



Oregon School Activities Association  
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503.682.6722 fax: 503.682.0960 <http://www.osaa.org>



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To: Athletic Directors and Head Soccer Coaches

From: Kris Welch, Assistant Executive Director  
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Subject: Soccer Reminders for the 2019 Season

Included within this memo are reminders regarding OSAA policies and NFHS rules specific to soccer that I would like you to review with your staff as we begin a new season. Remember that each school offering soccer will be receiving a copy of the NFHS Soccer Rules Book from the OSAA at the Fall Administrator Workshops (two if offering boys and girls). If your school doesn't receive a copy, please contact me directly. Feel free to contact me if you have questions.

## **GENERAL INFO**

### **OSAA Soccer Plan**

<http://www.osaa.org/docs/bsc/scplan.pdf>

We've revamped our plan books to be more thorough and include all information necessary for schools. The plan contains the season dates, NFHS rule changes, OSAA soccer rules and policies, state championship information and qualifications, plus OSAA general policies.

### **OSAA Adopted Soccer Interpretations**

<http://www.osaa.org/docs/bsc/19-20OregonAdoptedSoccerInterpretations.pdf>

The 2019-20 NFHS Soccer Rules Book will be used in Oregon with these clarifications (which are also included in the Soccer Plan). NOTE: One of the interpretations states that ball holders are optional. The OSAA strongly encourages the use of ball holders to keep play moving and help avoid delays during games.

## **OVERTIME POLICY**

No overtime is allowed during pre-season or regular season matches. This also includes no kicks from the penalty mark. Matches that are tied at the end of regulation time will be considered a draw. NOTE: The OSAA State Championship tie breaking procedures shall be used in all district playoffs, play-ins, OSAA playoffs and championship matches.

## **HEALTH & SAFETY**

### **Health and Safety Information**

<http://www.osaa.org/health-safety>

The OSAA website contains a variety of information regarding heat and hydration, lightning safety, air quality, and concussion management. This page contains links to informational items that all coaches should familiarize themselves with as practices begin.

### **Heat Index Alerts**

<http://www.osaa.org/heat-index>

ADs and coaches should subscribe to heat alerts through the OSAA website. Alerts are sent about 11am daily when the forecasted heat index in your area is high. If an alert is received, OSAA policy requires that schools check the actual heat index within one hour prior to the start of practice to determine if modifications must be made. If no alert is received, no further action is required by the school that day.



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### **Practice Model**

<http://www.osaa.org/docs/handbooks/PracticeModelBP.pdf>

The Practice Model, which was changed significantly prior to the 2014 season, required many schools to change their practice structure. Please familiarize yourself with this policy. Notable requirements contained in the policy include:

- Prohibition on consecutive days of multiple practice sessions
- A teaching session as one of the practice sessions on the first two multiple practice days (the intensity, duration and pace of all practice components in a teaching session shall be modified from a normal practice session)
- Maximum of one hour of weight training before or after practice on a single practice session day

### **Concussion Management**

<http://www.osaa.org/docs/handbooks/ConcussionManagementBP.pdf>

OSAA Staff worked with the Oregon Legislature to align Max's Law (public schools) and Jenna's Law (private schools) when it comes to the return to participation protocol. Therefore, all OSAA member schools are subject to the same policy when a student is removed after exhibiting signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body. The state still states that, on an annual basis prior to participation, private schools shall require each student and at least one parent or legal guardian of the student to sign a consent form acknowledging the receipt of information regarding symptoms and warning signs of concussions. Private schools shall maintain a copy of each student's signed form on file for review at any time by OSAA staff.

### **Lightning Safety Guidelines**

The OSAA has made a concerted effort to educate member schools and officials associations regarding the suspension and restarting of practices and contests based on the presence of lightning or thunder. Once thunder is heard within 30 seconds of a visible lightning strike or a cloud-to-ground lightning bolt is seen, all personnel, athletes and spectators should evacuate to available safe structures or shelters.

### **Proactive Planning:**

- 1) Assign staff to monitor local weather conditions before and during practices and contests.
- 2) Develop an evacuation plan, including identification of appropriate nearby safe areas and determine the amount of time needed to get everyone to a designated area.
  - a) A designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium, or library. An alternate safer place for the threat of lightning is a fully enclosed (not convertible or soft top) metal car or school bus.
- 3) Develop criteria for suspension and resumption of play:
  - a) **Recognition.** When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play for at least 30 minutes and vacate the outdoor activity to the previously designated safer location immediately.
  - b) **Thirty-Minute Rule.** Once play has been suspended, wait at least thirty minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
  - c) Any subsequent lightning or thunder after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
  - d) When lightening detection devices or mobile phone apps are available, this technology could be used to assist in making a decision to suspend play if a lightning strike is noted to be within 10 miles of the event location. However, you should never depend on the reliability of these devices and, thus, hearing thunder or seeing lightning should always take precedence over information from a mobile app or lightning detection device.
- 4) Review annually with all administrators, coaches and game personnel and train all personnel.
- 5) Inform student athletes of the lightning policy at start of season.



