

# Tualatin Hills Junior Soccer League (THJSL) – Rules/Other Game Requirements for 2nd-8th Grade and HS Coed

## General League Rules

The rules of soccer are set forth in a document called the **IFAB** Laws of the Game. THJSL 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 THJSL strictly prohibits slide tackling at all grades levels.** If you have any questions about how these rules apply, please contact your coach or member club. We owe it to the children and the community to provide a quality soccer experience at every age level.

Visit [www.thjssl.org](http://www.thjssl.org) for more information.

### Registered Players/Coaches

All players and coaches taking part in THJSL games and practices must be registered with a member club and Oregon Youth Soccer Association (OYSA). Coaches must also submit to a background check through OYSA and take concussion training.

\*\* HS Coed Rec players and coaches are required to have OYSA issued player cards and printed rosters for games (there may be a grace period at the start of league play).

### Age

All players will play on a team that is proper for their grade in school. THJSL clubs will manage player placement issues and have the final say in this.

\*\* HS Coed Rec soccer is a high school program; enrollment in high school (public/private/home-schooled) is required. To be eligible for this program, a player may not appear on the roster of any other team (Club, HS JV/Varsity, or College).

### 50% Playing Time Rule

All players are entitled to play at least one half of each game (50%) for which they suit up. THJSL understands that sickness, injury, failure to make practice or disciplinary action, may be cause for an individual to play less than the mandated playing time.

### Casts

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 THJSL games.

## Code of Conduct

THJSL considers good conduct by coaches, parents and children to be 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, parents, 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!**

## Jewelry

No earrings, watches, rings, necklaces, bracelets, wristbands, beads in the hair, etc., may be worn during game play and should not be worn during practice. Hair bands must be elastic. Other articles that may be considered by the referee to endanger either the wearer or other players must also be removed. Religious and medical bracelets and necklaces are not considered “jewelry” but must be taped to the body to the satisfaction of the referee. Failure to obey the referee will automatically disqualify the player from participation until the referee determines the hazard has been resolved. In particular, any items – including medical and/or religious items – which utilize a “stud” to fasten them to the body are strictly prohibited. If an offending item cannot be removed, then the player is not allowed to participate. This is an absolute and unchallengeable rule of competition. Do not request a “special waiver” because it will not be granted. Do not berate the referee for insisting on compliance with this rule.

## Equipment

All players on the field must wear soccer shoes and shin guards covered by socks.

- **Acceptable shin guards must meet National Operating Committee on Standards for Athletic Equipment (NOCSAE) specifications with seal and height range for the player.**

- Acceptable soccer shoes include plastic molded cleats, standard length screw-in cleats, studded soccer shoes, or soccer turf shoes (for hard, dry fields). The following shoes are specifically not permitted:

- Baseball/Football Shoes
- Deep Cleated Mud Shoes
- All Metal Spike Shoes

## Player Substitution

Any number of players may be substituted at one time in a THJSL game, with the prior consent of the referee, and only at a dead ball situation (throw-in, free-kick, goal kick, etc.). **If, in the opinion of the referee, the substitutions are performed to inordinately consume time then the coach may be cautioned for delaying the restart of play.**

## Uniforms

All players on the field must be attired in a club uniform kit including matching jerseys, except goalkeepers, who must wear colors that distinguish them from all other players on the field. In case of similar jersey colors, the home team must wear pinnies. Teams are not allowed to wear non-club jerseys or uniforms. Jerseys are not to have the player's name on them.

## Game Format

Grade	Format	Length	Ball
2nd (G2)	4v4	4 10 min quarters	#3
3rd–4th (G3-G4)	7v7	2 25 min halves	#4
5th–6th (G5-G6)	9v9	2 30 min halves	#4
7th–8th (G7-G8)	11v11	2 35 min halves	#5
HS Coed Rec	11v11	2 40 min halves	#5

\*\* G2-G8 refers to the grade level for rules and game information. **No Goalies at G2.**

## Blow Out Policy

In keeping with the recreational nature of our league, coaches are expected to prevent games from becoming extremely one sided. This means that when a team is ahead by five goals that team is expected to initiate methods that will make it more difficult to score. Methods might include adjusting positions to give players the opportunity to play in different positions or encouraging players to shoot only from outside the penalty box. If actions such as these do not limit scoring, then the team that is losing the game may add a player or players to the field to even the game.

## Officials

The referee is assigned complete control over the game. The safety of the players is his or her main concern. The referee is responsible for keeping time, enforcing the Laws of Soccer, stopping and restarting the game for fouls and injuries, cautioning or sending off offenders (including coaches or spectators), issuing yellow and red cards, and prematurely ending a game, if necessary. All decisions by the referee are final once play restarts.

