

# **Guide to THJSL SOCCER**

**August 2010**



# THJSL

## Points of Emphasis For Coaches & Parents

### Coaches' Expectations

- Coaches will be a role model and leader for his/her team members.
- Coaches will at all times exhibit respect for game officials and team members.
- Coaches will establish expectations for parents' sideline behavior prior to the beginning of the season.
- Coaches will be ultimately responsible for the behavior of team members, parents and spectators on the sidelines, by enforcing the rules and setting the tone for sideline behavior.
- Coaches will not berate, abuse, question or otherwise disrespect the referees.
- Coaches will treat all youth referee exactly as they would have others treat that referee if s/he were the coach's child.
- Coaches will have their players thank the referee after each game.
- Coaches will follow the league Blow Out Policy rules (see pg. 17) to prevent games from becoming extremely one sided in the score, to keep within the recreational nature of our league and make the game more even.

### Parents'/Spectators' Expectations

- Parents will be a role model and leader for the team members.
- Parents will at all times provide positive verbal support for the players.
- Parents will not criticize or try to coach from the sidelines during a game.
- Parents will at all times encourage other parents and spectators that berate or otherwise abuse or disrespect the referees, coaches or players, to refrain from this behavior.
- Parents will not berate, abuse, question or otherwise disrespect the referees, coach or other players.
- Parents will treat all youth referee exactly as they would have others treat that referee if s/he were the parent's child.

**PLEASE READ AND FOLLOW THESE POINTS OF EMPHASIS TO  
HELP ENSURE THAT ALL PLAYERS, COACHES, PARENTS AND  
REFEREES HAVE A POSITIVE EXPERIENCE WHEN  
PARTICIPATING IN THJSL SOCCER!**

# THJSL Soccer Summary Chart

Soccer Age Bracket	Calendar Age as of July 31 <sup>st</sup>	Typical School Grade	Recommended Max. Players Per Roster	Field Size
U8	7	2 <sup>nd</sup>	12	35 x 25 yd.
U9	8	3 <sup>rd</sup>	12	45-50 x 30-35 yd.
U10	9	4 <sup>th</sup>	14	70-85 x 40-50 yd.
U11	10	5 <sup>th</sup>	14	70-85 x 40-50 yd.
U12	11	6 <sup>th</sup>	18	90-100 x 50-60 yd.
U13	12	7 <sup>th</sup>	18	95-110 x 60-70 yd.
U14	13	8 <sup>th</sup>	18	95-110 x 60-70 yd.
U19	14-18	9 <sup>th</sup> -12 <sup>th</sup>	22	100-120 x 60-75 yd

Soccer Age Bracket	Ball Size	Game Format	Game Length	Uses Goalkeeper	Games per Season*
U8	#3	4 v 4	40 min	No	8
U9	#4	6 v 6	50 min	Yes	8
U10	#4	8 v 8	50 min	Yes	10
U11	#4	8 v 8	60 min	Yes	10
U12	#4	11 v 11	60 min	Yes	10
U13	#5	11 v 11	70 min	Yes	10
U14	#5	11 v 11	70 min	Yes	10
U19	#5	11 v 11	90 min	Yes	10

\* This is the nominal number of games scheduled by THJSL, per team, per year. The actual number of games per team may vary depending upon the number of teams within an age group, tournament participation and special requests.

- a) Game time is divided into two equal halves, with a 5-minute halftime break between. The clock runs continuously during each half, and is **not** stopped for breaks in the action (no time outs may be called or requested).
- b) Forfeiture of a game by a team unable to field the legal minimum number of players is official 10 minutes after the scheduled start time. If mutually agreed, a scrimmage game can be played with a referee present.

**Welcome to the Tualatin Hills Junior Soccer League**

We sincerely hope that you and your family enjoy the upcoming fall soccer season. This Parents' Guide has been prepared to help familiarize you with the game of soccer and THJSL recreational soccer guidelines and rules.

**A Call For Volunteers!**

The correlation between participation in youth athletics and success later in life is well documented. Youth athletes do better in school, are more likely to attend college, and excel in today's team-oriented society. But youth soccer does not happen by accident. Instead, youth soccer is made to happen through the efforts of many, many, volunteers ... volunteers just like you!

During our youth, each of us was positively influenced by a number of coaches, youth leaders, and other volunteers. Do you wish you could say, "thank you?" Well you can! By becoming a youth soccer volunteer, you contribute to your community while providing an invaluable service to today's youth.

So how can you help? Our needs span a variety of areas of expertise, levels of commitment, and degrees of familiarity with soccer. For example, at the team level, you can help by being a coach, an assistant coach, or team Mom or Dad. At the club level, positions include president, treasurer, secretary, head coach, registrar, as well as special functions such as organizing team pictures, uniforms, and equipment. There are similar opportunities at the league and even state level. Ask your club leadership how you can help us make it happen!

Once again, welcome. We encourage you to become a part of the action and make soccer a family affair!

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**Game and Practice Checklist**

The list provided is only a guideline. Please check with your team’s coach to confirm how a player should be equipped for practice or games.

<b>Equipment</b>	<b>At Game?</b>	<b>At Practice?</b>
Soccer shoes	<b>Yes</b>	<b>Yes</b>
Shin guards	<b>Yes</b>	<b>Yes</b>
Water bottle	<b>Yes</b>	<b>Yes</b>
Uniform	<b>Yes</b>	<b>No</b>
Soccer ball	<b>Ask Coach</b>	<b>Yes</b>
Jewelry, casts, etc.	<b>No</b>	<b>No</b>

**Fields and Games**

- 1. Restrooms** - Most fields don't have them, so prepare accordingly.
- 2. Field Locations** - Maps to all THJSL fields are provided with this guide. Keep it handy for game days. Field locations can also be found at <http://www.alohasoccer.com/Field-Maps.php>.
- 3. Arrive on Time** - Check with your coach. Typically, they like players to arrive 30 minutes prior to the start of a game, and on time for practices. Notify the coach well in advance whenever your child can't attend a game or practice. After practice or games, please pick up your player on time. Please do not make the coach wait for you.
- 4. Post the Game and Practice Schedules** on your refrigerator or bulletin board. Your coach should notify you about the practice times and fields 3 to 5 weeks prior to the first game, and should provide you with a game schedule 1 to 2 weeks prior to the first game.
- 5. Remember to Leave the Playing Fields Clean** - Field use is a privilege given to us by the local parks and school committees, and can be revoked. Please respect our playing fields.
- 6. Spectator Locations** - Game participants (players, coaches) are to stand on one side of the field and spectators on the other.
- 7. No tobacco or alcohol is permitted.**
- 8. 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 with the local school board. 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 the school board to revoke our field privileges.

