



C.S.A.L.

Soccer

Rules and Regulations

July 2026

Soccer Rules & Regulations

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I. ELIGIBILITY

- A. Participation is open to elementary students up to seventh (7th) grade.
No one above 7th grade are eligible to participate in CSAL Athletics.
- B. Home Schooled and "Virtual" students are not eligible to participate in CSAL Athletics.
- C. Suspended Students
NO suspended student is allowed to play on the day he/she is suspended. It is highly recommended that a student be in school at least a half day to be eligible to participate in a game.
Exception: An extreme circumstance can be waived by the principal.
- D. Boys are not eligible to participate in a Girls' sanctioned sport including, but not limited to:
Girls' Volleyball, Girls' Basketball, Girls' Flag Football, Girls' Cabbageball
- E. Girls are not eligible to participate in a Boys' sanctioned sport including, but not limited to:
Boys' Basketball, Boys' Volleyball, Boys' Cabbageball
- F. Junior / Senior Teams
 - No player is allowed to participate on both the junior AND senior teams
 - Juniors are allowed to play on a senior team, but may not participate on both teams.
Their name may not appear on both the junior and senior team rosters.
 - Schools are allowed to enter more than one junior and/or senior team.

Juniors – 4th, 5th, and 6th graders. Open to all students who have not reached their 12th birthday before or on September 30, 2026.

1. 6th graders may participate on EITHER the junior OR senior team, BUT not both.
2. It is strongly advised that 4th graders NOT participate on a senior team unless:
 - a. The school does not have a junior team
 - b. The 4th graders are necessary in order for the school to Enter a senior team.

Seniors - 6th and 7th graders. Open to all students who have not reached their 14th birthday before or on September 30, 2026.
6th graders may participate on EITHER the junior OR senior team, BUT not both.

- G. **Developmental** – 4th graders ONLY. Schools are encouraged to incorporate a team comprised of only 4th graders (non-competitive)
 - By sport, schools will report to the Co-Commissioner their intention of having a fourth grade developmental team.
 - The Co-Commissioner will put these schools in touch with other to organize their own "league"
 - The fourth grade developmental league will not participate in CSAL competition.

II. INELIGIBLE PLAYER

An ineligible player is one not eligible to participation in competitions for reasons in violation of the CSAL Rules and Regulations.

- If the ineligible player is detected before participation,
No penalty. The error is corrected and the player is then eligible.
- If the ineligible player is detected once participated in regular season play,
 - The player is suspended from participation in any capacity for that league
 - The player may not be transferred to another team.
 - Any team using a player who is ineligible shall lose all contests in which the player participated.
- If he ineligible player is detected during playoffs,
 - The team shall lose the game in which the player is detected.
 - The game will be awarded to the team that originally lost the game and that team will automatically advance. .

III. UNIFORMS

- A. Uniform shirts of the same color and numbers are required.
 In Basketball no number higher than 5 is valid
 When reordering jerseys, schools are strongly encouraged to provide numbers on both the front and back of the jersey.
- B. All uniform numbers must be screened on. NO homemade, taped on, or numbers put on by a marks-a-lot will be allowed.
- C. Teams without uniform shirts, where required, will forfeit the game.
- D. Skorts, skirts, or "Lululemon" type shorts are not allowed.
- E. Shorts may not have pockets
- F. All players must wear shoes at all times. Rubber soled shoes with rubber or plastic cleats may be utilized. No Metal cleats or metal-post shoes.
- G. No jewelry.

NOTE: On the official score sheet the player's jersey number (not the name) identifies that player.

IV. EQUIPMENT

- A. The Athletic Director of each school is responsible for providing their coaches regulation equipment as designated by the specific sport rules and regulation guidelines.
- B. Coaches are responsible to bring with them to each athletic event:
 - Their team roster (a list of team players including jersey numbers)
 - A game line-up
 - A copy of the rules for that specific sport.
 - A score book (or score sheets)
 - Someone to keep score
- C. The Ball
 Each team will provide a game ball.
 - Junior team players will play with a size 4 ball
 - Senior team players will play with a size 5 ball

NOTE: NO HEADING IS ALLOWED

- D. Teams should have bibs or practice vests (pinnies) in case both teams have the same color jersey. The home team is responsible for changing.
- E. Teams should have first aid kits and ice on their sideline.
- F. Players are prohibited from wearing or using audio or video devices during the game
- G. Coaches and school personnel are prohibited from filming games due to Archdiocese regulations

V. TEAM SIDELINES

- A. The location of each team's sideline shall be designated by the facility arrangement.
- B. Only coaches and players are allowed on the team sidelines.

VI. SUPERVISION

A. Faculty Representative

It is strongly encouraged that a school/faculty representative (other than the head coach) be on site for all CSAL events. The representative is responsible for the conduct of the team players, coaches, and spectators. Noncompliant behavior must be reported to the school's Principal and Athletic Director. Complaints will be handled on a case-by-case basis between the school principal and the Co-Commissioners.

Failure to have a faculty representative in attendance may result in a \$20 noncompliant fee being assessed to the team.

