



Oregon Youth Soccer

RULES FOR Valley Academy League 2022-2023

**Operated by
Oregon Youth Soccer Association
www.oregonyouthsoccer.org**



Valley Academy League Rules

League Management Information

The Valley Academy League is sanctioned by Oregon Youth Soccer Association (OYSA). The leagues are open to teams that have all their players and coaches registered with US Youth Soccer through either OYSA or Washington Youth Soccer Association (WYS) in accordance with the registration rules of US Youth Soccer (USYS) and their home state association.

The Valley Academy League is managed by OYSA in accordance with the bylaws and policies of OYSA, US Youth Soccer (USYS), and the US Soccer Federation (USSF). The League Director has operational and disciplinary authority in accordance with these rules over all participants in these leagues for the duration of the league season. All OYSA registered participants are subject to the disciplinary authority of OYSA and USSF for matters that warrant disciplinary actions that extend beyond the end of a league season.

WYS registered participants are subject to the disciplinary authority of WYS and the USSF for matters that warrant disciplinary actions that extend beyond the end of a league season.

Match play in these leagues is governed by the IFAB Laws of the Game as modified in these rules. These rules incorporate changes to the Laws to comply with the recommendations of the US Soccer Federation's Player Development and Player Safety Initiatives that have been adopted by OYSA. All league games are officiated by USSF certified referees assigned by a USSF certified referee assignor, except for emergency situations as allowed in these rules.

Consumption or possession of alcohol, tobacco, nicotine, and marijuana products are strictly prohibited at all Oregon Youth Soccer matches.

The Valley Academy League is classified as developmental. This league is intended to foster the development of individual players within a team structure.

League Contacts

League Director:

Nelson Larson: nelson@oregonyouthsoccer.org; (503) 626-4625 x. 4

League Manager:

Eric Bocan: eric@oregonyouthsoccer.org; (503) 626-4625 x. 6

League Scheduler:

Valorie Westlund: valorie.westlund@comcast.net

State Youth Referee Administrator:

David Grbavac: david@oregonyouthsoccer.org

Day of Game and Emergency Contact Numbers:

Game Day Hotline: (971) 732-9897 (For all other issues with games/rules. Answered on game days)

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Valley Academy League's Safety Rules:

Bleeding from Nose, Cuts or Other Abrasions:

A player who is bleeding or has blood on his or her uniform must leave the field and may be substituted at the coach's discretion. A uniform with blood on it must be changed. After the bleeding is stopped and the wound is covered, the player may return to the game when beckoned onto the field by the referee.

Possible Head Injuries:

A player who demonstrates signs of concussion as a result of an observed or suspected blow to the head or body must leave the field and may not return to play in that match unless an athletic trainer registered by the Oregon Board of Athletic Trainers or licensed medical professional determines that the player has not suffered a concussion.

A referee will accept the determination of a certified athletic trainer only if the trainer has identified himself or herself to the referee prior to the match and has shown the referee a current Athletic Trainer registration identification card.

If a coach returns a player without approved clearance, the referee will end the game.

Referees will include in their match report information about any player required to leave the field because of a suspected concussion. A player who has been removed from a match by a referee because of a suspected concussion is ineligible to play until the League Director has received a copy of a medical release signed by a health care professional that authorizes an unrestricted return to competition.

Coaches should be aware that ORS 417.875, effective January 1, 2014, and amended April 13, 2018 applies to all competitions sanctioned by OYSA. Unless an athletic trainer registered by the Oregon Board of Athletic Trainers or a licensed physician pursuant to ORS 677.100 to 677.228 determines that a player has not suffered a possible head injury, a coach is prohibited from allowing a player who exhibits signs of concussion following an observed or suspected blow to the head or body to participate in any competition, including practice, until the player has been cleared to return to play by a qualified health care professional.

Camera Drones:

Camera drones may be in the vicinity of the field only if permitted by the facility owner. When drones are allowed, they may not be directly above the field, teams, or spectators and must be kept at least 50 feet away from teams and spectators.

Lightning:

If lightning is seen or thunder is heard, play must be immediately suspended.

Participants and spectators should immediately move to a safe location, in a substantial building or a hard-topped metal vehicle.

