



## Oregon School Activities Association

25200 SW Parkway Avenue, Suite 1  
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503.682.6722 <http://www.osaa.org>



August 1, 2022

To: Athletic Directors and Head Soccer Coaches

From: Monica Maxwell, Assistant Executive Director  
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Subject: 2022-23 Soccer Reminders

Included within this memo are reminders regarding OSAA policies and NFHS rules specific to soccer that each coaching staff should review as we begin a new season. The links provided will take you directly to more detailed information regarding that specific reminder. Each school offering soccer should have received one copy of the NFHS Soccer Rules Book from the OSAA, and if your Athletic Director has your email address listed on the OSAA website under your school, you will be able to have one NFHS eBook of the rules. If your school didn't receive your copy, please let me know. Feel free to contact me if you have questions and best of luck this season!

### GENERAL INFORMATION

#### OSAA Soccer Plan Book

<https://osaa.org/docs/planbooks/scplan.pdf>

The 2022 OSAA Soccer Plan Book is available on the OSAA website. This plan book contains information regarding important season dates, NFHS rules information, OSAA soccer rules and policies, state championship information and qualifications, etc.

#### HAIR ADORNMENT (*OSAA Handbook, Executive Board Policies*)

*(Revised July 2022)*

The OSAA aims to be inclusive of all students from varying cultural backgrounds to access athletic and activity programs provided at member schools, while providing a fair and safe environment. This policy was developed inclusive of the language established in Oregon House Bill 2935 (*June 2021*) and in collaboration with the OSAA Equity and Diversity Committee and other stakeholders. The OSAA recognizes that this policy will need to be reviewed on a regular basis and continued education to member schools will be required to ensure understanding of this policy. The OSAA recognizes the value of **athletic and activity programs** for all students and the potential for inclusion to reduce harassment, bullying and barriers faced by certain students. The OSAA also recognizes the concerns of students, parents, and coaches to ensure a fair, equitable, and safe competitive environment.

#### A. Oregon Revised Statutes Language.

1. [ORS 659A.001](#), amended to read:
  - a) "Protective hairstyle" means a hairstyle, hair color or manner of wearing hair that includes, but is not limited to, braids, regardless of whether the braids are created with extensions or styled with adornments, locs and twists.
  - b) "Race" includes physical characteristics that are historically associated with race, including but not limited to natural hair, hair texture, hair type and protective hairstyles.
2. [ORS 332.075](#), amended to read: (1) Any school district board may: (e) Authorize the school district to be a member of and pay fees, if any, to any voluntary organization that administers interscholastic activities or facilitates the scheduling and programming of interscholastic activities only if the organization: (A) Implements equity focused policies that:
  - a) Address the use of derogatory or inappropriate names, insults, verbal assaults, profanity or ridicule that occurs at an interscholastic activity, including by spectators of the interscholastic activity;
  - b) Prohibit discrimination as defined in [ORS 659.850](#);
  - c) Permit a student to wear religious clothing in accordance with the student's sincerely held religious belief and consistent with any safety and health requirements; and
  - d) Balance the health, safety and reasonable accommodation needs of participants on an activity-by-activity basis;
3. [ORS 659.850](#), amended to read: (B) "Discrimination" does not include enforcement of an otherwise valid dress code or policy, as long as the code or policy:



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- a) Provides, on a case-by-case basis, for reasonable accommodation of an individual based on the health and safety needs of the individual; and
- b) Does not have a disproportionate adverse impact on members of a protected class to a greater extent than the policy impacts person generally.
- c) "Race" includes physical characteristics that are historically associated with race, including but not limited to natural hair, hair texture, hair type and protective hairstyles as defined in [ORS 659A.001](#).

**B. Athletic and Activities Programs Allowing Hair Adornment per NFHS Rules.** OSAA-sanctioned activities where hair adornments are allowed by NFHS or rule-governing bodies.

**Baseball**

**Basketball**

**Cheerleading**

Cross Country

Dance

Golf

**Soccer**

Softball

Swimming

Tennis

Track & Field

### Game Ball

Schools are reminded that per NFHS Soccer Rules, balls must include NFHS stamps to be legal for high school competition. This includes all levels of play (Varsity, JV, JV2, Frosh). For the regular season, any brand of soccer ball is legal provided it has the required marks. At no time are balls required to have an OSAA stamp. During the OSAA state championships, teams will use the Wilson Vivido.

