

Catholic Elementary Soccer League

For 5th, 6th, 7th and 8th Grade Leagues

Wednesday, September 12, 2007

1. The Catholic Elementary Soccer League (CESL) shall consist of Catholic parish school teams that are members of the Grand Rapids Area Catholic Elementary Athletic Council (GRACEAC). No CCD students. Players must be enrolled in a GRACEAC Member School.
2. All other GRACEAC Handbook rules and regulations apply.
3. All other game rules will be according to the National Federation of High School Rules.
4. Each participating school must have a roster complete with: players' names, birth dates, and grades; coach's name, address, and phone numbers; and school name. This roster must be signed by the school principal and submitted by the athletic director to the league president before the second scheduled league game.
5. The team listed as the home team for each contest will bring all student/athletes to the middle of the field and lead the group in prayer.
6. Opposing teams and coaches will meet immediately following the game at the center of the field to shake hands in demonstration of good sportsmanship.

Mergers

7. Schools requesting a merger should do so any time after August 1st by referring to the following guidelines:
 - a. Schools shall not practice together prior to approval of their merger request by the league president. Violations shall be reported to the league president.
 - b. A principal or athletic director may request a merger. Coaches must seek approval through their school principal or athletic director for a merger request. Coaches may not request a merger.

Practice

8. Practices may begin on the Monday during the week of August 15th. (* Rule P)
9. All teams are limited, per week to:
Pre-Season: 10 hours - 5 practice Season: 6 hours -3 practices
Practice time shall be limited to two hours per day. Coaches are encouraged to cut time for practice and number of practices when there is an opportunity to do so. (* Rule G)

7th and 8th Grade Tournament

10. CESL Regular Season Standings and CESL Tournament Seeding
 - A. The league regular season point system to determine regular season standings and tournament seeds will be two points for a win and one point for a tie. Regular Season Champion will be based on most points. If a tie occurs, head to head will be the tie-breaker. Otherwise, the teams will be co-champions.
 - B. Teams will be seeded for the City Final Cup based on regular season final point standings. If there is a tie for a tournament seed the goals scored vs. goals allowed differential will be used to seed teams.

11. There will be a league tournament at the end of the regular season for all 7th and 8th grade teams. There will not be a tournament for 5th and 6th grade teams.

12. No Team or player can play more than two games in one day for the Tournament Cup.

Game Eligibility and Minimum Playing Time

13. Failure to field six players at the scheduled time will result in a forfeited game and the opposing team shall be considered the winner by a score of 1-0. Forfeit time is scheduled start time plus 10 minutes.

14. To insure total participation, it shall be mandatory that each student/athlete participate a minimum time per game of 15 minutes for a 5th/6th grade team. For the 7th/8th grade, the minimum is 17.5 minutes per game.

Game Rules

15. No team or player may play in more than one GRACEAC regular season contest per day.

16. Games will follow one of two formats: Format for season shall be decided at the coaches meeting prior to the season, on vote per team, simple majority decides. Decision is subject to review and vote by GRACEAC Board.

-11 v 11 rules: ten players plus goalkeeper. Team must have 8 players to begin a contest.

Or

-8 v 8 rules: seven players plus goalkeeper. Team must have 6 players to begin a contest

17. Field Size shall be:

- 100 yards by 50 yards for 11 v 11

Or

- 75 yards by 50 yards for 8 v 8

18. Game Ball Size

A. A number five (5) ball will be the official size game ball for 7th/8th grade games

B. A number four (4) ball will be the official size game ball for 5th/6th grade games.

19. Game Times

A. 5th/6th grade games will have two 30-minute halves with a five minute halftime.

B. 7th/8th grade games will have two 35-minute halves with a five minute halftime.

20. For all games, there will be a running clock. No time will be added for interrupted play or delay of game. The game clock may be stopped at the discretion of the referee in the event of an injury.