B. Coach

It is required that every CSAL team competing be accompanied by a coach who will be responsible for the team's conduct.

1. Coaches who are not of adult age (21 years of age), MUST have an adult with them on the team's sidelines. Absence of an adult supervisor will result in the team forfeiting.
2. Only one coach is allowed to enter into a discussion with the game official.
3. Coaches may not be on the field. Coaching from the sideline only. If a coach calls players to the sideline, they can huddle up 5 yards off the sideline, but ONLY the coach and the players on the field can be in the huddle.
4. Coach's Responsibilities
 - a. Carry with them a written team roster (a list of team players with jersey numbers)
 - b. Carry with them a copy of the rules.
 - c. Provide/assure regulation equipment as outlined in the flag football rules.
 - d. Report final game results to their Regional League Representative within 24 hours of game completion. Failure to comply with this rule may result in a team forfeit.
5. Coach's Responsibilities
 - a. Coaches are responsible to bring with them to each athletic event:
 - ✓ Written team roster (a list of team players with jersey numbers)
 - ✓ A game line-up
 - b. Provide regulation equipment as outlined in the soccer rules.
 - c. Report final game results to their Regional League Representative within 24 hours of game completion. Failure to comply with this rule may result in a team forfeit.

VII. TEAM PLAYERS

- A. Seven (7) players are required to start or finish a game.
- B. The maximum number of players per team is 11 (Goalie + 10 field players).
- C. Teams are Co-Ed and must have 3 girls on the field of play at all times, OR they play with less players. (Example – 0 girls = 8 players, 1 girl = 9 players, 2 girls = 10 players)
- D. Substitution
 1. A substitution can only be performed when the ball is not in play and your team has possession.
 2. Substitutions cannot be made when the ball is in play (even if your goalie has the ball in his/her hands...this is still in play).
 3. Procedure: Substitutions will be made from the mid-field point on the sideline. Players must be off the field of play before the substitute player enters the field of play. Players awaiting permission to enter the field will stand three (3) feet back from the sideline.
After moving into the designated midfield substitution area, players may make contact with Linesman or the Referee to request substitution at the next available time.

Unlimited substitutions may be made during the game at the following times with permission of the Referee:

- a. After a goal has been scored
- b. At the time of a goal kick by either team
- c. At the beginning of the second half or overtime period(s)
- d. At the discretion of the Referee in the event of an injury

No substitutions will be allowed for a player ordered from the field by the Referee for misconduct.

Team Players cont'd...

E. Injured Player

Any player injured during the game must leave the game for at least one possession, with the team putting in a substitute player. The injured player may then re-enter the game.

VIII. GRACE PERIOD

There is NO grace period for CSAL games, whether regular season or championship play. Teams, players and coaches, should arrive at the game site least 15 minutes prior to their scheduled game time. The host league coordinator will make a decision for those situations with extenuating circumstances.

IX. THE GAME

A. General

Federation International de Football Association (FIFA) Soccer Rules will be in effect with the following exceptions:

B. Game Time

1. Both the Junior Division and the Senior division will play two twenty (20) minute halves, Running time. Five (5) minute half-time
2. Overtime - In division play there is NO OVERTIME
3. Mercy Rule: 8 goals at halftime or when a goal differential of 8 is reached in the second half.

C. Pre-Game

Prior to the coin toss, game officials will perform a pregame uniform and equipment check to be sure all are in compliance with CSAL Soccer Rules & Regulations.

D. Coin Toss

The referee shall toss a coin before the game with the captain or coaches of opposing team.

E. After the coin toss, teams will gather mid field for a pregame prayer.

F. Standings

Games are recorded as follows: Win = 3 points, Tie = 1 point, Loss = 0 points.

G. Tie-Breaking

Tie-Breaking procedure for seeding

1. Results in head to head competition
2. Goal differential
3. Goals scored for
4. Goals scored against
5. Coin toss with representatives of both teams present.

X. THE RULES

A. STARTING THE GAME

The game begins at the center of the field. The team who kicks off passes the ball to a teammate at the referee's signal. The ball can be passed back at kick-off. The opposing team is not allowed to enter the center circle until the team kicks off.

B. GAME IN PLAY

As long as the ball stays in the field the game is in play. The only exception is when the referee blows his whistle for an infraction or offside. The ball is considered in play as long as it is inside the end lines and side lines. Furthermore, it's still in play as long as it has contact with the line.

Therefore, the ball may be touching the outer part of the end line or side line and still be considered in play (This applies if the ball is in the air as well). Contact with the goal post, corner flag, and referee back in the field is still considered in play. The referee is considered a fixture of the field.

The Rules cont'd....

C. GOAL

The point of the game is to get the ball in the opposing team's goal and the team with the most goals after the specified time is the winner. The ball must cross the goal line to be a goal. Therefore, if the ball is still in contact with the end line in the inner part of the goal it is not a goal.

D. NO HANDS

Only the goalie can use their hands. The definition for hand ball is any part of between your fingers (including the nails) to your upper arm. Your shoulder is actually legal to use.