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### **Air Quality Guidelines:**

<http://www.osaa.org/health-safety/air-quality>

The Air Quality Index (AQI) should be monitored throughout the day, and during an event, to have the best data possible to make informed decisions about conducting practices and competitions. School personnel shall review the AQI information for all regions throughout the state on either the Oregon Department of Environmental Quality (DEQ) website at <https://oraqi.deq.state.or.us/home/map>, the Oregon DEQ app "OregonAir", or on the Environmental Protection Agency (EPA) Air Now website at [https://airnow.gov/index.cfm?action=airnow.local\\_state&stateid=38](https://airnow.gov/index.cfm?action=airnow.local_state&stateid=38) to determine if action is necessary. Schools shall regularly review the AQI throughout events to assess deteriorating conditions.

## **UNIFORMS / PLAYER EQUIPMENT**

### **Coach Responsibilities for Player Equipment**

As the adult leader of the team, each head coach shall be responsible for ensuring that each of his/her players is properly and legally equipped. The head coach shall receive the first caution issued (yellow card) for an illegally equipped player. All subsequent cautions (yellow cards) for illegally equipped player(s) shall be issued directly to the player(s) and not to the head coach. An illegally equipped player shall be instructed to leave the field of play when the ball next ceases to be in play. Play shall not be stopped for an infringement of this rule except where the referee may stop play immediately where there is a dangerous situation. The removed player(s) may re-enter at the next legal substitution opportunity only after reporting to an official who shall be satisfied the player's equipment and uniform are in order. This is meant to place some responsibility on the player as well as make sure that the illegal equipment has been rectified.

### **Shinguard Permanent Marking Requirement**

The NOCSAE seal and height range shall be permanently marked (branded, embossed, etc.) on the front of the shinguard.

### **Goalkeeper Jerseys Must Have Numbers**

Goalkeepers must have a number on the front of their jerseys or shorts/pants and on the back of their jerseys. Goalkeepers may wear the same colored socks as their teammates but the goalkeeper's socks must differ in color from the opposing field players.

## **FIELD MARKINGS, OFFICIALS, SECOND CAUTIONS**

### **Official and Team Areas**

**Team Benches** – Oregon has adopted that the benches for both teams shall be on the same side of the field.

**Markings** – Both the official and team areas should be marked. These areas shall be at least 10 feet from the sideline. The official area shall extend 5 yards on each side of the halfway line. This area is used for entering substitutes, scorers and timers. The team areas shall extend from 10 yards on each side of the halfway line for a distance of 20 yards. Coaches, bench personnel and team members shall be restricted to this area. Anyone allowed in the team area should be listed on the team roster. We understand that it is not always possible, particularly when the benches are set on the track around the field or the game is in a public park, but appreciate efforts to properly mark this area. Cones or tape can be used if painting a line isn't feasible.



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**Room for Referee** – The assistant/dual referee needs space outside the touchline in order to effectively monitor game action. We don't want any tripping or collisions on the sidelines with referees and team personnel. Home game management and coaches are encouraged to take the necessary steps to keep this from happening.

**Spectators** – Spectators shall be confined to areas at least 10 feet from the touch line, team/official area and goal line. No one shall be permitted directly behind either goal unless seated in bleachers.

### **Officials – Host School Responsibilities**

Remember that a game manager shall be designated by the host school for all contests. It's a good idea for the game manager to introduce themselves to the officials upon arrival. A member of the coaching staff of the home team is not eligible to serve as game manager during a varsity contest at which he or she is coaching. A coach of a sub-varsity team may act as the game manager at a sub-varsity contest at which he or she is coaching.

The game manager shall wear easily recognizable identification, shall be physically present and / or readily accessible by phone, and shall be responsible for:

- a. Designating reserved parking for officials as close as possible to the contest site; where available if requested by the commissioner of the Local Association providing the officials
- b. Designating dressing facilities for officials where available if requested by the commissioner of the Local Association providing the officials;
- c. Monitoring and responding to inappropriate crowd conduct during and after the contest; and
- d. Providing an escort to the designated dressing facilities or vehicle for officials following each contest unless that offer is declined. ***(This is especially important at fields where officials must walk through the spectator area when leaving the field.)***

### **Second Caution = Disqualification**

As in previous years, a second caution will be treated the same as any other disqualification. The team will play with one less player for the rest of the game and the player will be suspended through the next contest at that level, in accordance with the OSAA ejection policies. Coaches will need to use good judgment about the risks of returning a cautioned player to the game. NOTE: The OSAA Executive Board recently voted to remove the monetary fine for schools when a player is ejected as a result of receiving two cautions, however the next game suspension remains.

## **OSAA RANKINGS INFO**

### **Adding Contests to Schedules vs. Teams More Than One Classification Away After September 18**

Remember that results from contests added to a team's schedule after a certain date each season (Fall – September 18) **vs. a team more than one classification away** shall not be included in the rankings.

### **Adding Any Contest to Schedules After October 2**

A new policy recently approved by the OSAA Executive Board states that results from contests added to a team's schedule after a certain date each season (Fall – October 2) shall not be included in the rankings. NOTE: Contests not affected by this policy include bracketed contests at tournaments, league tiebreakers, and district/league tournaments. Schools may apply for an exception to OSAA Staff in extenuating circumstances.

### **Tracking Out of State Opponents**

[www.osaa.org/docs/osaainfo/ManagingOutOfStateRecordsInstructions.pdf](http://www.osaa.org/docs/osaainfo/ManagingOutOfStateRecordsInstructions.pdf)

Varsity teams are required to update their schedule and results through the OSAA website throughout the season. Schools are also required to track records of out of state opponents. Each Oregon school is ultimately responsible for making sure their own schedule and results are accurate, including the records of their out of state opponents.