

# CYO 1<sup>st</sup> & 2<sup>nd</sup> Grade Micro Soccer Rules

Revised August 2007

## Introduction

CYO micro soccer is intended to help young players develop their soccer skills, improve their fitness, and learn how to work with others as a team. The overriding goal is to *"let the children play and have fun!"* All players should have frequent opportunities to touch the ball and learn the wonderful game of soccer. Game scores or league standings are not kept in micro soccer.

## Micro Soccer Rules

1. The approximate dimensions for a micro soccer field are 30 yards long by 20 yards wide. The goal posts or poles should be 3 yards (9 feet) apart along the end line and equal distance from each sideline. If poles without a crossbar are used, the ball must pass below the imaginary line across the top of the goal pole (which should be approximately 5 feet high) to count as a goal.
2. **There is no goalkeeper in micro soccer. Any defensively positioned player should be encouraged to come out beyond the 6-yard goal area when the ball is on the other half of the field.** They also should be encouraged to come out to the midfield area to support the attack when the ball is near the opponent's goal and for corner kicks.
3. Teams play four players per side in 1<sup>st</sup> grade and five per side in 2<sup>nd</sup> grade. Team rosters should consist of between 9-12 players for 1<sup>st</sup> grade and 10-15 players for 2<sup>nd</sup> grade, if possible. Each player should receive equal playing time.
4. Substitutions should be made frequently during the game. Unlimited substitutions are allowed. Players should be rotated so they play different positions and with different teammates. To the extent practical, all players should play the same amount of time each game. Substitutions must be made when the ball is out of play and only with the verbal approval of the referee. Substitutions are approved at the discretion of the referee, and they may be disallowed should the official determine that a coach is using substitutions in a detrimental manner.
5. A game consists of **four 10-minute** quarters. There is a **two-minute** break between quarters. There are no time outs in soccer.
6. One team kicks off to start the 1<sup>st</sup> and 3<sup>rd</sup> quarters and the opposing team kicks off to start the 2<sup>nd</sup> and 4<sup>th</sup> quarters. The teams switch ends of the field at half time (not at the end of each quarter).
7. A #4 size soccer ball is used in both 1<sup>st</sup> and 2<sup>nd</sup> grade.
8. All players shall wear shinguards. No exceptions! Socks must be worn up and over the shinguards. All players shall wear footwear. A player may not play in their bare feet. A player shall not wear anything that may be dangerous to other players or themselves.
9. A kick off at center midfield is used to start each quarter and after a goal is scored. After a goal is scored, the team who was scored upon takes the kick off. At the time of the kick off, every player will be in his/her half of the field. Every player of the opposing team shall be five yards from the center mark. The kicker must move the ball on to the opposing team's half of the field (that is, the initial kick off can not be backward). The kicker shall not play the ball a second time until it has been touched by another player from either team.

10. A goal kick results when the ball goes completely over the end line having last been touched by an attacking player. A member of the defensive team kicks the goal kick from a spot near the goal and approximately 2 yards in from the end line. The ball is in play when it crosses outside the goal area.
11. A corner kick results when the ball goes completely over the end line having last been touched by a defensive player. A member of the offensive team kicks the corner kick from a spot within a one yard arc of the corner of the field nearest where the ball left the field. A goal may be scored directly from a corner kick.
12. A throw in results when the ball goes completely over the touch line (side line). The throw shall be taken from the point where the ball crossed the line by a player of the opposing team. The thrower must face the field of play and must keep both feet on the ground while releasing the ball. He/she shall use both hands on both sides of the ball to deliver the ball from behind and over his/her head.

If a foul throw is committed the referee or coach explains the correct method and lets the offender re-take the throw.

13. All rule infringements – such as tripping, pushing, or hand balls – result in an indirect free kick. There are no penalty kicks or direct free kicks in micro soccer. Goals cannot be scored directly off an indirect free kick; the ball must be touched by another player from either team before it crosses the goal line. Goals also cannot be scored directly from a goal kick, throw in, or kick off. If the ball goes completely across the goal line without being touched by a player other than the initial kicker on one of these set plays then the result is a goal kick for the opposing team.
14. Slide tackling is not allowed in micro soccer. If a slide tackle occurs it shall be considered dangerous play. The referee will stop play and instruct the player of his/her infraction and then award the opposing team an indirect free kick at the spot of the foul.
15. All players on the opposing team must be at least five yards away from the ball at the time it is first kicked on free kicks, corner kicks, goal kicks and kick offs.
16. Coaches are not allowed on the field of play. Coaches, players, and fans must remain on their respective sides of the field. No person is allowed behind the goal. Coaching from the side line is permitted as long as it is done in a civil manner and the tone of voice is informational and encouraging, not demanding or critical. Coaches are responsible for the conduct of their fans.
17. The home team is responsible for the following:
  - i. Ensuring a volunteer referee is available for the match who is familiar with CYO micro rules
  - ii. Providing a #4 size soccer ball in good condition to be used as the game ball
  - iii. Bringing a second set of shirts or different-color pennies for their team in case both teams have shirts or jerseys of the same color
  - iv. Providing goals and ensuring the field is ready for play