



**Oregon Youth Soccer  
Valley Academy League Rules  
Season 2023/24**

Operated by  
Oregon Youth Soccer Association  
[www.oregonyouthsoccer.org](http://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 (WYSA) 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.

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

Game 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 OYSA games.**

**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:**

Vanessa Mann: [vmann@oregonyouthsoccer.org](mailto:vmann@oregonyouthsoccer.org); (503) 626-4625 Ext. 3

### **League Manager:**

Eric Romero: [eromero@oregonyouthsoccer.org](mailto:eromero@oregonyouthsoccer.org); (503) 626-4625 Ext. 2

### **League Scheduler:**

Valorie Westlund: [valorie.westlund@comcast.net](mailto:valorie.westlund@comcast.net)

### **State Youth Referee Administrator:**

David Grbavac: [david@oregonyouthsoccer.org](mailto: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 game 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 game 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 game report information about any player required to leave the field because of a suspected concussion. A player who has been removed from a game 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:**

The Home team is to develop a safety plan for the specific outdoor venue and inform the referee of the game and the head coach of the Away team.

Designate a person to monitor threatening weather and to notify the chain of command (Referee and Home Team coach) who can make a decision to remove a team, game personnel and spectators from the outdoor venue.

A lightning safety plan should include prearranged instructions and announcements for participants and spectators, designation of warning and all clear signals and designation of safer places from the lightning hazard.

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

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building or a hard-topped metal vehicle.

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

The team coaches and Referee should call the gameday hotline to inform the league and given further information on procedures to continue or cancellation of the game.

### **Heat:**

The heat policy is intended to serve as a guide for regulating match play, hydration breaks, and participant safety during extreme temperature conditions.

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

The Referee will make the final decision on the hydration breaks in agreement with both team's coaches.

For any arising conflicts with the decision-making process of hydration breaks at the game, team coaches must call the gameday hotline.

The OYSA competitive league will follow the OSAA Heat Index Calculator, in the decision-making process regarding Game cancellation(s) due to extreme temperature conditions and will notify Directors of Coaching/Teams.

The information provided herein is not a substitute for medical or professional care, and you should not use the information in place of a visit, consultation or the advice of your physician or other healthcare provider.

For further information and resources on Heat & Hydration visit US Soccer Heat Guidelines

### **Air Quality:**

The Valley Academy League will follow the Air Quality Index (AQI) table below, adopted from the Oregon School Activities Association (OSAA).

The League Director will make final decisions regarding game cancellation(s) due to the AQI and will notify Directors of Coaching/Teams.

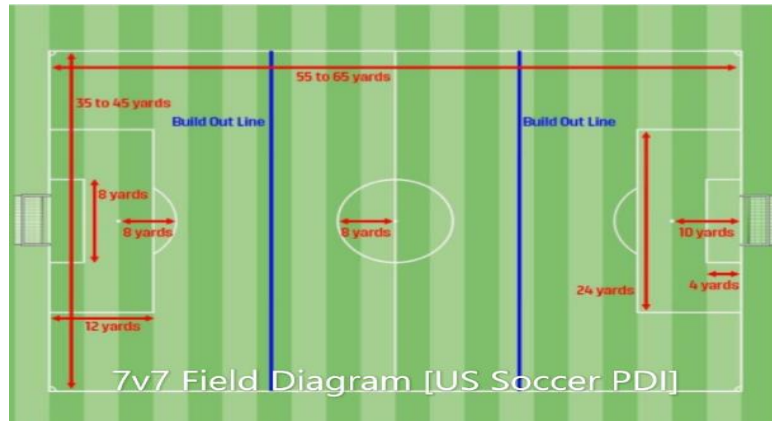
Air Quality Index (AQI)	5-3-1 Visibility Index	Required Actions for Outdoor Activities
51 - 100	5-15 Miles	Athletes with asthma should have rescue inhalers readily available and pretreat before exercise or as directed by their healthcare provider. All athletes with respiratory illness, asthma, lung or heart disease should monitor symptoms and reduce/cease activity if symptoms arise. Increase rest periods as needed.
101 - 150	3-5 Miles	Because they involve strenuous activity for prolonged periods of time, all outdoor activities (practice and competition) shall be canceled or moved to an area with a lower AQI. Move practices indoors, if available. Be aware that, depending on a venue's ventilation system, indoor air quality levels can approach outdoor levels.
151 - 200	1-3 Miles	Because they involve strenuous activity for prolonged periods of time, all outdoor activities (practice and competition) shall be canceled or moved to an area with a lower AQI. Move practices indoors, if available. Be aware that, depending on a venue's ventilation system, indoor air quality levels can approach outdoor levels.
>200	1 Mile	Because they involve strenuous activity for prolonged periods of time, all outdoor activities (practice and competition) shall be canceled or moved to an area with a lower AQI. Move practices indoors, if available. Be aware that, depending on a venue's ventilation system, indoor air quality levels can approach outdoor levels.

# Valley Academy League Rules

## 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. Games consist of two 25-minute halves. Halftimes are no longer than 5 min. Fields will be laid out in developmentally appropriate dimensions (approx. 35-45 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 game. This includes any guest players.
- All players must be registered with OYSA.
- Each player, that is in good standing with their team, must play at least 50% of the game.
- All game officials will submit online game 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.

**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 an 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.

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**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 OYSA's 2023-24 Developmental League Rules.