NOTE: The goalie is not allowed to use their hands if the ball was kicked back to them intentionally by any of his/her teammates.

E. OUT OF BOUNDS

1. If the ball crosses the side line it is a throw in. The team who did not touch the ball last before the ball crossed the line gets the throw in.
2. If the ball crosses the end line two things may occur:
 - a. If the team that is defending that end line touches it out it is a corner kick.
 - b. If the team attacking that end kicks it out it is a goal kick.

F. OFF-SIDES

1. Only an attacker can be considered off-sides.
2. The off-sides rule does not apply to the team without the ball.
3. A player is off-sides then they are closest to the defending team goal or end line than both the ball and the opponent's second to last player when the ball is played (passed to or passed into an area in which the player engages in play).

G. FREE KICKS

There are two types of free kicks in soccer.

1. Indirect kicks are awarded for less violent or interruptions to the game. It is awarded at the spot the ball was last and does not need a referee's whistle to restart unless the attacking team asked for their 9.15 meters to the wall. The ball has to touch another player before it can directly be kicked into the goal.
2. Direct kicks, on the other hand, can be directly kicked to goal on the restart whistle by the referee. The 9.15 meters to the wall is also applied here.

H. PENALTY KICK

A penalty is awarded when the defending team commits an infraction or foul inside the 18-yard penalty box. The ball is placed on the penalty spot (12 yards from the goal line) and the shooter must kick the ball in one forward motion without touching the ball twice. The goalkeeper must remain on the goal line until the shooter strikes the ball.

I. THROW IN

When the ball leaves the field from the side or touch line it is a throw in. The sideline assistant referee signals whose throw in it is by pointing the flag to the direction that team is attacking. There are no off-sides on a throw in, and you can't score directly from a throw in.

On a proper throw in both feet need to have contact with the ground at the time of the throw. Also, the arms need to move from the back of the head to the front over the head. No side throws are allowed.

J. GOAL KICKS

A goal kick is given when the attacking team touches the ball last before it leaves the end or goal line. The goal keeper (or any other player on his team) places the ball anywhere in the goal area to restart play. The ball can be a simple touch to a teammate inside the 18 yard box. The opposing team is not allowed inside the 18 yard penalty box when the kick is taken.

K. CORNER KICKS

A corner kick is given when the defending team touches the ball last before it goes over their end or goal line. The corner kick is taken from the corner kick area. The ball needs to be on or inside the lined area. It is a direct kick so the ball can go directly in the goal without touch a person. The nearest defender needs to be at least 9.15 meters away from the corner.

XI. THE FIELD

- A. Standard soccer field dimensions are rectangular, and the width does not exceed the length.
 - 1. The width should not be any more than 80 yards or less than 65 yards.
 - 2. The length should not exceed 120 yards and should not be any less than 110 yards.
- B. The typical soccer field has dimensions of 75 yards by 120 yards.
- C. FIFA Standard requires a length between 100 and 130 yards and a width of 50 to 100 yards.
- D. Although these are the “official” soccer field dimensions, CSAL uses the school football fields, and adjust the field accordingly. Those dimensions are:
 - 1. The field shall be a rectangular area with
 - 2. Length – Sixty (60) yards
 - 3. Width – Thirty-five (35) yards maximum, Thirty (30) yards minimum
 - 4. End Zone – Ten (10) yards maximum, Five (5) yards minimum at the end of each goal line.
- E. The Goal
 - Minimum recommended goal size is 7' x 21'
 - Maximum recommended goal size is 8' x 24'

XII. DISCIPLINE / MISCONDUCT

- A. Coaches
 - It is the Coach's responsibility to maintain control of their team players, parents, and spectators.
- B. Referee
 - The referee has the obligation of enforcing infractions of the rules, as well as fouls and misconduct. Spectators and Coaches will be warned and/or ejected from a game by the Referee for interfering with play, abuse of a spectator, player, Coach, or game official. Abuse includes verbal, physical, or as determined by the Referee to constitute abusive, unsportsmanlike, instigating or dangerous behavior.
- C. Penalty
 - Red and Yellow Cards
 - 1. Any player or coach receiving one (1) red card or two (2) yellow cards in a game is banned for the remainder of the game and the entire next game.
 - 2. A second red card with the season results in a four (4) game suspension, or or suspension for the remainder of the season, whichever is less time.
 - 3. A player receiving a yellow card must leave the field and can be replaced by another player from the bench. The player may re-enter the game at throw in or at his/her team's next possession.

XIII. PROTESTS

- A. No protests are allowed on the referee's decisions; the referee's decisions are final during the course of the game.
- B. A protest may be placed if it is considered that a rule has been misinterpreted, the referee's decision is not agreed with, or the referee's decision is considered unfair.

A written protest, detailing the circumstances, must be sent to the CSAL Co-Commissioner before 5:00 pm the next working day, accompanied by a protest fee of \$50.00. The protest must be signed by the coach filing the protest, the principal, and the athletic director.