

# TVYSL League Handbook 2023

- League Philosophy:** The Tualatin Valley Youth Soccer League or TVYSL has a mission of providing a safe, sustainable, organized and ethical league where the youth can participate in Recreational Soccer. The league is intended for Developmental or Recreational level teams.
- Play Dates:** Spring League begins the Saturday after Spring Break. For 2023 it's April 8th - May 20th & June 3rd will be used if there is an odd # or for make up games. Fall League play begins the first Saturday after the Labor Day weekend, through early November. For 2023 it's September 9th - November 4th.
- Game Days:** Spring games are all on Saturdays.  
Fall Games for Kinders will be on Thursday evenings.  
Fall Games for 1st through 8th will be on Saturdays.
- Number of Games:** Spring: 7 games for all grades  
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Fall: Kinder - 3rd grade            8 league matches  
Fall: 4th through 8th grade        2 game jamboree and 8 league matches.
- Registering Teams:** Team Registration: <https://forms.gle/ojEkdEu3q7pgSzaM7>
- Player Cards / Rosters** Teams are not required to present cards or rosters at games. However all players must be registered with a Member Club and Oregon Youth Soccer Association (OYSA). All head and assistant coaches must complete a background check with OYSA, be SafeSport certified and have concussion training.
- Guest Players** Guest players are allowed but they must be from the same Club and registered with OYSA. Girls may play on boys teams. Boys may not play on girls teams.
- Fields:** Games will be played throughout the Tualatin Valley, to include St. Helens, Scappoose, and the Tillamook areas. All teams will be required to provide home fields for at least half of their games.
- Referees:** Referees will be coordinated via the certified TVYSL referee assignor. Respective clubs will be billed at the end of the season for all referee fees for home field assignments. To continue the training of younger referees, TVYSL will coordinate mentors to attend games when available or when required. These mentor fees will be billed to the home team, and a report will be available when requested. are to be paid by the Home Team with each team being responsible for ½ of their games referee fees. Referees should be scheduled for all 2nd grade and older games.
- For Kinder/1st grade teams, coaches are asked to split the time as referee.

Schedules: Schedules will be available to each team in their TeamSnap app as well at <https://www.hillsbororush.org/tualatin-valley-youth-soccer-league/>

Game Day Hotline: TVYSL game day hotline is available to assist with Field issues. Cell #559-772-5919.

## TVYSL COVID-19 Health and Exclusion Policy (updated 8/01/22)

In accordance with [Washington Co Health Department](#)

**Effective Date: 03/15/2022**

### Isolation and Quarantine Guidelines

#### **If you have symptoms of COVID-19**

Stay home if you have COVID-19 symptoms, stay away (isolate) from others, and get tested. Tests are easy to find now. Visit our testing page for options.

#### **If you test positive for COVID-19**

- Isolate at home for five days regardless of your vaccination status. Separate from other family members, staying in a separate room and using a separate bathroom if possible.
- If you have no symptoms or your symptoms have resolved after five days, you can leave your house.
- Continue to wear a mask around others for five more days.
- If you have a fever, continue to stay home until your fever resolves; this is without having taken medicine for 24 hours.
- Also, stay home until your other symptoms are improving.

#### **If you were exposed to someone with COVID-19**

- You do not need to stay home (quarantine) unless you have symptoms. This is new Oregon Health Authority guidance and applies whether you are vaccinated or not. This guidance may be updated for new variants and changing conditions.
- Watch for symptoms for ten days. If you develop symptoms, stay home, isolate yourself from others and follow the advice above.
- Consider wearing a mask around others. This is especially important if you are going to be around people who are at higher risk for severe disease. Also, consider delaying visits to those who are at risk for severe disease.

#### **If you were exposed and live or work in a high-risk setting**

The OHA guidance above applies to the general population including schools and childcare facilities. OHA still recommends quarantine for some people who live and work in settings where there is a high risk of transmission and severe disease. This includes jails, health care facilities, long-term care and some congregate living settings.



Together we can reduce the risk of spread of COVID-19 and help keep youth sports on the field! Thank you for your cooperation! Hillsboro Rush

# TVYSL Rule Updates & Highlights

## SPRING 2023

A note about the rules - The rules of soccer are set forth in a document called the FIFA Laws of the Game. TVYSL follows these rules except for modifications that have been made to account for the recreational spirit of our league and the age of our players. For example TVYSL strictly prohibits slide tackling for any and all grades levels. If you have any questions about how these rules apply, please contact your coach or member club. The intent of the rules are to provide a safe and healthy environment for youth to culture a love of the game of soccer.