21. Substitutions

A. A team may substitute at regular substitution opportunities.

B. For 7th/8th grade games, a substitute may be put into the game to replace an injured player when play has been stopped.

To a yellow carded player or at any time the substituting team has the ball. Coaches must have substitutes ready on the sideline to avoid unnecessary game delays. There will be no mass substitution break.

22. Coaches and teams must coach from the sidelines on the same side of the field between the center of the field and the goal line. Fans and spectators must sit or stand opposite the side from the players and coaches.

23. No players, coaches, or spectators may stand behind either goal line.

24. Each game will attempt to use a two referee system and not require any volunteer lines people. When only one referee is available each team must supply a linesperson. The linesperson will determine when the ball is out of play and which team has possession. The referee will make all offside calls.

25. A defender may kick the ball back to their goalie but the goalie may not pick the ball up with his/her hands. If the goalie does pick up the passed ball, an indirect kick will be awarded to the opposing team from where the goalie picked up the ball.
26. When a team has a five goal lead the coach must take appropriate action to prevent the leading team from running up the score. This means reassigning their forwards to defense and substituting less skillful players. Failure to do so will result in a yellow card to the coach. .
27. Any coach yelling or complaining to the referee's will be yellow carded immediately. Two yellow cards are an automatic red card and game ejection for the remainder of the game.
28. If a player or coach receives two yellow cards during the same game they automatically are to receive a red card and be ejected from the game and field. Profanity, slide tackling and goalie roughness are some causes for these cards. A player or coach issued a red card during a game will also sit out the next scheduled league or tournament game.
29. There are no overtime playoffs in case of a tie during the regular season. Tournament games ending in a tie will be played off as follows: a shootout with each team selecting five players. Remaining players must be seated behind the shooting players and remain quiet during each teams alternates shooting a PK shot on goal. Whoever scores the most after five goals is the winner. If still a tie after the shootout a Sudden Death shootout will take place. This means if team A's player scores on the first shootout attempt and team B's players misses their first shootout attempt the game is over and team A wins. If both teams score on the first shot then each team shoots a second shot. If Team A scores on the second shot and team B misses the game is over and Team a wins. We must do shootouts because of limited time between games during our tournament.

Player Safety and Injuries

30. An unconscious or apparently unconscious player, as determined by the game officials, will Be removed from the game by the official. The player may not return to *any game or practice*, without written authorization from a physician (M.D. or D.O.). This authorization must be given to:
- A. the game of official prior to the player's return, if for the same game.
 - B. the Athletic Director before practicing again.
31. A player who is bleeding, has an open wound, or has any amount of blood on her uniform must leave the game. The game official will stop the game and allow the coach one full minute to bring in a substitution. The affected player must sit out until the bleeding has stopped or uniform is free of blood before returning to the game. Bleeding or blood is any amount on the uniform or skin that can be transferred to a player, opponent, or official. The player may not return until the bleeding has stopped, and if necessary, the affected area covered. If the player has any amount of blood on her uniform, the uniform must be changed. Coaches are encouraged to have extra shorts, jerseys, socks, etc. for the player to change into. Inexpensive numbered t-shirts can be used as long as they are of a similar color as the game jersey.

Inclement Weather

32. Coaches will be notified of cancelled games due to inclement weather if decided prior to the end of the school day. If school is cancelled games may still be played. Coaches or athletic directors should call the GRACEAC hotline for further information regarding game status.
33. Lightning, tornadoes, hail, or gale winds will result in a delay of game. Players, coaches, fans and officials are to seek cover in a building or car immediately. No discussion. Lightning is lightning. Thunder is thunder. Game delays more than 30 minutes will result in a cancelled game. If a game is called by the referee due to inclement playing conditions, the game shall be considered completed if half the game has been completed, except in the case of a tournament game, which shall be played in full. Games stopped prior to an entire half being played, shall be played over in its entirety at a time and field mutually agreed on by the league president and coaches.