Wait 30 minutes after last seeing lightning or hearing thunder to continue the match. See the [National Weather Service website](#) for more information about lightning safety.

Heat:

When Wet Bulb Globe Temperature (WBGT) equals or exceeds 89.6F, the referee will pause the game for a hydration break in each half of the match.

WBGT may be measured directly using an instrument designed for that purpose, approximated for the area of the field using a cell phone application

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(e.g. WeatherFX), or estimated from the [US Soccer Heat Guidelines](#).

The coaches of both teams should consult with the referee to determine whether the temperature at game time will require hydration breaks.

The referee will add time to the end of each half to account for the time allowed for hydration breaks.

Air Quality:

The Valley Academy League will take its Air Quality Index readings from [AirNow](#). Readings for the field will be taken from the nearest monitor.

Games shall be cancelled for the field if the AQI reading is 101 or higher, and OYSA will make every attempt to make a decision in advance of the game if possible.

If the AQI for the field is 101 or higher, and OYSA has not yet cancelled the match, the coaches and referees should consult with each other about the AQI, call the Gameday Hotline to inform about the AQI, and then not play the match.

If a game's playability is in doubt due to air quality or other potential weather events, but the match has not been cancelled by OYSA yet, OYSA recommends that teams **DO NOT TRAVEL a day in advance** to their game, if applicable.

League Director makes final decisions regarding match cancellation(s) due to AQI and will notify Directors of Coaching/Teams.

Format, Laws of the Game, and Rules of Competition

[IFAB Laws of the Game](#) apply except as specifically modified by these rules.

Games will be played in a 7 v 7 format. Matches consist of two 25-minute halves. Halftimes are no longer than 5 min. Fields will be laid out in developmentally appropriate dimensions (approx. 40-50 yards wide x 55-65 yards long). Goals will be 6 ½ x 18 ft. Penalty boxes will be appropriately sized in relation to the pitch

The Valley Academy League will allow for player movement between teams to assist with player development. No guest players are allowed from another club - only from within your club. Coaches can write in their guest players name and player ID number on the printed roster. Please print player's name and ID number clearly.

- Bring one Team Roster (printed from the Affinity Software System) for each game.
- Rosters are limited to 14 players per match. This includes any guest players.
- All players must be registered with Oregon Youth Soccer Association.
- Each player, that is in good standing with their team, must play at least 50% of the game.
- All match officials will submit online match reports.
- Coaches and club administrators must help to ensure that spectators are not overzealous on the sidelines.

RULES OF PLAY:

Team Check-In - All teams must supply the referee with an official roster at the start of the game. The roster will only include registered players. The coach is responsible for ensuring all players are registered with OYSA. Recreational or competitive-carded players may participate, in order to give teams the most flexibility.

Sideline Spectators – Spectators must be on the opposite side of the team's technical area.

Ball Size – Size 4 balls will be used for all games.

Substitutions – There is no substitution limit. Substitutions may take place on any stoppage of play.

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Goal Kick Rule – Defending team must be behind the designated build out line until the ball clears the attacking team’s penalty area.

Corner Kicks – will be played per laws of the game.

Throw-ins – The flow of the game will be honored. After a grossly illegal throw-in, a second throw-in will be granted to the same player. Two, consecutive illegal throw-ins will result in a throw-in for the opposing team.

Offside – Offside will be called. The goal kick build out lines will serve as offside lines.

No Penalty Kicks – No penalty kicks will be awarded. A foul in the penalty area will result in a direct free kick from the closest outer edge of the penalty area.

No Heading – No heading is allowed. Inadvertent heading will result in continuation of play if it is deemed not deliberate – otherwise an indirect free kick will be awarded at the point of infraction.

No Punting – No punting is allowed from the goalkeeper.

Slide Tackling Is Allowed – Slide tackles are allowed within the laws of the game.

Expectations, Protests, Appeals, Discipline:

The league’s purpose is to provide the best development of its pre-competitive aged players. All coaches, parents, spectators and administrators are expected to work together for the common good of all players. No league protests, appeals, or discipline procedure will differ from Oregon Youth Soccer Association’s 2022-23 Developmental League Rules.