## **Soccer Season Description**

The THJSL recreational soccer season is limited to the fall. Ages 9 through 13 (U-10 – U-14) play up to 10 games per season. Ages 7 & 8 (U-8 & U-9) play up to 8 games per season. The first game occurs shortly after school starts and the last game occurs in late October or early November.

## **Responsibilities**

Each member of a team has a responsibility to his/her teammates. In youth soccer, the team is extended to include the coach and parents of the players. The coach and parents are the role models and leaders of the team. A team will pattern its behavior and growth after its leaders. Establish expectations for sideline behavior at the beginning of the season.

## **Coaches' Role**

Coaching children in soccer is a privilege, not a right. A coach is a teacher, a friend, and a role model. The following is expected of all coaches:

1. Coaches will strive to develop a good sense of self-esteem in each team member.
2. Coaches will strive to teach skills and team play to each team member.
3. Coaches will strive to instill a keen sense of fair play, sporting conduct, and respect.
4. Coaches will consider the physical and emotional well being of team members.
5. Coaches will at all times exhibit respect for game officials and team members.
6. Coaches will only allow players who are registered with OYSA to participate in games and in practices.
7. Coaches must remain off the field of play at all times unless and until called onto the field by the referee. Coaches are to remain at least two yards outside the touchline, 5 yards from midline, and may never be closer to the end line than a point even with the goal area (18 yard box). Coaches are specifically prohibited from crossing beyond the midline and onto the opponent's end of the sideline.
8. Coaches and referees will assess the safety of the playing fields for games and practices. Referees have the final decision as to the playability of the field.

Disciplinary action will be initiated against any coach believed to have violated the provisions of THJSL and OYSA Judicial Procedures.

## **Parents' Role**

1. Be positive and nurturing. Provide verbal and emotional support in both good times and bad. Never criticize or try to coach during a game. Leave the coaching to the coach and the officiating to the officials.

2. **The parent peer group is responsible for exhibiting positive parent behavior during games.** It is the responsibility of the parents to encourage other parents and spectators who berate or otherwise abuse or disrespect the officials, coaches, or players, to refrain from this behavior.
3. Parents must remain off the field at all times and are to stay on the sidelines, never behind the goal line.
4. Youth referees especially must be afforded the same nurturing and positive behavior given the players.
5. **ALLOW YOUR CHILD TO BE A CHILD!**
6. Avoid material rewards. Build an attitude of "*the rewards lie in the fun of playing and doing one's best.*"
7. Provide transportation to and from all practices and games. Respect your coach's time. Be punctual in arrival and pickup of your child.
8. When possible, stay and watch practices as well as games and lend the players your support in a positive manner. Do not point out mistakes or criticize. Leave team and player management up to the coach. Support players' *efforts* as well as accomplishments.
9. If unable to attend a practice or game, teach children not to talk with or leave practices or games with strangers. Let the coach know if your child is riding with someone else.
10. Ensure your child brings equipment to and from all soccer games and practices when appropriate. Be sure to identify equipment with a pen or permanent marker.
11. Kick the ball around with your child - it's a memory he or she will carry a lifetime.
12. Parents are expected to abide by the rules set forth in the THJSL Judicial Procedures. If a parent violates these rules, disciplinary action will be initiated against the coach.

### Players' Rights

1. The right to participate in soccer.
2. The right to play in every game. In recreational soccer all players on a team shall be allowed to play approximately equal time, except when there are disciplinary issues (see Rule #1 on pg. 15).
3. The right to participate at a level that corresponds to each child's maturity and ability.
4. The right to be taught the fundamentals of soccer.
5. The right to participate in a safe and healthy environment.
6. The right to play as a child and enjoy participation in the sport.

Players are expected to abide by the rules set forth in the THJSL Judicial Procedures. Disciplinary action will be initiated against any player who violates these rules.

## A Brief Soccer Primer, U10 through U14

### **Introduction**

Soccer is one of the most popular games in the world. It is played in virtually all countries. Relative to other countries, the United States is new to the game of soccer. Youth soccer is one of the fastest growing sports in the United States of America.

The game is played by two opposing teams. The object is to score points by kicking the ball into the opposing team's goal. Soccer is a very active game with few rules, plenty of running, and action, and fun for everyone on the field. It enjoys a broad base of support from people of all ages.

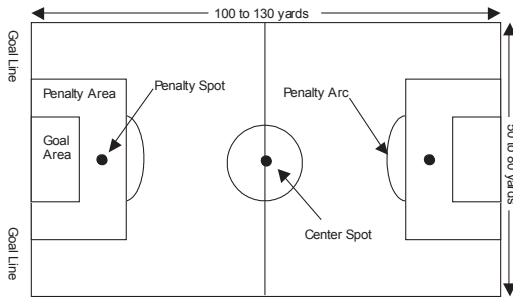
Much of the fun in soccer is its non-stop action. Play continues through the transition from offense to defense, making soccer a fast-paced and exciting sport. The field is large enough to allow the ball to be played for some time before the ball can go out of play and stop the action.