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## Comments Made to:

**Referees:** Parents, coaches and players must refrain from making any negative or mean-spirited comments to or about the referees and assistant referees.

- If there is a perceived problem, please submit a THJSL Referee Evaluation via the THJSL website describing the event. The THJSL Referee Coordinator will review and act on the information as appropriate.  
- Remember that the referee is often a young high school student trying to do his or her best and that it's difficult to see every play on the field. A question for all coaches and parents to consider is if that referee on the field was MY child, how would I treat them?

**Players:** Parents and coaches must refrain from yelling at individual players. Remarks should be limited to positive, and team oriented. Remember that the soccer game belongs to the players, not the coaches and parents.

**Sideline Commentary:** Neither the referee nor the children should be subjected to negative comments from anyone. Remember that referees have a difficult job and provide a valuable service that contributes to a successful soccer season. THJSL requires all soccer participants to be treated with respect.

## Coach/Players and Spectator Location

\* All players/coaches are to be on one side of the game field and parents/spectators on the other side. If two fields are side-by-side, players/coaches are to be in the middle and parents/spectators on the outside. No parents/spectators/coaches are allowed behind the goals for any reason during a game.

\* Spectators and coaches are not allowed on the playing field at any time during regular play or at half time. They must remain on their side of the field, and coaches must stay at least 18 yards away from the goal line for Grade 4 and above games. The coaches, players, and spectators must stay at least two yards back from the touchline.

## Fouls and Misconduct

The following are examples of foul types that may be called by the referee:

- \* Pushing, holding, tripping, spitting, jumping at, hitting, attempting to hit, impeding the progress of opponent
- \* Deliberately playing the ball with the hand, except for goalkeepers in their own goal areas
- \* Dangerous play (referee discretion)
- \* Expressing disagreement with the referee's calls
- \* Slide-tackling (first occurrence = team warning; any subsequent occurrence by same team = yellow card).
- \* Foul or abusive language

## Fouls and Misconduct (Continued)

\* Running into a goalkeeper anytime he/she is in goal area, regardless of whether the keeper has possession of the ball or challenging the goalkeeper when he/she is in possession of the ball

Additional information, see **IFAB** Laws of the Game

## Send off or Dismissal (Red Card)

Any player given a red card shall be disqualified from further play during the game AND shall receive a minimum subsequent one game suspension. No substitution may be made for a player receiving a red card. In THJSL games, coaches and spectators can also be asked to leave the field. Coaches and spectators must leave the field surroundings (to an area that is not within earshot of the field) immediately AND are prohibited from participating at the team's subsequent game. A formal appeal to THJSL may be requested in accordance with the League Judicial Policy.

## Field Requirements

**No noisemakers are allowed at fields** – Noisemakers are defined generally as devices / means that interrupt play or otherwise distract players or spectators. This includes but is not limited to cow bells, horns, etc. Please remember that the fields are located near private residences and we need to be respectful of the impact these devices have on our players, spectators and neighborhoods.

**Parking** – Please remember that parking on public streets is shared with local residents. It is important to be courteous and not block driveways, mailboxes, or any access to a private residence. THJSL is granted the use of many of the school fields as part of an agreement between THPRD and BSD. Should the residents around a field or school determine that the children's use of the field results in a negative impact on the neighborhood, they may ask THPRD/BSD to revoke field privileges.

**No tobacco or alcohol is permitted.**

**Leave the playing fields clean** – Field use is a privilege given to us by THPRD/BSD and can be revoked. Please respect our playing fields and clean up after practices/games.

**No pets allowed on most school fields** – School districts may ban pets from their property. This is to prevent pet waste from being left on fields used by children. In all cases, pet owners must clean up after their pets to prevent the spread of disease.

## Tualatin Hills Junior Soccer League (THJSL)

THJSL is an umbrella organization comprised of the league's six recreational soccer clubs. In the fall, THJSL takes the second grade through High School Co-ed teams provided by the recreational clubs and schedules games and assigns referees. THJSL recreational clubs are affiliated with the Oregon Youth Soccer Association (OYSA) and the United States Youth Soccer Association (USYSA). These organizations provide the state and national rules and guidelines.

## Recreational Clubs

The six recreational clubs in our league are Aloha United, Oak Hills, Milltown United, Somerset West, West Hills, and Westside (Rec). These clubs register players and form teams.

## Expanded League Play

THJSL has expanded play for Grade 5 through High School Co-ed teams to include the Sherwood / Tigard / Tualatin / Tualatin Valley Soccer League (Grade 8 only) recreational soccer areas. The intent of expanded play is to provide greater diversity and minimize the frequency of playing against the same league teams. THPRD requires that about 50% of the games with these clubs be played in their area.