1. **Sideline Behavior for Coaches, Players and Parents** - good conduct by coaches, parents and children is an extremely important part of the soccer program. The referee is responsible for calling the game, but the coach is responsible for the behavior of team members and spectators. Neither the referee nor the players should be subjected to negative comments from anyone. Please remember that most of our referees are learning as they go and with the right support will continue to expand their knowledge of the game of soccer and support it for years to come.

**Remember:** This is a recreational league, not competitive. The objective is to learn the game and to have fun!

2. **Formation of Teams** - All players will play on a team that is proper for their age in school. TVYSL clubs will manage player placement issues and have the final say in this.
3. **50% Playing Time Rule** - All players are entitled to play at least one half of each game (50%) for which they suit up. TVYSL understands that sickness, injury, failure to make practice, or disciplinary action, may be the cause for an individual to play less than the mandated playing time.
4. **No Headers for Kinder through 6th grade.** As part of the US Soccer Initiative, it is recommended that players 10 years old and younger be prohibited from heading the ball in practice and games. If a player deliberately heads the ball in a game, an indirect free kick (IFK) should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the

indirect free kick shall be taken on the goal area line parallel to the goal line at the point nearest to where the header occurred.

**5. US Youth Soccer small sided game formats will be used.**

**Oregon Youth Soccer Association** - Small Sided Games Reference Document

**Age Group Format Recommended**

Kinder - 2nd grade 4v4

3rd/4th grade 7v7

5th/6th grade 9v9

7th/8th grade 11v11

**Grade Width Max/Min Length Goal Size**

Grade 3/4th 35 - 45 yards 50 - 60 yards 6 1/2 x 18 1/2

Grade 5/6th 45 - 55 yards 70 - 80 yards 6 1/2 x 18 1/2

6. **Kinder to 2nd grade out of play balls:** There are no throw-ins. The ball is put back into play with a self-pass (dribble) or a pass to a teammate. If the ball is kicked out the goal line by the attacking team, it is restarted within the scoring zone. If the ball is kicked out the goal line by the defending team, the ball is started where the scoring zone and touch line meet. During the restart from the scoring zone, the defending team will fall back to their half of the field so as to allow the offensive team the opportunity to build the play from the back.

**Goal Kick:** See out of play balls above.

**Corner Kick:** There are no corners. See out of play balls above.

7. **3rd and 4th grade** – Under the direction of the USSF, TVYSL will begin the enforcement of a build out line (BOL). The goal behind the BOL is to encourage the offensive team to build their play from the back. The defending team will need to fall back behind the BOL anytime that the offensive team's goalkeeper has possession of the ball, or if there is a goal kick. The defending team may not cross the BOL until the ball has been put into play, and touched by a second player on the offensive team. The goalkeeper is also not allowed to drop, kick or punt the ball. They may distribute the ball by throwing, rolling, or placing the ball on the ground and passing.
8. **Concussion Awareness Training for all coaches, parents and players** – all coaches, players, and parents must receive training on the signs and symptoms

of concussions. Each club is required to educate Coaches so they know when to refer a player to a medical professional. More information and handouts may be found on the OYSA website -

<http://www.oregonyouthsoccer.org/UserFiles/file/Concussion%20Toolkit%20for%20Coaches.pdf>

9. **No Slide Tackling** at any time for any Age Group in the TVYSL. Slide tackling is considered a Dangerous Play and will be called by the Referee. For the first offense, the referee will verbally warn all of that team's members. An indirect free kick (IFK) will be awarded at the spot of the foul for the opposing team. If a slide tackle occurs again by the same team, the offending player will be cautioned (receive a yellow card) and an IFK will be awarded. Both teams will be allowed to receive the verbal warning before being cautioned. For grade 5 and 6, if the foul occurs inside the penalty area, a penalty kick will be awarded.
10. **Blow Out Policy** – if you are at a 5 Goal advantage, take steps to make the game more even. See below....

**Blow Out Policy** - In keeping with the recreational nature of our league, coaches are expected to prevent games from becoming extremely one sided. In any game in which one team leads another by 5 goals, the coach of the team with the five-goal advantage must take steps to make the game more even! This is known as “pulling back.” These steps should be taken in consultation with the opposing coach and must include one or more of the following.

- a. The team trailing by five or more goals is allowed to field additional players.
- b. Exchange defensive lines, or other players, with the opposing team
- c. Play players out of their normal positions.
- d. Require a minimum number of consecutive passes before a shot is taken **or** require that all shots be taken from outside of the penalty area.

The idea behind the restrictions relating to the Blow Out Policy is that the trailing team does not feel defeated and the dominating team is forced to challenge themselves, allowing growth for stronger players when playing against weaker teams.

