



# CATALYST

C A T H O L I C

## 3-8 SOCCER

Rules and Regulations

APPENDIX 15

Updated 03/26/24

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1. **Purpose** – Catalyst Catholic 3-8 Grade Soccer is a Co-Ed instructional league and is intended to teach the fundamentals of the game while promoting shared Catholic values.
2. **Eligibility of Participants**
  - a. **Affiliation Restriction** - All participants will be either or both: A registered member of the parish in which they are participating or an attendee of a parish school.
    - i. Participants may play for a different parish in the event that their home parish is not fielding a team.
  - b. **Grade Restriction and “Playing Up”**
    - i. Teams will be allowed to play players up if a parish does not have enough participants to field a team or if the players skill level warrants. This includes 2<sup>nd</sup> graders playing up on 3-4 grade team.
      1. Teams are limited to (3) players participating under the “Playing up” rule.
  - c. **Dual play** –
    - i. Participants may play for a public school team and a parish team at the same time.
    - ii. Participants may play for a club team and their parish team at the same time with the understanding that their Deanery team is first priority.
    - iii. Participants may play for only (1) parish team during the season.
    - iv. Schools may play up to (3) dual rostered participants on two teams at the same parish. These participants need to be acknowledged on the rosters before the season begins.
3. **Coaches** - All parish coaches will be appointed at the sole discretion of their respective parish.
  - a. **Age Restriction**
    - i. Head coaches must be (21) years or older.
    - ii. Assistant coaches must be (17) years or older.
  - b. **Compensation** - Coaches will receive NO compensation.
  - c. **Gifts and Awards** - Coaches may not exceed a spending limit of \$10 per participant for coach sponsored awards and recognition.
  - d. **Training Requirements**
    - Background Check
    - Safe and Sacred online training
    - Coaches Orientation
    - Concussion Awareness online training
  - e. **Policy Violations** - Violations of Deanery Policy and of the “Catalyst Catholic Coach’s Code of Conduct” can result in penalty, suspension, or expulsion from league play by the Director of Athletics.
4. **Practice and Contest Guidelines**
  - a. **Liturgical Exclusions**
    - i. Practices and contests may NOT be scheduled that conflict with Sunday Mass times for a parish team on their parish campus.
    - ii. Practices and contests may NOT be scheduled during the Easter Triduum: *Holy Thursday, Good Friday, Holy Saturday and Easter Sunday*

- iii. Practices and contests should be limited for observation of the following Holy Days: *The Feast of Mary, Ash Wednesday, Ascension Thursday, The Assumption of Mary, All Saint's Day, The Feast of the Immaculate Conception, and Christmas.*
  - b. **Touch Guidelines** - Practices will not exceed
    - a. 7-8 (4) per week for (2) hours for each practice session, totaling (8) hours weekly
    - b. 5-6 (3) per week for (2) hours for each practice session, totaling (6) hours weekly
    - c. 3-4 (3) per week for (1.5) hours for each practice session, totaling (4.5) hours weekly
  - ii. Practices are defined as chalk talks, film viewings, practice games, inter-parish/public school scrimmages, regularly scheduled practice time, or scheduled games, meets, or matches.
  - iii. Practices will conclude no later than 9:00 pm.
- c. **Contest Guidelines** - The season will consist of (6-8) regular season games.
  - i. Game start times will be scheduled as follows:
    - Saturdays 8:00 am – 8:30 pm
    - Sundays 1:00 pm – 8:30 pm
    - Weekdays 5:30 pm - 8:30 pm
  - ii. Teams may participate in outside games and scrimmages with other area schools if they do NOT conflict with Deanery games or be scheduled after the end of the Deanery season.

## 5. Team Structure

- a. **Team Size** - Parishes may submit:
  - i. 7-8 grade max 21 participants per team
  - ii. 5-6 grade max 16 participants per team,
  - iii. 3-4 grade max 14 participants per team.
  - iv. A parish may submit multiple teams.
- b. **Cuts** – NO cuts may be made.
- c. **Rosters** - Rosters (complete with participant's first name and last name) need to be submitted to the Director of Athletics a week before games begin.
  - i. No participants may be added to a roster after games begin without approval of the Director of Athletics.
- d. **Stand in players** - A stand in player rostered to another parish team may be used if the following conditions are met. The use of stand-in players will result in a forfeit.
  - The game will be delayed if a stand in player is not used.
  - Both head coaches have been notified that a stand in player will be used.
  - Officials have been notified that a stand in player is being used.
  - Notification has been provided to the Director of Athletics either by text or email prior to conclusion of the game.
- e. **Organizational issues** – Organizational issues must be brought to the Deanery Athletic Committee or the Director of Athletics prior to the start of the season for approval.
- f. **League Assignment**
  - i. Teams will be combined into (1) league.

## 6. Game Specifics

### a. Game Play –

- i. 7-8 teams will play (11) versus (11) and must start with at least 9 players but may finish with less.
- ii. 5-6 teams will play (9) versus (9) and must start with at least 7 players but may finish with less.
- iii. 3-4 teams will play (7) versus (7) and must start with at least 5 players but may finish with less.

### b. Ball Size –

- i. 7-8 size 5
- ii. 5-6 size 4
- iii. 3-4 size 4

### c. Field Size –

- i. 7-8 110yd X 65yd
- ii. 5-6 75yd X 47yd
- iii. 3-4 47yd X 30yd

### d. Goal size –

- i. 7-8 8ft X 24ft
- ii. 5-6 7ft X 21ft
- iii. 3-4 6.5ft X 18.5ft.

