to ensure a safe, fair, and positive experience for our young athletes.

Eligibility

- Only middle school students (grades 6–8) may participate.
- Players who miss more than two regular-season games are ineligible for postseason play.

Roster Size

- Maximum is 24 players. Exceptions made with league approval only.
- Only registered players can participate.

Ball Size

- All divisions will use a Size 5 soccer ball.

Game Time (Both Boys & Girls Division)

- JV plays two 25-minute halves.
- Varsity plays two 30-minute halves.

Format

- 7v7, 9v9, and 11v11 can be decided at the beginning of the game with the coaches and referees
- Everyone must agree and/or CYS Administration final decision

Playing Time

- 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

Overtime

- No overtime during regular season games.

Mercy rule

- Applies after the first half, 8-point differential

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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.

NO JEWELRY

- **Including earrings - NO BANDAIDS or TAPE over ears to cover earrings.**
- Except for Medic Alert Labels that must be worn inside the uniform, taped to body or under cloth wristband.

Noisemakers

- The use of artificial noise producing devices (air horns, megaphone, whistles, etc.) by teams or spectators prohibited at all games.

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 bench area.

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Coaches on the sideline –

- Each team can have up to five (5) coaches on the Roster
 - Each team can have up to three (3) coaches at a game/sideline.
 - All three (3) coaches must have a Blue CYS lanyard with CYS ID badge and a CYS coaches' shirt.
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CYS Coach Responsibility - Code of Conduct & Sportsmanship

- CYS coaches represent Catholic Youth Sports and serve as **sport ministers**, modeling Catholic values both one and off the field/court.
- Coaches are expected to teach and demonstrate:
 - Teamwork
 - Sportsmanship
 - Commitment
 - Compassion
 - Dedication
- Coaches must always place the physical, emotional, and spiritual well-being of their student-athletes above winning.
- Coaches are expected to treat all players, coaches, officials, parents, and spectators with respect and dignity.
- Coaches must avoid "running up the score" and always demonstrate good sportsmanship.
- Playing time may be adjusted at the coach's discretion based on discipline, attendance, effort, team commitment, or game circumstances.
- Violations of the CYS Code of Conduct may result in disciplinary action by the school and/or Catholic Youth Sports Administration.
- Any coach who is ejected from a contest must leave the facility immediately. The Athletic Director/Site Administrator must notify CYS Administration immediately following the incident. Ejected coaches will serve a **minimum one-game suspension**, with additional disciplinary action determined following a review of the incident.

Coaches are expected to live by the **Golden Rule** in all practices, games, & interactions.