The clock runs continuously, and once the game is started, coaches must let the players play and make the decisions on the field. Time outs are not permitted except for injuries. **Note:** *The referee will not stop play at the request of a coach, sideline spectators, or parent. There are no time outs in soccer. It is up to the referee to determine when, and if it is appropriate to stop play. It is a worldwide soccer tradition for the ball to be kicked out of bounds following an injury. Upon resumption of play, it is also traditional for the ball to be thrown in back to the team that last had possession.*

### **Field of Play**

A soccer field is rectangular. The dimensions are set by the regulations of the soccer league or governing body. International fields have a maximum size of 130 yards long by 80 yards wide. Fields for college and high school are usually between 100 and 120 yards long and 50 to 75 yards wide. Fields for younger children are smaller and vary in size based upon the space available at the time the field was developed. The field is sometimes referred to as the "pitch" and is marked with boundary lines as shown below. The lines that run the length of the pitch are "touch lines" (sidelines) and the lines running at the end of the pitch are the "end lines" (goal lines).

A full size goal is 8 feet high and 24 feet wide. It is centered on the middle of the goal line. Smaller goals are described for the younger players later in this guideline. A goal net should be attached to the goal to catch the ball when a goal is scored.



## Field Markings

**The Goal Area** begins 6 yards from each goal post on the goal line and extends 6 yards out into the field of play. The ball is placed inside this area when goal kicks are taken.

**The Penalty Area** extends 18 yards into the field of play and contains the Goal Area. Within this area the goalkeeper can handle the ball.

**The Penalty Spot** is a mark 12 yards from the mid-point of the goal line from which a penalty kick is taken. Penalty kicks are awarded when a member of the defensive team commits a major foul inside the penalty area.

**The Penalty Arc** is a 10-yard arc at the top of the Penalty Area and centered on the Penalty Spot. During a penalty kick, all players except the goalkeeper must be outside of both the Penalty Area and the Penalty Arc until the moment the ball is kicked.

## Markings at the Center of the Field

**The Center Circle** is located at the middle of the field and has a radius of 10 yards. A kickoff is taken from the center spot to begin each half and to resume play after a goal has been scored. When one team is kicking off, all opposing players must remain outside the center circle and on their side of the field.

A flag or cone is placed at each corner of the field. At each corner there is a 1-yard radius arc where the ball is placed for a corner kick. A corner kick from the corner arc is awarded to the offensive team if a defensive player is the last to touch the ball before it goes out of play over the defensive team's goal line, and a goal is not scored.

## Players and Positions

Each team consists of 11 players (see rules below for the number of player on a small sided soccer team), one of which must be a goalkeeper. Each team must have 7 players to start the game. Players are typically assigned to the following positions: goalkeeper, defender, midfielder, and forward (striker).

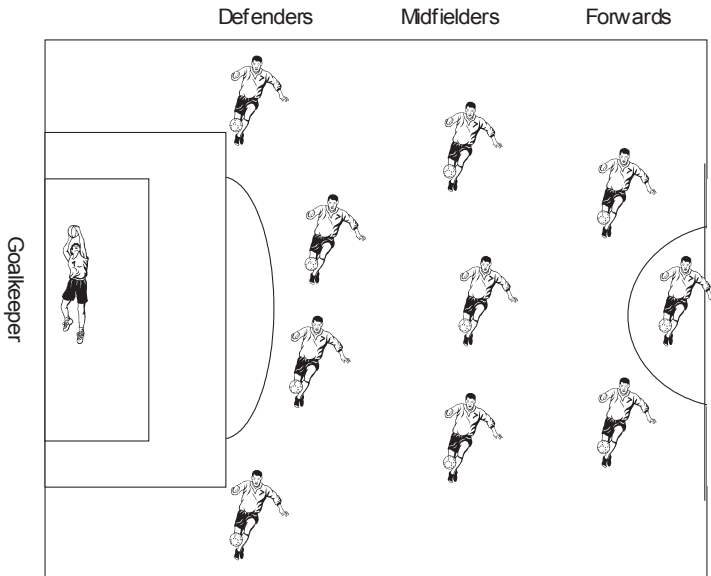
**Goalkeeper** The goalkeeper's primary responsibility is to prevent the ball from going into the goal. For this reason, the goalkeeper is the only person on the

field that may use his/her hands to touch the ball. The goalkeeper may handle the ball only inside the Goal Area and the Penalty Area. Since the goalkeeper is the team's last line of defense, she or he must be quick, agile, and have a good understanding of soccer tactics. A goalkeeper will often initiate an offensive play. As such, she/he should be able to kick or throw the ball to the most strategic location on the field for his/her team to gain advantage.

**Defender** Teams generally play with three or four defensive players. The objective of these players is to win the ball from opponents or to prevent the opponents from creating a shooting opportunity. Defensive players also play a key role in offensive play by moving the ball up the field after winning the ball or receiving the ball from the goalkeeper.

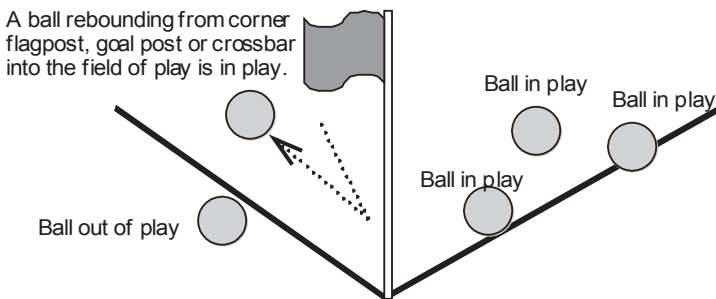
**Midfielder** Midfielders are the link between the defenders and the forwards. They are generally "all purpose" players who have good endurance and can play both offense and defense. Midfielders are important because the team that dominates the midfield is likely to control the game. Some teams will elect to play 4, 5, or even 6 midfielders at times.

**Forward** Forwards stay nearest the opponent's goal and are primarily offensive players. Teams usually play with two to four forwards. Forwards who play nearest to the Touch Lines are called wings and the forwards nearest the center of the field are called center forwards. Wings usually try to advance the ball up the side and then pass into the center for a shot opportunity.



