

# St. John's CYO Intramural Soccer – Division Guidelines

## Micro Division (Kindergarten):

- 3 vs 3 on a field 30 yards long by 20 yards wide
- 5-minute rotations (we try to get 8-9 per hour). Substitute after each rotation.
- No offsides
- Goalie can use hands within the 5-yard area designated on the field.
- Goalie is encouraged to come out of the box and dribble down the field..
- Players are rotated so everyone plays "goalie" sometime during the season/game.
- "Free" kick into a teammate when ball is out of bounds or after a goal.

## Super Micro Division (1<sup>st</sup> Grade):

- 4 vs 4 on a field 35 yards long and 22 yards wide
- 5-minute rotations (we try to get 8-9 per hour). Substitute after each rotation.
- No offsides
- Goalie can use hands within the 5-yard area designated on the field.
- Goalie is encouraged to come out of the box and dribble down the field..
- Players are rotated so everyone plays "goalie" sometime during the season/game.
- "Free" kick into a teammate when ball is out of bounds or after a goal.

## Novice Division (2<sup>nd</sup> and 3<sup>rd</sup> Grades):

- 7 vs 7 on a field 60 yards long by 40 yards wide
- 20 minute halves.
- Substitutions made when the ball is out of bounds. Players should ask for permission to substitute.
- "Flagrant" offsides will be called.
- Goalie can use hands in the box designated on the field.
- No direct penalty kicks. All kicks are indirect.
- If a throw-in is done incorrectly, it can be taken over. Referee and coach are encouraged to instruct players on correct procedures.
- Players are rotated so they get to play different positions during the season/game.
- See this link for a suggested [Novice Player Position Information & Layout](#) handout (even for parents).

## Junior Division (4<sup>th</sup> & 5<sup>th</sup> Grades):

- 11 vs 11 on the Junior field, which is 90 yards long by 50 yards wide. If a team does not have enough to field 11 players, then "match" play (8 vs. 8, 9 vs. 9, etc.) is instituted as determined by coaches.
- 30 minute halves
- Substitutions are made when ball is out of bounds. Player should request permission to substitute.
- "Flagrant" offsides will be called.
- Goalie can use hands in the box designated on the field.
- Players are rotated so they get to play different positions during the season/game.

## Interleague Division (6<sup>th</sup> Grade and above):

- 11 vs 11 on the Junior field, which is 90 yards long by 50 yards wide. If a team does not have enough to field 11 players, then "match" play (8 vs. 8, 9 vs. 9, etc.) is instituted as determined by coaches.
- Games are played on Sundays.
- Away games require travel but the distance is not extensive.
- 40 minute halves
- Substitutions are made when ball is out of bounds. Player should request permission to substitute.
- Offside will be called.

There are 4 positions the kids will get to learn playing at our Novice level:

*Emphasize that they should stay in their positions, up and down the field, and pass the ball...*

### Offensive players:

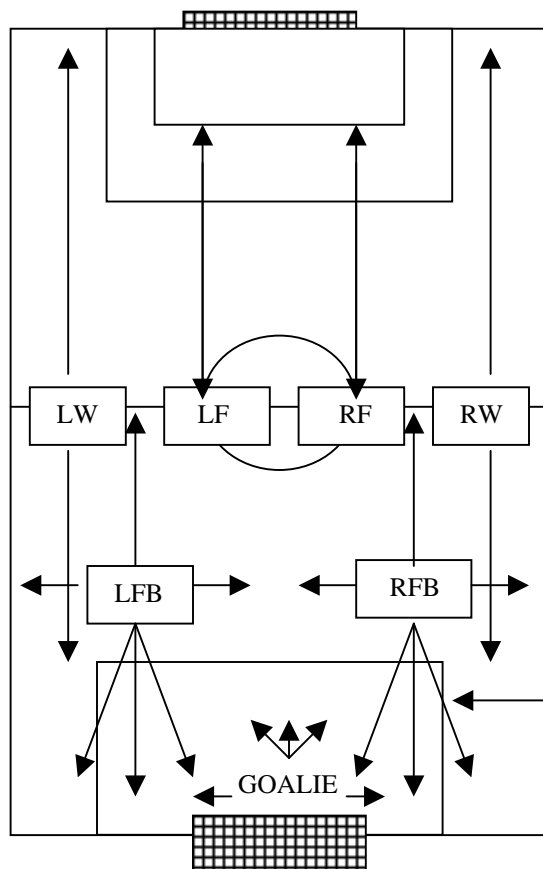
**Forwards** – left side and right side – their job is to stay near the center of the field (on their assigned side - left or right) and on the offense half (on the side where are trying to score on) of the field, bring the ball up, pass, and score.

**Wings** – left side and right side - their job is to be on the outside of the center forwards (left and right) to bring the ball up, pass and score **but** they also have the added job of running back to assist on defense.

### Defensive players:

**Fullbacks** – left side and right side – their job is to *challenge* the other team's player with the ball, take the ball away from the other team and backup the other fullback and goalie.

**Goalie** – defend the goal – they can use their hands and feet to keep the ball out of the goal. They can **ONLY use their hands in the goalie's box.** When they get the ball they can kick or throw the ball to the side that is CLEAR and has one of our players ready.



During the course of the season we will be covering:

- Throw-ins
- Corner kicks
- Goal kicks

Ask our players to explain it to you.

**Goalie box** – only the goalie uses his/her hands in this box. The goalie is allowed out of the box but he/she can't use their hands when outside the box.