11. Kinder to 2nd grade **No standing continuously in front of the Goal** – see more details in Age Group Description.....

**No Goal Tending** - for Kinder to 2nd grade - Since offside is not called players should not stand by the opponent's goal and wait for the ball. It is not a penalty to do so but coaches should discourage its use. In addition, since

1v1 skill development is important to learn at this age, players may not stand directly in front of their Goal. Instead they are encouraged to join the play on the field. As a visual aid, an Arch will be painted on the field in front of each goal. Both Attacking and Defending players are not allowed to stand continuously in front of the Goal.

**12. When Lightning Strikes** - If you hear thunder, it could be within a range of 10 miles. If you see lightning it could also be within a range of 10 miles. If you observe EITHER thunder or lightning, you MUST stop the game for AT LEAST 30 minutes. If you hear or see lightning again within that 30 minute stoppage, then you must restart your 30 minute delay. Continue your observations for thunder and lightning until you do not hear/see any additional threat. Once 30 minutes have elapsed WITHOUT a flash or a bang, you may resume the game.

**13. No Jewelry or Casts** of any kind may be worn in Games or Practices. No player is permitted to participate while wearing any cast made of rigid material. This is regardless of the padding that may be applied. There is often confusion on this point because some organizations (e.g., high school and some competitive leagues) do allow players with casts if padded to the satisfaction of the referee. That is NOT the case in TVYSL games. **No jewelry is allowed including items with tape or bandages covering them. This is strictly for the safety of all players.**

#### **14. GAME and PRACTICE CHECKLIST**

Player Equipment Consolidate the following items

All players must wear a shirt, shorts, shin guards (appropriate to their size), socks and soccer shoes (no single toe cleat, commonly found on football or baseball cleats).

The following objects may not be worn during a game or practice:

Rings

Earrings of any kind

Necklaces

Watches

Bracelets or friendship bracelets

Metal or plastic hair clips

A hard cast or hard cast in foam

#### **Additional notes:**

Socks must be worn over the shin guards.

Shirts need not be numbered for recreational soccer. However, they must match in color to the satisfaction of the referee.

Players with medical bracelets or necklaces must have items taped to the skin

The referee should then be informed of this fact.

**Taping earrings is not acceptable. Earrings must be removed. Referees are instructed not to allow it.**

Eyeglasses may be worn but it is recommended that safety straps be used.

Tennis, baseball, softball or football shoes are not acceptable.  
A goalkeeper's shirt color must be different from any field player's.  
The referee will check the player's equipment before the game. All equipment decisions made by the referee are final.

**15. Garbage** - Always pick up your trash after practice or games. Keeping these areas clean is key to our ability to continue using school and park fields.

**16. Parking** - Please observe the following rules of common courtesy and the law:

**Never park in an area at a school with a red curb or otherwise designated a FIRE LANE.** Doing so may result in your vehicle being impounded.

You are almost always a guest in the neighborhood where you are having your game. Please do not block the neighbors' streets, driveways or mailboxes!

#### **School-specific concerns:**

**Orengo** has plenty of parking in the school lot. DO NOT park on the streets next to the field. The road is far too narrow for cars to be parked along it—and this is particularly true for the side streets leading to the field.

We have a goal each year of receiving zero complaints about our parking at games and practices. If we think of each school and neighborhood as our own and act accordingly, we can achieve it.

**17. Restrooms** - Clubs must provide porta potties on all practice and game fields. Children should use the buddy system and go in pairs to use the porta potties. Young children using these facilities should always be accompanied by adults. HSC has opted not to stock porta potties with alcohol based hand sanitizer due to the recent arson incidents which resulted in multiple units being burned and destroyed.

**18. Pets** - There are no pets (except certified service animals) allowed at any TVYSL event. Whether this is training or a game. Please note that the majority of events are held on school district property, and they do not allow any animals.

**19.** The use of alcohol, marijuana, or tobacco products is strictly prohibited

**20.** During the match, teams will be on one side of the field while spectators will be on the opposite side.

**21. Uniforms** - All players on the pitch must be attired in a club issued uniform kit including; matching jerseys, except goalies who must wear a color that distinguishes them from all other players. In the event that the referee determines that there is a uniform conflict, the home team must change or put pinnies on. Teams are not allowed to wear non-club uniforms. Numbers are optional. **No names allowed.**



