



# Rules and Policy

(Revised 9/2021)



# **CIYSA (aka CISA) Soccer Rules**

## **Central Illinois Youth Soccer Association**

Revised 02/22/2021

The purpose of this league is to support youth soccer in our region through schedule coordination. It is not our intention to exercise control over how any of the towns in the league run their local organization. We recognize that some common understandings need to be defined to provide some consistencies and reduce conflicts. For that purpose, the following rules have been agreed upon.

Should questions or conflict arise that is not addressed here, it is recommended the concerned party contact the league representative from their community. The league representative should attempt to resolve the issue with their counterpart from other towns. The league makes no other provisions for conflict resolution:

### **Game Rules and Policy**

National Federation of State High School Associations (NFHS) will be the official rules of the league. The rules are readily available in both hardcopy and electronic form. CIYSA employ's the following exceptions and additions:

#### **Divisions**

Both boys and girls are divided into two divisions by school class level:

- Division III grades 5 & 6
- Division IV grades 7 & 8

We will use class as a determiner for our age eligibility. 8<sup>th</sup> grade being the cutoff. No freshmen allowed. Players from teams in Division III may play "up" to fill a roster for individual games. These substitutes should not be used to the exclusion of regular roster players. Division IV players may not play "down". Any exceptions or disputes to any of our governing rules must be presented at a regular scheduled meeting of the board governing the league.

#### **Team Selection**

This is a recreational program; all eligible players from a community will be placed on a team. No select or tournament teams are allowed in the league. Communities are encouraged to balance skill levels between teams to the best of their ability.

Co-ops will be allowed for towns that don't have enough players to field a team. However, the combining teams must contact CIYSA with their proposed alignment prior to start of soccer season.

Players that attend school in a town that does have a team in their gender and age group cannot play on another town's team. Players that do not reside nor go to school in a town that has a CIYSA affiliation may still be rostered on a CIYSA team. Typically that should be the nearest geographically located CIYSA town. However, that is subject to some variance and the town/team rostering such players should notify CIYSA prior to season start to avoid repercussion/controversy.

## **Officials**

All officials may wear any color of shirt as long as they are both dressed in the same uniform. For Division IV games:

- If 1 ref they must be at least 18 and IHSA or USSF certified.
- If 2 refs one must be at least 18 and IHSA or USSF certified.
- If 3 refs the center ref must be at least 18 and IHSA or USSF certified

The referees have the authority over all activities on the field and sidelines. Players, coaches, and spectators are expected to obey the directions of the referee. Whenever a referee believes that a team, manager, coach, spectator, or player has committed a serious offense against the rules, (uses profane language or harasses an official etc.), they risk sanctions. The involved parties may be removed from the game at the discretion of the referee. It is recognized there is varying levels of experience, knowledge and quality in the official in the league, none-the-less the decision of the referee is final.

## **Field of Play**

Team Areas are not required, but provisions should be made to separate players and coaches from spectators. Coaches and players are restricted to their half of the sidelines and should approach no closer to the goal than the 18-yd line. Set back lines for spectators 10 ft. from the touch line are encouraged.

All fields must be a minimum of 50 yards wide by 100 yards long. Maximum still complying with NFHS 80 yards wide by 120 yards long.

Severe Weather: If thunder is heard, or lightning is seen hitting the ground, the thunderstorm is close enough to strike in your location. At this point officials should suspend play and direct all players and coaches to head to a designated safe area. Officials should set their watches and wait at least 30 minutes after the last flash of lightning or sound of thunder before allowing players to return to the field.

## **Player Equipment**

All players on a team must have a similar jersey so that they are recognizable as part of the team. Socks can be any color, but all players on a team must have matching socks. Numbers on jerseys are mandatory. Casts, and splints may be worn if they are sufficiently covered and padded to prevent injury, and they are not used for advantage. Any player with such an article must be presented to the referee prior to the start of play by the coach. The player must present a physician's release to play. The referee will inspect the padding and make the final ruling on whether they may participate.

Earrings shall be removed. Caps may be worn during inclement weather, provided they are of soft, yielding material (e.g. stocking caps in cold weather). Not all players must wear the caps, and they need not be alike.

Shin guards must be appropriate size for player. Players must wear socks that cover their shin guards. Coaches should review the rules on shoes.