## Spring Recreational Soccer

One of our member clubs, the Westside Soccer Club, runs a spring league, which is open to all players regardless of club affiliation. Many fall teams choose to participate in this league, though kids can also register individually. Please contact your club to see how individual players/teams can take part. The spring league also includes expanded play with other clubs similar to the fall league.

## Tualatin Hills Parks and Recreation District

THPRD is an important partner of THJSL providing access to and maintaining more than 100 area fields for practices / games. THJSL works closely with THPRD to ensure we meet their field use requirements. Failure to follow the requirements may result in fields being removed from use. All clubs/teams will be issued field permits granting access to the practice / game locations.

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## G2-G8 Rec Specific Rules

### No Offside for G2 (Updated 2016)

Offside is not normally enforced in G2 games, but referees **shall** instruct players/coaches to avoid flagrant offside positioning (i.e., cherry-picking). The referee is the sole judge of offside issues.

### Goals G2

G2 games are played with **4ft pop-up goals** placed on marks on the end lines. The referee has sole responsibility for determining if a goal has been scored.

### Free/Penalty Kicks G2/G3/G4

**All kicks in G2, G3, and G4 will be indirect.** If there would have been a penalty in the G3/G4 goal area, the indirect kick will be taken outside the goal area at the point nearest to where the foul occurred.

### No Headers G2 to G6 (New 2016)

When a player deliberately heads the ball in a game, an indirect free kick shall be awarded to the opposing team from the spot of the offense, **which is considered to be “Dangerous Play.”** 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, there is no offense and play continues.

### G3/G4 No Goalie Punts/Drop Kicks (Updated for Fall 2017)

The goalkeeper can pass, throw or roll the ball into play (punts and drop kicks are not allowed).  
- If the goalie takes a punt or drop kick within the goal area, the indirect free kick should be taken **on the goal-area line parallel to the end line** at a point nearest to where the infringement occurred.

## G2-G8 Rec Specific Rules

(Continued)

### G3/G4 Build Out Line (New 2017)

- Build out lines shall be equidistant between the top goalie (G3) or penalty (G4) areas and halfway line.
- When the goalkeeper has the ball in his/her hands during play or during a goal kick, the opposing team must move **quickly (without delaying the game)** back to the build out line and remain there until the ball **is** played out by the goalkeeper.
- **The ball is not in play until it either crosses the build out line or is touched by a teammate of the goalkeeper.**
- **If the goalkeeper has the ball in his/her hands, it is then acceptable for the goalkeeper to roll, throw, or drop the ball on the ground to pass to a teammate (without delaying the game).**
- **If the goalie puts the ball into play before the opposing team moves back to the build out line, the ball is live and can be played by either team.**
- Players cannot be penalized for an offside offense between the halfway line and the build out line.
- Players can be penalized for an offside offense between the build out line and goal line.

## HS Coed Rec Specific Rules

### Minimum number of players for starting game:

- **At least 1 female (normal is 4 females)**
- **No more than 7 male players at anytime.**

**If no female players are available, the game is no longer coed and is abandoned; the referees will not continue to officiate the game. The remaining players may continue to play as a scrimmage.**

**Note: to avoid this situation, a team with excess female players may “loan” players to the short-handed team.**

## HS Coed Rec Specific Rules

(Continued)

### Intimidation Prohibited

An indirect free kick shall be awarded in the event a player takes unfair advantage of an opposing player through direct (physical) or indirect (non-contact) intimidation. Coed games are intended to be recreational and will involve players of a variety of ages and levels of playing skill and experience. It is not fair or pleasant for physically strong or aggressive players to take advantage of smaller, weaker, less skilled, or less experienced players. In particular, male players need to play a more controlled, relaxed game in coed than they do in men's league games. Players should not be rewarded for taking the ball away from other players through unfair physical contact or through intimidation; only skill should be rewarded. All other actions that are dangerous under the circumstances shall be deemed to be dangerous play. This rule means that the referee will be instructed to take into account the apparent skill level and experience of the players involved in a given situation. An action by a skilled, experienced male offensive player against a skilled, experienced male defensive player will be viewed differently from one involving the same offensive player and an inexperienced or unskilled male or female player.

### Free/Penalty Kicks

Women must take all free kicks, except those in their team's own (defensive) penalty area, and all drop balls. If a male takes the kick then an indirect free kick will be awarded to the opposing team. Free kicks must travel a minimum distance of five yards before a male member of the team taking the free kick may touch it

### Maximum Goal Rule

A single player may not score more than two goals per game. Goals scored by the same player beyond the two goal limit will be considered invalid and result in a goal kick by the opposing team.