**The Game** Prior to the game, the referee will conduct a coin toss with the team captains. The team winning the toss selects which end of the field they wish to attack. The game begins with the initial kick-off taken by the team losing the coin toss. The ball must start at the Center Spot. The player taking the kickoff must pass the ball forward and cannot touch the ball again until another player has touched it. At the kickoff, all players must be on their own side of the field, and the team not taking the kickoff must be outside the center-circle. After a goal has been scored and at the beginning of the second half, the game is restarted by a kickoff. At the start of the second half, the teams change sides of the field and the team that did not kickoff at beginning of the game kicks off.

**Ball In and Out of Play** The ball is out of play only when the entire ball crosses over the sideline or goal line, or when the referee stops play (usually by blowing the whistle). If part of the ball is still on the line, the ball is in play. A player may play a ball while standing/running out of bounds. For a goal to be scored, the entire ball must cross the goal line between the goal posts.

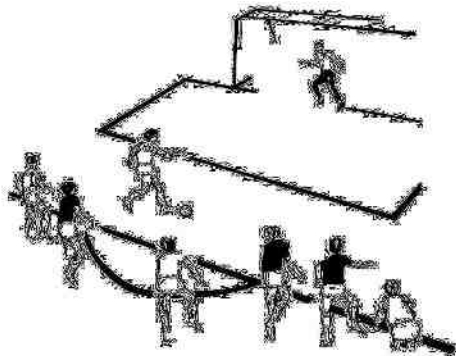


When the ball passes over the sideline, the team that last touched the ball before it went out loses possession, and the opposing team is awarded a throw-in. If the defending team last touches the ball before it goes over its own goal line, the opposing team receives a corner kick. If the attacking team last touches the ball before it goes over the opponents' goal line, the game is restarted with a goal kick.

**Fouls** Fouls are divided into two types: major and minor. Examples of the two types of fouls are listed below:

Majors Fouls	Minor Fouls
Deliberately handling the ball	Dangerous play
Kicking an opponent	Impeding the progress of another player
Striking an opponent	Goalkeeper taking more than 6 seconds to put the ball into play
Tripping an opponent	Offside
Pushing an opponent	Goalkeeper handles ball after throw-in by his/her own player
Jumping at an opponent	Slide tackle (recreational rule only)
Charging an opponent in a violent manner	Goalkeeper handles a ball deliberately kicked to him/her by a teammate
Spitting	Un-sporting behavior

**Penalty Kick** A major foul committed by a defending player in his/her own penalty area results in a penalty kick. A penalty kick is taken directly in front of the center of the goal from the Penalty Spot (12 yards out). Only the defending goalkeeper is allowed to attempt to block the penalty kick. All other players must stand outside the penalty area and penalty arc.



A major foul occurring under other circumstances results in a direct free kick. Direct free kicks may be played directly into the goal.

A minor foul results in an indirect free kick. Unlike a direct free kick, an indirect free kick must touch another player before a goal can be scored.

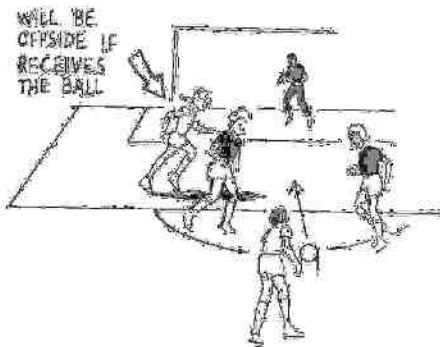
For both direct and indirect free kicks, the defending team may form a "human wall" 10 yards from the location where the ball is being kicked. If the location is closer than 10 yards from the goal line, then the defending team is allowed to form the wall on the goal line.

*Note that slide tackles are not allowed in any THJSL game.*

**Advantage Rule** In the case where a foul is committed against a team or player and the player or a teammate retains control of the ball and has the potential to score a goal, the referee may choose to not call the foul and allow the play to go on and allow the team a continued advantage. This is strictly a judgment call, and as with all judgments by a referee, it is final and is not to be questioned.

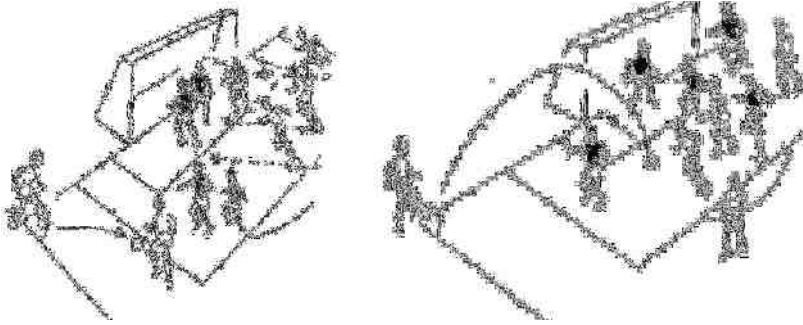
**Dropped Ball** A drop ball is taken after the referee stops the game due to an unusual circumstance (e.g., an injury to a player). The referee drops the ball between opposing players. The ball must touch the ground before it may be played. The number of players participating in the dropped ball is not specified and may range from one up to and including every player on the field.

**Offside** Offside occurs when a player plays the ball toward the goal to a teammate and there are not two defending players between the receiving player and the opponent's goal. Offside can only occur in the attacking half of the field and a player is only offside when the referee rules that the player is involved with the play. A player cannot be offside directly from a goal kick, corner kick, or throw-in. A player who is not in an offside position when a teammate plays the ball or takes a free kick does not become off-side if he or she goes forward during the flight of the ball.



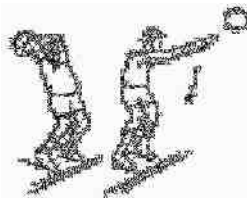
**Corner Kick** When the defensive team kicks the ball over its own goal line, the opposing team is awarded a corner kick. Defending players must be at least 10 yards away when the kick is taken, but offensive players can stand as close as

they want to the kicker. The usual strategy is to cross the ball into the goal area for a shot or header into the goal. Another strategy is to make a short pass from the corner to a teammate who then takes a shot on goal.



