



CATHOLIC ATHLETIC ASSOCIATION

2026 CAA SOCCER RULES

Minnesota State High School League rules govern all play,
except for these CAA rule revisions.

- Boys and girls in all age divisions play 11 vs 11.
- The CAA will provide a referee for each game.
- Both teams must furnish an acceptable game ball for each game.
 - 7/8 grade divisions use a size 5 ball
 - 5/6 grade divisions use a size 4 ball
- Playing time for all regular season 7th and 8th grade teams will be two 30-minute running time halves and a five-minute halftime.
 - 5th and 6th grade teams will play two 25-minute halves and have a five-minute halftime.
 - No overtime periods during the regular season.
 - A tie is a tie.
 - League standings will be determined with two points for a win, one point for a tie, and zero points for a loss.
 - Winning team must report the final game score to the CAA, on the Score Reporting web form: <https://stpaulcaa.org/forms>
- Headers and slide tackles are allowed. Calls will be made erring on the side of player safety.
- Substitutions can be made by either team on any goal kick, or after a goal is scored. Substitutions can also take place from the team in possession of a throw in (the opposing team may substitute when it is not their throw in IF the team in possession is subbing. There is NO subbing on corner kicks.
- CAA Playoffs Overtime and Weather Rules
 - Play two 5-minute extra time (no golden goal). Switching ends after the first 5 minutes
 - If still tied following extra time, 5-person penalty kicks
 - If still tied after 5-person penalty kicks, each team kicks 1 until the tie is broken
 - No Player may re-kick until all the players who were on the field at the end of the second overtime period have had a chance to try a kick (substitutions will be allowed at the end of the game). Kicks alternate with starting with the winner of a coin toss to determine who goes first.
 - Post season suspended games before the completion of the first half or are tied at the point of suspension shall be replayed from the point of suspension. Any game suspended after half time, not tied, will be considered a completed game.

- All players must be students at the school he/she represents.
 - If your school has more than one team registered in the CAA, players are to play on one team only.
 - Any player who plays on a ninth grade, tenth grade, junior varsity or varsity high school soccer team shall be ineligible for CAA play.
- The CAA will only accept protests pertaining to misinterpretations of the rules. The judgment of an official shall not be grounds for protests or appeals.
- Mandatory equipment: each player must have the same colored and numbered jersey except for the goalie, whose jersey must be a different color than both teams.
 - Players must wear shin guards.
- Any player or coach ejected from a game by an official will be suspended from their next CAA game and may face severe reprimand depending on the circumstances of the ejection.
 - Following a second ejection, the player or coach must come before the CAA Board to explain his/her actions prior to returning to CAA games. See the Code of Conduct on this website.
- The CAA reserves the right to make exceptions to the above rules. Any situation that arises and is not covered in the above rules will be decided by the CAA Athletic Committee of the Board of Directors.
- Please remember we are guests of several area schools and recreation centers. We do not want to lose the use of these fields due to the actions of a few inconsiderate individuals. Please clean up clothing, gear, bottles, cups, and litter generated by your team and spectators.

CAA Head Soccer Officials:

Tim Hannon (612) 965-6695

Gianluigi Veglia (612) 437-0105