## **Play Time**

All players who are present and prepared to play at the beginning of a game are expected to play a minimum of  $\frac{1}{2}$  (one half) the game. Reasonable efforts by the coach are expected. We are cognizant of extenuating circumstances, (e.g. games unexpectedly shortened or players reluctant to participate).

This is an expectation, not a rule. Referees are not expected to monitor, make judgments, or enforce the issue.

### **Minimum Players**

Minimum of seven players are needed to start, and continue a game.

### **Game Length**

Two 30-minute halves. 10 minutes between halves.

Clock is stopped for goals, cards, penalty kicks, and injuries only.

If game is tied at the end of regulation time, they remain tied. Except for the Division IV tournament at the end of the season.

If a team is losing by 6 or more goals at, or after, the half the losing coach has the option of ending the game at that point. The purpose of this is not to shorten games, but to encourage the coach of the dominant team to play lessor skilled players in scoring positions. (If coach keeps playing, cards (yellow & red) still count in the game).

### **Ball size**

- Division III - #4 soccer ball
- Division IV - #5 soccer ball

### **Team Roster**

Coaches should have a copy of their team roster complete with players name, grade, and jersey number. The game officials have the privilege of checking the roster.

Girls and Boys rosters are to be sent to the President of the league for each team by the 2<sup>nd</sup> game of the season.

### **Fouls and Misconduct**

A player who is disqualified with yellow and red card (a soft red) must sit out the remainder of that game but may play the next game.

A player who is disqualified for exhibiting violent conduct or committing serious foul play, using foul or abusive language (Red Card) can't be replaced.

A player who is disqualified for taunting (shown a yellow/red card) is not allowed to play in the next game but may be substituted.

Slide tackles are prohibited in CIYSA play. A *sliding tackle* is to be defined as an intentional sliding play with an opposing player within playing distance. Players are to be allowed to slide to play the ball in all other situations.

### **Offside**

Standard IHSA offside rules. Added July 2016, if a defensive player plays the ball it negates the offside. A deflection does not count as played.

### **Game Schedule**

Game schedules are set by agreement between officials from all involved towns. In the event a coach has to reschedule a game, the first step is to contact the opposing coach. Once an alternate date is identified, it is the responsibility of the home team coach to see that necessary arrangements are made (fields and referees). Needs to be done one week ahead of time.

### **Concussion Policy**

If referee removes a player due to suspected concussion risk (e.g. impact to the head by ball, ground, goal post, player, etc.) all responsibility falls to the coach if player is allowed to reenter the game. Referee should report all concussion events on [www.ciysa.com](http://www.ciysa.com) contact link.

### **Heat (Hydration) Break**

At the discretion of referee if the conditions require a break within the half it shall be of a 4-minute duration. The referee should start his timer as soon as the players begin to leave the field. Play will resume 4 minutes after that.

### **Heading Policy**

In accordance with the 2015 U.S. Soccer Player's Safety Campaign, adopted by IYSA (Illinois Youth Soccer), and in turn adopted by CIYSA. No player 10-years old or younger will be allowed to head a ball in practice or game. Therefore, heading will not be allowed in our Division III (5<sup>th</sup>/6<sup>th</sup> grade) games. During the inaugural year (2016) of this ruling Refs should stop play when this is witnessed and warn the player.

Heading during practices in our Division IV (7<sup>th</sup>/8<sup>th</sup>) should be limited. Any player 10-years old or younger playing up in this Division should not head the ball. All liability incurred should reflect back on the coaches, parents, support-group that allowed this. CIYSA members and referees are not accountable.

### **7v7 Rules (These typically employed during our Spring Season)**

Due to a smaller goal and pitch, several rule of play revisions are necessary for this down-sized style of play. For the most part we kept in line with traditional short-sided rules.

- Game will be played on a field size of this dimension 55-65 yards (length), 35-45 yards (width).
- Goals should be no larger than 6.5 feet (height), 18.5 feet (width). Other "suggested" dimensions are in the included diagram.
- 2 25 minute halves with a 5 minute halftime.
- No off-sides
- Keepers are not allowed to punt the ball
- No slide-tackling (which is standard, but repeated)
- Kicker can't kick the ball over half-way line with goal kick
- Keeper can't throw the ball over half-way line when ball is in play
- No scoring allowed from own half
- 3 yards distance on every restart
- Substitutions on the fly, but must come from half-way line.
- *Indirect Kick-ins, not throw-ins, are typically a standard in this style play. We are allowing either.*