### e. Equipment –

- i. Shin guards – all players are required to wear shin guards that are covered completely by socks.
- ii. Cleats – Cleats are not required but if worn must be absent a toe cleat.

### f. Uniforms – Numbered uniforms with parish logo are required for all participants.

## 7. Game Protocol

### a. Prayer – All matches will begin with prayer by the announcer or assigned volunteers.

### b. Playing Time – Games will be allotted 7-8 (1.5) hours for field time, 5-6 (1.25) hours for field time, 3-4 (1) hour for field time.

- i. 7-8 Games will consist of two (25) minute halves with (7) minute allotted between each half.
- ii. 5-6 Games will consist of two (25) minute halves with (7) minute allotted between each half.
- iii. 3-4 Games will consist of four (10) minute quarters with (2) minute allotted between quarters.
- iv. **Overtime** – NO overtime will be played in the event of a tied score when game time expires.

### c. Fair Play Rule – Participants will be allotted a minimum of (10) minutes per game.

1. The fair play rule could be affected by participant injury or disqualification of participant by officials.
2. Parishes reserve the right to not play a participant that is at risk of injury, due to behavioral or academic issues, or due to lack of attendance at school/practice.
3. Playing time should be equally distributed among participants.

- d. **Scoring** – Scores will be kept in all games and transmitted to the Director of Athletics by the head coach after games end to discourage score running and team ranking.
- e. **Substitutions** – Either team may substitute any unlimited number of players from the bench at the official's discretion for throw ins, goals, goal kicks, and corner kicks as long as the substitute has presented themselves mid-field.
- f. **Standings** – NO standings will be kept.
- g. **Mercy Rule** – During the (4) quarter, if a team obtains a lead of (10) goals or more, the game will end.
  - i. Games ending by mercy rule will be reviewed by the Director of Athletics for possible policy violations.
- h. **Forfeiture** – If a team is unable to start a match due to the lack of players, coaching staff, or other reasons the game will be deemed a forfeit. A team may finish with less than minimum listed below.
  - i. A team will be awarded a (10) minute grace period from the scheduled start time of the game before a forfeit is declared.
  - ii. Scores for the match will be recorded as a loss for the forfeiting team and as a win for the aggrieved team.
  - iii. The forfeiting team's parish will be assessed a \$50 penalty fee to cover officiating and administrative costs.

8. **Championship Play** – 7-8 and 5-6 grades only

- a. **Fair play rule modification** – Fair play rules do not need to be observed during post season tournament play.
- b. **Seeding** – Tournament seeding will be completed after final regular season game has been given to Director of Athletics. Teams will be seeded in the following order:
  - i. Overall win/loss record
  - ii. In the event of a tie, head to head match up between the tied teams.
  - iii. In event of a tie, record vs. top-3 teams
  - iv. In event of a tie, fewest points allowed
  - v. In event of a tie, coin toss.
- c. **Awards and Recognition**
  - i. **Team Trophy:** Tournament champion and runner up
  - ii. **Medals:** Tournament champion and runner up.

9. **Officiating**

- i. **Officials** – Games will be assigned 7-8 (2) sanctioned official, 5-6 (2) sanctioned official, 3-4 (1) sanctioned official. Scheduling of officials will be done by the Director of Athletics

- ii. If an official has not arrived by (5) minutes prior to game time, please call Raymond Zoeller 502 649 2906
- iii. Games may begin with only (1) official present if both head coaches agree.

10. **Catalyst Catholic Policies**

a. **Weather Policy**

- i. Indoor practices and games may be conducted at a hosting parish/school during adverse weather conditions.
- ii. Inquiries about adverse conditions and possible cancellation should be directed to the Catalyst Catholic athletics website at [catalystcatholic.org](http://catalystcatholic.org), by contacting Raymond Zoeller at 502 649 2906, or by contacting your Parish Athletic Director.
- iii. Soccer games and/or practices will be played regardless of weather conditions except in cases of lighting strikes or extreme heat.
  - 1. Lighting strikes will delay play by (20) minutes after the last lighting strike is seen.
    - a. Players, coaches, and spectators should take appropriate shelter during a delay.
  - 2. Games and/or practices will be canceled if the heat index exceeds 103 degrees Fahrenheit.

b. **Cancellation Policy**

- i. Game cancellations, **prior to the beginning of games**, will be at the sole discretion of the Director of Athletics.
  - 1. Cancellations will be announced (1) hour or sooner prior to game start time and publicized to Parish Athletic Directors and on Facebook.
- ii. Games **may or may not be canceled** in the event that school is canceled due to weather.
- iii. For severe weather conditions, officials will make a determination if play will be able to continue or if the game will be called and communicate that decision to coaches.
  - 1. If a game has concluded by half its scheduled time when a weather delay occurs, that game will be deemed complete and the score will stand as is.
  - 2. If a game has **not** concluded by half its scheduled time when a weather delay occurs, attempts will be made to reschedule the game.

c. **Rescheduling Policy** – Every attempt to reschedule games canceled due to weather will be made but cannot be guaranteed.

- i. Forfeited games will not be rescheduled.

11. **Rules and Regulations**

- a. Raymond Zoeller, the Catalyst Catholic Director of Athletics, can determine additional procedural questions or rules interpretation and can be contacted at 502 649 2906.

## 12. Exemptions and Modifications

- NO Slide Tackling allowed for 3-4 grade.
- No headers 5-6 grade and 3-4 grade