**Goal Kick** A goal kick is awarded to the opposing team when a player kicks the ball over the opponent's goal line. The kicking team may place the ball anywhere within the goal area and all opposing players must be outside the penalty area. Any player on the team may take the kick. Normally, the kick is taken by the goalkeeper to free up another player to receive the kick. The ball must fully clear the penalty area before it is in play.

**Throw-In** When the ball completely crosses the sideline, a throw-in is awarded to the team that did not last touch the ball. Any player on this team may take the throw-in. When taking a throw-in, both feet must stay in contact with the ground and both feet must be on or behind the sideline. The thrower must face the direction of the throw, use both hands, and deliver the ball from behind the head in one continuous movement. After the ball has been thrown onto the field, another player must touch the ball before the thrower can play it again. If the thrower makes an illegal or foul throw, the ball is given to the other team to throw in. A goal cannot be scored directly from a throw-in. At the taking of a throw-in the opponents must stay at least two yards from the thrower and are not allowed to interfere with the taking of the throw by jumping or arm-waving. **NOTE:** The purpose of the throw-in is to get the ball back into play quickly.



### **A Brief Soccer Primer, U8 and U9**

**The Game** The U-8 and U-9 age groups play "small-sided" games, where the number of players on the field is greatly reduced from the traditional 11-versus-11 game. The emphasis is on enjoyment and player development. Small-sided

soccer is intended to better meet the development needs of younger children by giving them more touches on the ball.

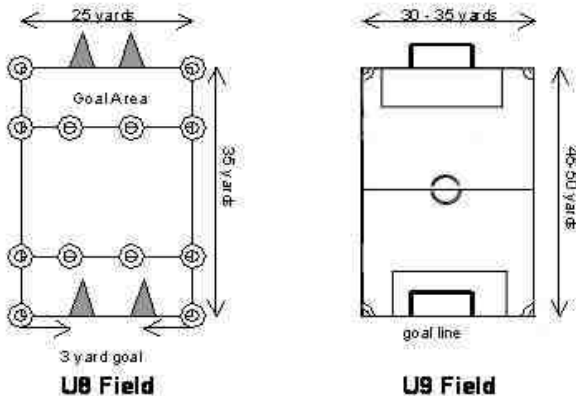
**U8-No Goalie Considerations** All four players should join in the attack with even the most defensive player advancing up toward the midfield line when the ball is deep in the other teams zone. Players will be asked to step out from the goalmouth and become involved in the play of the game. One clear distinction between a player acting as a defender and one acting as a goalkeeper is that a defender will generally run toward the oncoming attacker in an attempt to dispossess that attacker whereas a goalkeeper will remain more or less stationary and await the oncoming attacker's advance toward goal.

**The Team** The U-8 team of up to 12 players is divided before play begins into smaller, evenly balanced teams of 4 to 6 players. The team's coach handles one group, while the assistant coach or a parent helper handles the other. These smaller teams compete separately on two adjacent fields against a similarly configured pair of opponents' teams. Coaches are encouraged to divide their players differently from one game to the next.

**The Team** The U-9 team of up to 12 players play with 6 players (5 field players and 1 goalie). This was started in the 2009.

**The Field of Play** U-8 games are played on a 35-yd by 25-yd field. U-9 games use a field of 45-50 yards by 30-35 yards. Fields are set up as shown below. The eight field markers are brightly colored disks. These are used instead of short cones for safety reasons. Each U-8 goalpost is built from a tall (at least 15 inches high), heavy, rubbery cone. Some fields are already marked and those lines may be used rather than using disks.

*Flags are no longer put into the goal cones due to the risk of injury*



**Players** There are four (U-8) or six (U-9) players per team on the field at one time. In U-8 there is no goalkeeper whereas in U-9 one player from each team is the goalkeeper. Substitutions are allowed at any stoppage of play and after the referee signals approval. Coaches are expected to rotate all their players between field positions and goalkeeper in the course of the season.

**Referees** The referee's main responsibilities are to: (a) ensure the safety of the players; (b) conduct the game; (c) help the players learn the spirit and rules of the game; and (d) submit a match report to the League. All decisions made by the referee are final once play has been restarted. The referee can abandon the game if players, coaches or spectators violate the spirit of the game or its rules.

**Coaches and Spectators** Coaches have the ultimate responsibility for teaching their players the spirit and rules of soccer. Spectators and coaches are bound by the same rules and codes of conduct as described in the Brief Soccer Primer at the beginning of this guide. Coaches are NOT allowed on the field of play during the playing of the game.

**Method of Scoring** A goal is scored when the entire ball passes between the cones (U8) or goalposts (U9) and over the goal line, and below the crossbar (U9), or below an imaginary line drawn about three feet high between the two cones (U8) that form the goal. A goal cannot be scored directly from a kickoff, throw-in, free kick, or throw by the opposing goalkeeper. A goal can be scored directly from a corner kick.

**Offside** Offside is not enforced in U-8 and U-9 games, but referees should instruct players and prevent flagrant "cherry-picking." The referee is the sole judge of whether a player is seeking to gain advantage through "cherry-picking."

**Throw-In** When the ball completely crosses the touchline, a throw-in is awarded to the team that did not last touch the ball. Any player on this team may take the throw-in. When taking a throw-in, both feet must stay in contact with the ground and both feet must be behind or on the sideline. The thrower must face the direction of the throw, use both hands, and deliver the ball from behind the head in one continuous movement. After the ball has been thrown onto the field, another player must touch the ball before the thrower can play it again. If a throw-in is taken improperly, the referee may briefly explain the proper technique to the player and give them a second chance or award a throw-in to the other team.

**Free Kick / Penalty Kick** Free kicks are taken from the spot where a foul occurred except when the infraction occurs within the goal area. When the infraction occurs inside the goal area, the kick is taken from the closest point outside the goal area. All free kicks are indirect, meaning that a goal cannot be scored directly from the kick, but must touch at least one other player (either a teammate or opponent) before a goal can be scored. All opponents must be at

least 6 yards away from the ball at the time the kick is taken. The player taking the kick may not touch the ball again until another player touches it.