## **Modified Rules - 7th/8th grade**

**Number of Players:** 11 x 11

**Game Duration:** 7th/8th grade 35 minute halves

**Ball Size:** 7th/8th grade size 5

**Goalkeeper:** yes

**Field Size:** 100 to 120 by 55 to 75 yards

**Goal Size:** 8 yards wide by 8 feet high, must be anchored

**Penalty Area:** 18 yds wide from goal post and 18 yds deep from goal line

**Goal Area:** 6 yds wide from the goal post and 6 yds deep from the goal line

**Fouls:** punished by direct or indirect free kick

**Off-sides:** enforced

**Penalty Kicks:** enforced

**Throw-ins:** no re-throws

**Drops Kicks/ Punts:** Yes

**Headers:** Yes

### **Additional Notes**

1. Spectators should be a minimum of 4 yds off the sidelines.
2. Coaches, parents or spectators etc. are not allowed to be within 18 yards of the goal line or behind the goal.
3. Coaches and teams on one side of the field, parents and spectators on the other.
4. Maximum of 3 coaches per team on the sideline and all coaches must be registered with OYSA.
5. Notes on 7th/8th grade scheduling Fall 2023 (pending), the TVYSL 7th/8th grade teams will be participating in an extended league to be scheduled by the Tualatin Valley Youth Soccer League (TVYSL). 8 league games will begin on September 9th and the Jamboree will conclude the season. We project the Jamboree will take place on Turf in Hillsboro on November 4th. The Jamboree game lengths will be 2 x 22 minutes

## **Modified Rules - 5th & 6th**

**Number of Players:** 9 x 9

**Game Duration:** 5th & 6th two 30 minute halves

**Ball Size:** 5th & 6th size 4

**Goalkeeper:** yes

**Field Size:** 45 - 55 yards 70 - 80 yards 6 1/2 x 18 1/2

**Goal Size:** 6 yards wide by 6.5 feet high, where 18' goals are not available, 24' are used. Must be anchored

**Goal Area:**

**Fouls:** punished by direct or indirect free kick

**Off-side:** enforced

**Penalty Kicks:** enforced

**Throw-ins:** no re-throws

**Drop kicks/punts:** Yes

**Headers:** No

### **Additional Notes**

1. Spectators should be a minimum of 4 yds off the sidelines.
2. Coaches, parents or spectators etc. are not allowed to be within 18 yards of the goal line or behind the goal.
3. Coaches and teams on one side of the field, parents and spectators on the other.
4. Maximum of 3 coaches per team on the sideline and all coaches must be registered with OYSA.
5. **No Headers for Kinder through 6th grade.** As part of the US Soccer Initiative, it is recommended that players 10 years old and younger be prohibited from heading the ball in practice and games. If a player deliberately heads the ball in a game, an indirect free kick (IFK) should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick shall be taken on the goal area line parallel to the goal line at the point nearest to where the header occurred. If a player does not deliberately head the ball, then play shall continue.
6. Opening Jamboree: September 9th 2023
  - o 2 minigames each with 2 x 22 min halves

## **Modified Rules - 3rd & 4th**

**Number of Players:** 7 x 7

**Game Duration:** 3rd & 4th grade two 25 minute halves

**Ball Size:** 4

**Goalkeeper:** yes

**Field Size:** 35 - 45 yards 50 - 60 yards 6 1/2 x 18 1/2

**Goal Size:** 6 yards wide by 6.5 feet high must be anchored

**Goal Area:** as marked on the field

**Penalty Area:** yes

**Fouls Punished:** by indirect kick only for 3rd grade, direct and indirect for 4th grade

**Off-sides:** "mild enforcement" (referee may warn players first). Offside is enforced using the BOL

**Penalty Kicks:** not enforced for Spring 2021

**Drop Kicks/Punts:** no

**Headers:** no

**Throw-ins:** no re-throws

### **Additional Notes:**

1. **GOAL KICK or when the keeper has possession of the ball** - The rule is designed to promote escalated player development via more meaningful player touches in matches. It is also intended to reduce goals from an immediate turn over in this area.
  - Opposing players (defenders) must remain on their half of the Build Out Line (BOL) until the goalkeeper has passed the ball AND the receiving player has touched the ball.
  - If an opposing player crosses the BOL before the receiving player touches the ball the goal kick will be retaken.
  - If the ball goes past the BOL after the goalie passes it, the ball is in play and may be played by anyone. The offensive team has lost their privilege to play the ball first.
2. Spectators should be a minimum of 4 yds off the sidelines.
3. On all free kicks, opponents must be 6 yards from the ball.