**Goal Kick** A goal kick is taken to restart play after the attacking team has played the ball over the defender's goal line without scoring a goal. The ball is placed anywhere in the goal area. The defending team takes the kick.

**Corner Kick** A corner kick is taken by the attacking team to restart play after the defending team has played the ball over its own goal line. The kick is taken in the field of play within one yard of the corner of the field closest to where the ball went out of play. Contrary to U10-U14, a goal cannot be scored directly from a corner kick (all free kicks are indirect).

**Fouls and Misconduct** The following types of fouls may be called by the referee.

- Pushing, holding, tripping, spitting, or jumping at an opponent
- Intentionally playing the ball with the hand, except for goalkeepers in their own goal areas
- Dangerous play
- Impeding the progress of another player
- Running into a goalkeeper anytime she/he is in his/her goal area, regardless of whether the keeper has possession of the ball.
- Punts by the goalkeeper that travel past the center line in the air
- Dangerous play or arguing with the referee's calls
- Foul or abusive language
- Hitting or attempting to hit
- Slide-tackling

All fouls are punished by awarding an indirect free kick to the opponents.

Any player sent off the field for repeated dangerous play, or arguing with the referee's decision will not be allowed to play the remainder of the game. The referee will report the violation and the name of the player. The League will determine the eligibility of that player for subsequent games.

### **THJSL Rules Summary (all age groups)**

1. **Playing Time** All players are entitled to play a minimum of one-half of each game for which they suit up. The THJSL understands that failure to practice, disciplinary action, sickness, or injury might be cause for a coach to play an individual for less than one-half of a game.

2. **Equipment** All players on the field must wear shin guards and legal soccer shoes (usually with rounded, molded plastic cleats). All players on the field must be attired in club issued 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 change. Teams are not allowed to wear non-club issued jerseys or uniforms.
3. **Jewelry** No earrings, watches, rings, necklaces, bracelets, wristbands, or hard casts may be worn during game play or practice. Please contact the THJSL board for special exemptions. Hair bands, if used, 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.
4. **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 sometimes some confusion on this point because some organizations (e.g., high school) do allow players with casts if padded to the satisfaction of the referee. That is NOT the case in THJSL games.
5. **Age** A player should play on a team of peers that are the same approximate age, not to his or her grade in school. Younger children may play on an older team (play up), but this is discouraged. A child with special requirements needing to play on a team younger than his or her age must receive approval from the club's registrar. The following shows the age groupings for 2007-2008.
6. **Code of Conduct** THJSL considers proper conduct by coaches, parents and players to be an extremely important part of soccer. The referee calls the game, while 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 have fun!**
7. **Comments to Coaches and Players** Spectators must refrain from yelling anything other than positive comments at players (or others participating or in attendance). Coaches have the ultimate responsibility for enforcing these rules and setting the tone for sideline behavior.

- 8. 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.
- Exchange defensive lines, or other players, with the opposing team (or adding a player to the other team).
  - Play short.
  - Play players out of their normal positions.
  - 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 team trailing by five or more goals is allowed to field additional players. This can be in addition to or instead of the leading team removing players.
- 9. Officials** The referee is assigned complete control over the soccer 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.** The referee may recruit two linespersons as off-the-field assistants (normally one parent volunteer from each team). A linesperson's sole responsibility is to signal when the ball has left the field of play. When you serve as a linesperson you have committed yourself to being an impartial game official, and you must avoid coaching or directing the players on your team. The referee has both the right and duty to overrule your call if he or she disagrees. Please be patient, smile, and support his or her decision. The referee will typically choose to discuss disputes or requests with the team *only*.
- 10. Comments to Officials** Spectators, coaches, and players are not allowed to berate, abuse, question or otherwise disrespect the referees. Remember that the referee is often a young high school student/player trying to do his or her best, and that it is impossible to see everything when you are on the field doing the job. At the end of each game, coaches and players should thank the referee and shake her/his hand. Please keep in mind that the referee's participation in the game is just as important as that of any player.

**11. The Impact of Misconduct** The use of cards by the referee is based upon her/his judgment with regard to the Laws of the Game. This list does not cover all of the potential situations that may result in a 'yellow' or 'red' card. Treat that youth referee as you would want your child treated if s/he were the official in this game.

**Yellow Card (Caution)**

- Enters or leaves the field of play during the game without the referee's permission
- Persistently infringes upon the laws of the game
- Shows by words or actions dissent from any decision by the referee
- Displays un-sporting conduct

**Red Card (Send off)**

- Violent or threatening conduct
- Serious foul play
- Uses foul or abusive language
- Persists in misconduct after receiving a caution

After a player is cautioned or sent off, play is resumed by awarding the opposing team an indirect free kick where the infringement occurred, unless the offense itself would normally result in a direct free kick or a penalty kick, in which case the appropriate kick is taken.

For THJSL sponsored events, the referee may caution coaches and/or spectators, or send them off the field site. Coaches can also be cautioned for not controlling their spectators or players. Any player, coach or spectator receiving a red card is, at a minimum, suspended from appearing at the next game and may receive a longer suspension depending on the offense or history of misbehavior. Any player receiving a red card or a coach or spectator dismissed from the area of play, is, at a minimum, suspended from the next game. In the case of players, they must attend the next game but are not allowed to participate; failure to attend will mean that the suspension has not been served and will carry over to the next game. Coaches, other bench personnel and parents who have been dismissed are not allowed to be in attendance at the next game and must stay outside of sight or sound of the field during that game. Players sent-off from the game will remain in the team area under the supervision of the coaching staff and/or other bench personnel. Coaches or other bench personnel and any parent dismissed from the game must vacate the field area so as to be out of both sight and sound of the field. The referee may abandon the game if the coach, bench personnel or parent refuses to leave the field site. No substitutions are permitted for players who are sent off.

12. **Coach and Spectator Location** Except when authorized by the referee, 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, at least 18 yards away from the goal line for U-10 and above games. The coach, players, and spectators must stay at least 2 yards back from the sideline to allow room for the linespersons to work safely.
13. **The Game** The game is played for the allotted time. At the end of that time, the team with the highest score wins. There is neither overtime nor a shootout to determine a winner of a tie game.
14. **The Team** At the U-12 through U-14 age levels, 11 players per team may be on the field at one time. U-10 and U-11 teams field 8 players.
15. **Captains** Each team will assign one or more captains. The captain is the only person permitted to talk to the referee during a game.
16. **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.). The referee may refuse to allow the team not taking the kick or throw-in to substitute if the team taking the kick or throw-in is clearly interested in restarting the game quickly, and there is an advantage in doing so. Remember that the designated team captain is the only person allowed to speak to the referee.

### **Judicial Procedures**

The following are highlights of the THJSL judicial procedures. These apply to all games scheduled by THJSL (U8 through U14 and high school recreation.)

1. It is the intention of the THJSL to operate a recreational youth soccer league as a joint program of its seven recreational soccer clubs. Its emphasis on both "youth" and "recreational" means that the League intends to maintain high levels of sporting conduct. Sporting conduct means that participants seek to gain only the advantage obtained by superior skill, within the letter and spirit of the Laws of the Game. Participants will behave in a courteous manner towards opponents, officials and each other. **“Participants” include not only players, but also coaches and spectators.**
2. Incidents are reported to the League in referee game reports, in letters and calls from concerned parents, and by coaches. “Incidents” at THJSL games are classified as follows.
  - **Inappropriate behavior** This includes overaggressive play or the encouragement of such play, refusal to participate in post game handshakes, allowing pets to run loose on the field, etc. This specifically does not include any behavior falling into one of the categories below.

- **Unsporting behavior** This includes any behavior that would normally receive a caution (yellow card) for unsporting conduct, but which, for some reason, did not. This covers incidental foul language, loud arguments with opposing parents or coaches, refusal to cooperate with game officials, etc. This classification also includes violations of THJSL policy that each player receives a minimum of 50% playing time per game.
  - **Misconduct** This includes any cautions or send offs (red cards) received during the game by players or coaches. The rare and special cases include cautions or send offs given after the departure of participants from the game site.
  - **Repeated misconduct** This includes a pattern of misconduct by a coach or player, and will be handled as described below.
  - **Administrative problems** This includes players registered with their club with the wrong age and/or gender, use of unregistered players, etc.
3. Reports of **inappropriate behavior** will be referred to and dealt with by the individual clubs. A pattern of inappropriate behavior will be treated as unsporting behavior. **Unsporting Behavior** and **Misconduct** will be handled at the league level, and if sufficiently serious, may result in formation of a judicial committee to take the actions described under the THJSL Judicial Procedures. Possible penalties include player, coach, and team suspension for up to five years.
  4. Referee reports shall be accepted as factual, without requiring further investigation. Spectators are the responsibility of the coach of each team. In the event of misbehavior by spectators, all judicial proceedings will be carried out against the coach.
  5. Sometimes youth referees are intimidated by adult coaches. If a youth referee (under the age of 19) determines after a game that a coach should have been cautioned or dismissed, the referee may report it on their game report. Such game report shall state a cause for the disciplinary violation, as found in the Laws of the Game, and the related conduct. The League Vice President shall inform the coach by phone upon receipt of the game report. For all judicial purposes, the card will be considered to have been given on the field.
  6. Yellow cards, red cards, and other misconduct results in penalty points that are accumulated at player, coach and team levels. Depending on the number of points accumulated, the penalty for a player could be a letter of reprimand, suspension for a single game, or suspension for the remainder of the season. Team penalties range from a letter of reprimand to suspension of the entire team.

7. Any coach or player receiving a caution card shall receive one penalty point. Any player sent off or any coach dismissed shall receive three penalty points. When a coach or player accumulates a total of three penalty points (2 yellow cards or 1 red card), he or she shall receive a letter of reprimand from THJSL and will be suspended from the next THJSL game. A copy of the reprimand will be sent to the president of the participant's club.
8. Any participant who assaults a referee (e.g., by pushing, bumping, verbally berating, etc.) or his/her equipment (e.g., kicking the referee's bag/ or breaking the flags) shall be suspended for one year. Violent assault against the referee (e.g., hitting, spitting on, etc.) shall result in expulsion from THJSL for life.
9. Taunting of an opponent or official of a religious, racial, ethnic, gender, or gender preference nature are considered to be "offensive language" and the offender will receive a red card. A second offense by the same team in the same contest will result in the game's termination.
10. Any participant engaging in fighting shall be suspended for the remainder of the season.

### **How It Happens**

The youth soccer programs in our area range from recreational soccer where playing time is equal and full participation is the norm, to high-end "classic" programs where the most dedicated athletes achieve elite skill levels in a highly-competitive environment. A variety of organizations cooperate to make all this happen, as explained below.

**Tualatin Hills Junior Soccer League.** THJSL is an umbrella organization comprised of the seven recreational clubs, three classic clubs, and High School Recreational soccer mentioned previously. THJSL takes the second through eighth grade teams provided by the recreational clubs and places them into leagues. THJSL schedules the league games and hires referees for the matches. THJSL is 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 used by THJSL.

**Recreational Clubs.** The seven recreational clubs in our area are Aloha, Cedar Splinters, Oak Hills, Milltown, Somerset West, West Hills, and Westside. They serve over 7,000 athletes. Players register with these clubs and the clubs form teams of roughly equal skill level. The clubs place the older players (2nd grade through middle school) into single-gender teams and submit these to THJSL for league formation. For the younger kids in kindergarten and first grade, each club runs its own coed league known as "Micro" or "Kick and Chase."

**Spring Recreational Soccer.** One of our member clubs, the Westside Warriors 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.