4. No free kicks shall be taken by the attacking team within the defending team's goal box. If there would have been a penalty in the goal area, the indirect free kick will be taken outside the goal area at the point nearest to where the foul occurred.
5. Coaches, parents or spectators etc. are not allowed to be within 18 yards of the goal line or behind the goal.
6. Coaches and teams on one side of field, parents and spectators on other
7. Maximum of 3 coaches per team on the sideline and all coaches must be registered with OYSA.
8. Opening Jamboree: September 9th, 2023
  - 2 minigames each with 2 x 20 min halves

## **Modified Rules Micro Teams (kindergarten to 2nd grade)**

**Number of Players:** 4 x 4

**Game Duration:** 4 x 10 minute quarters (new)

**Ball Size:** 3

**Goalkeeper:** no goalkeeper

**Field Size:** 20 to 30 yards by 40 to 50 yards

**Goal Size:** Portable Goals – double style

**Goal Box Size:** Build Out Zone - 12' from end line (other team must drop off to halfway line to allow for team to complete one pass forward)

**Fouls Punished:** indirect kick only

**Offside:** not enforced

**Penalty Kicks:** not enforced

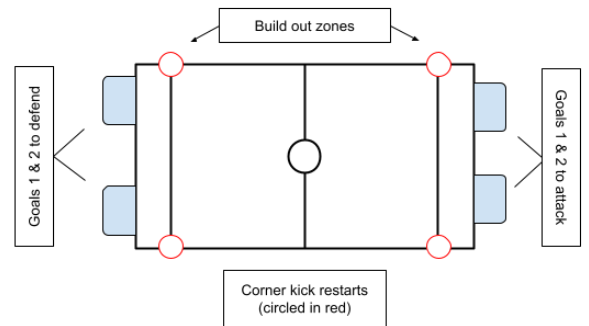
**Kinder/1st grade teams:** games will be managed by the Volunteer Coach or a parent who has read and understands the rules.

**2nd grade teams:** games will be managed by a referee

**Out of play balls:** There are no throw-ins. The ball is put back into play with a self-pass or a pass to a teammate. If the ball is kicked out the end line by the attacking team, the defending team will start near the painted arch. If the ball is kicked out the end line by the defending team, the ball is started where the scoring zone and sideline meet.

**Goal Kick:** Opposing players (defenders) must remain outside of the scoring zone until the team with the ball (attackers) have passed the ball AND the receiving player has touched the ball. Typically referees will start them at the halfway line to allow for one successful pass and some forward momentum.

**Corner Kick:** Taken at the point where the touch line and scoring zone line meet, NOT IN THE CORNER OF THE PITCH.



### **Additional Notes**

1. Spectators should be a minimum of 4 yds off the sidelines.
2. Coaches, parents or spectators etc. are not allowed to be within 6 yards of the goal line or behind it.
3. Coaches and teams on one side of the field, parents and spectators on the other.
4. Goals are portable, carried by each team from game to game.
5. Maximum of 3 coaches per team on the sideline and all coaches must be registered with OYSA.
6. Since offside is not enforced players should not stand by the opponent's goal and wait for the ball. It is not a penalty to do so but coaches should discourage its use. In addition, **since 1v1 skill development is important to learn at this age**, players may not stand directly in front of their Goal. Instead they are encouraged to join the play on the field. Both Attacking and Defending players are not allowed to stand continuously in front of the Goal.
7. A goal may not be scored directly from a kick-off, corner or goal kick.
8. On all free kicks, opponents must be 3 yards from the ball.
9. Goals may be scored from any position on the pitch.
10. There is no limit to the number of goals a player may score, however to encourage a fun and creative experience for all players, coaches should encourage their players to pass to others, especially once they have scored more than 3 goals in any given game.

## **Codes of Conduct**

### **Players' Code of Conduct**

Play the game for the game's sake.  
Be generous when you win.  
Be graceful when you lose.  
Be fair always, no matter what the cost.  
Learn and follow the Laws of the Game.  
Work for the good of your team and teammates.  
Accept the decisions of the officials.  
Believe in the honesty of your opponents.  
Conduct yourself with honor and pride.  
Have fun!

### **Parents' Code of Conduct**

Support the coach's and referee's decisions.  
Don't coach from the sidelines.  
Be positive.  
Show respect for my child.  
Be prepared and help my child be prepared.  
Have fun and encourage my child to have fun.

### **Coaches' Code of Conduct**

Develop the child's appreciation of the game.  
Keep winning and losing in proper perspective.  
Strive to understand the game.  
Be accepting of the referee's decisions.  
Be a role model of fair play.  
Teach skills and fair tactics.  
Be positive.  
Make sure players have fun.

## **A Coach's game Responsibilities**

Each coach is responsible for:

1. His or her personal conduct, but also that of the players and spectators.
2. Knowing the rules applicable to the age group being coached.
3. Having their team ready to play at the scheduled time and field.
4. Providing a properly inflated game ball if they are the home team.