**Classic Clubs.** The three classic clubs in our area are Aloha Youth Soccer club (classic & rec), Tualatin Hills United Soccer (classic only) and the Westside Metros (classic only), which serve about 1,500 athletes. Classic clubs form their own teams organized by age and ability level as determined by tryouts. Programs begin at U-10 and run through high school. Classic soccer requires a larger time commitment by the players as the programs run year-round. There is a larger cost to participate in classic soccer than in recreational soccer. Classic programs are for players who desire to reach their maximum soccer potential and are willing to make a serious commitment to do so.

Classic teams play in leagues formed by the state organization, OYSA. Classic teams sometimes travel further, and can play in tournaments in and around the state.

**Summer Camps.** Most of the THJSL clubs run their own summer soccer camps. Participation is generally open to all players regardless of club affiliation.

**High School Recreation.** High School Recreational soccer is the newest addition to THJSL and at the same time is experiencing explosive growth with approximately 400 participants. Area high schools form coed teams spanning all four years which compete with other area teams in a recreational format. All high school age kids, from beginner to elite, are welcome to participate. Numerous player testimonials indicate why this program is so successful; the focus is on the joy of playing soccer!

**Unified Fields Committee.** A variety of sports leagues including soccer, baseball, lacrosse, and football require playing fields for their programs. The Unified Fields Committee coordinates assignment of the over 100 area fields to these different sports programs. THJSL has a representative on this committee who makes sure that soccer needs for both playing and practice fields are met.

**Tualatin Hills Parks and Recreation District.** THPRD is an important partner of THJSL. THPRD maintains the over 100 area fields used by THJSL, including around 50 fields belonging to THPRD itself, 40 fields belonging to the Beaverton School District (BSD) as well as a handful of fields belonging to separate entities such as homeowner associations made available to THJSL through usage agreements with THPRD.

THPRD maintenance includes installing goal posts, fertilizing, lining, thatching, aerating, and, in some cases, watering. THPRD carefully monitors fields to assure that they remain playable and are not over-utilized.

THPRD services include working closely with the various sports leagues through the Unified Fields Committee to assure that field needs are met in a fair and equitable manner. Additionally, THPRD coordinates with individual sports leagues so that the provided fields are sized and lined according to the requirement of the age group that will use that field.

Many of our athletes live outside of the THPRD boundaries but through participation in THJSL benefit from THPRD maintenance and other services. Each out of district soccer player must register with THPRD and pay an “out of district” assessment fee, in order to participate on a THJSL team.

THJSL values highly its relationship with THPRD!

**Oregon Youth Soccer Association.** OYSA is our state organization. OYSA runs the classic leagues and sponsors several classic and rec tournaments. OYSA also provides the player, coach, club and league insurance. OYSA serves around 58,000 youth soccer players in our state.

### **Additional Area Soccer Programs**

Soccer is a fairly unique team sport in that participation can span a lifetime. There are numerous soccer programs in our area besides ours and we encourage youth and adults alike to pursue other soccer opportunities, a few of which are listed below.

**Oregon Adult Soccer Association.** Soccer is a sport of lifelong participation. Don't just watch your kids chase a ball around a field! Leagues form by ability level, age group, single-gender as well as coed.

<http://oregonadultsoccer.com/> 503-292-1814

**Indoor Soccer.** Indoor soccer is an action-packed, fast-moving game, with many more touches on the ball than is provided in outdoor. Leagues form constantly, run year-round and include youth, adult, and adult coed.

**Indoor Goals** <http://www.indoorgoals.com/> 503-629-9500

**SoccerPlex** <http://www.soccerplex.com/> 503-297-4145

**Portland Timbers** Support your home-town professional sports team! Experience first-hand soccer played at its highest level. Games run from late-spring to fall and home games are played at PGE park

<http://www.pgepark.com/timbers/> 503-553-5400



Visit our website at [www.thjsl.org](http://www.thjsl.org) for more information

**Member Soccer Clubs**

<b>Aloha Soccer Club</b> ( <i>classic &amp; rec</i> )	www.alahasoccer.com
President Charlie Tomasini	503-707-9707
<b>Cedar Splinters Soccer Club</b>	www.cedarsplinterssoccer.com
President Brent Tanner	503-250-2596
<b>Milltown Soccer Club</b>	www.milltownsoccer.org
President Eric Ufer	503-278-7227
<b>Oak Hills Soccer Club</b>	www.ohsoccer.com
President Chris Gantz	503-799-9999
<b>Somerset West Soccer Club</b>	www.somersetwestsoccer.org
President Scott Porter	503-690-4665
<b>Tualatin Hills United Soccer Club</b> ( <i>classic</i> )	www.thusc.org
President Eric Messenger	503-626-6783
<b>West Hills Soccer Club</b>	www.westhillssoccer.com
President Bill Okrent	503-644-8686
<b>Westside Metros Soccer Club</b> ( <i>classic</i> )	www.westsidemetros.com
President Davy Dupon	503-626-2975
<b>Westside Warriors Soccer Club</b>	www.westsidewarriors.com
President Steve Baker	503-701-1371
<b>High School Recreation League</b>	www.thjssl.org
Sherry Packard-Silvius	503-740-7195
Steve Baker	503-701-1371

**THJSL Administration**

**www.thjssl.org**

President	Bill Kanable	503-626-8613
Vice President	Davy Dupon	503-626-2975
Secretary	Keith Ericson	503-597-0434
Treasurer	Sherry Packard-Silvius	503-740-7195
High School Recreation	Steve Baker	503-701-1371
High School Recreation	Sherry Packard-Silvius	503-740-7195
Referee Coordinator	Keith Ericson	503-597-0434
Fields Coordinator	Bill Kanable	503-626-8613
THPRD Liaison	Julie Pacarro-Stout	503-629-6330

THJSL board meetings are held the first Tuesday of every month. Most meetings are held at the Peg Ogilvie Dryland Training Center at 7:00pm. Call the THPRD Liaison listed above to confirm as the date and location are subject to change. Contact your club president for information regarding club meetings.