### 2021-22 NFHS Points of Emphasis

#### Sportsmanship

- ✓ Good sporting behavior is one of the fundamental ingredients to the continued success and enjoyment of education-based high school sports and activities. In fact, in the 103-year history of organized high school sports in the United States, good sportsmanship has been one of the most important outcomes of high school activity programs.
- ✓ NFHS playing rules are written to encourage sportsmanship. Participation in these programs should promote respect, integrity and sportsmanship. However, for these ideals to occur, everyone involved in these programs must be doing their part.
- ✓ The NFHS is concerned that unsporting behavior in education-based athletics has increased across all sports. As a result, the NFHS has made sportsmanship the No. 1 Point of Emphasis for the 2022-23 school year.
- ✓ Sportsmanship, or good sporting behavior, is about treating one another with respect and exhibiting appropriate behavior. It is about being fair, honest and caring. When these types of appropriate behavior occur, competitive play is more enjoyable for everyone.
- ✓ Coaches set the tone at athletic contests with their display of sportsmanship. If these individuals act in a sportsmanlike manner, their behavior sets the tone for players, spectators and others. If coaches, however, are complaining constantly about the decision of contest officials, spectators are more likely to do the same.
- ✓ There must be a collaborative, working relationship between contest officials and game administration to promote good sportsmanship and safely conduct the contest. Everyone has their roles to play in creating a positive, sportsmanlike atmosphere at contests.
- ✓ Officials should focus on the actions of players, coaches and other bench/sideline personnel. A positive, open line of communication between officials and coaches ultimately results in a better contest for everyone involved.
- ✓ Contest officials, however, should never engage with spectators who are exhibiting unsporting behavior. Once the contest begins, school administration is responsible for dealing with unruly spectators. A proactive approach by school administration includes monitoring the behavior of spectators and intervening as needed.
- ✓ If spectators are using demeaning or profane language at officials – or at others in the stands – those individuals should be removed from the contest by school administration.
- ✓ In recent years, a heightened level of unsportsmanlike behavior has been occurring by spectators at high school sporting events, and it must be stopped. The use of demeaning language, or hate speech, by students, parents and other fans must cease.



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- ✓ High school sports and other activities exist to lift people up, not demean or tear people down. The goal is to treat everyone fairly and treat each other with respect. Any speech or harassment that is insulting, demeaning or hurtful will not be tolerated.
- ✓ High schools must establish a culture that values the worth of every single person – both players on the school’s team and players on the opposing team. There must be a no-tolerance policy regarding behavior that shows disrespect for another individual.
- ✓ Good sports win with humility, lose with grace and do both with dignity. It takes the efforts of everyone every day to ensure that sportsmanship remains one of the top priorities in education-based activity programs.

### **Strategic Time-Wasting Techniques**

To ensure fair and equitable play, officials must be aware of potentially illegal time-wasting techniques which may be used to waste time or gain an unfair advantage. Some examples to consider:

- ✓ Goalkeepers holding the ball for longer than 6 seconds before releasing the ball into play
- ✓ Once the ball has been placed for a free kick moving the ball to a different location
- ✓ Delaying the restart on free kicks or throw ins. Players may take unnecessary time to set up a free kick or throw in by stopping to re-tie their shoe or adjust their shin guard or uniform.
- ✓ Changing kickers late in the game when taking free kicks or corner kicks
- ✓ Changing players late in the game to take the throw in
- ✓ Substituting at every opportunity late in the game (before the 5-minute rule applies). Officials should use their best judgement and know their available options, including issue a verbal warning, stop the clock, and/or issue a caution to deal with these techniques. Recognizing and immediately dealing with these tactics will ensure fair play.

### **Penalty Kick**

The player taking the penalty kick is permitted to use a stutter step or a hesitation move provided they do not stop their approach to the ball and there is a continuous movement toward the ball. To be in play, the ball must be kicked forward. If the ball is not kicked forward the penalty shall be an Indirect Free Kick awarded to the defending team from the penalty mark. Infractions by either team are covered by the chart on page 70 of the rule book.

### **Dissent**

RULE 12-8-1c states that objecting by word of mouth or action to any decision given by an official is dissent. However, simply disagreeing with an official’s decision isn’t always dissent and/or sanctioned by a yellow card. There are several factors to consider in each situation. Referees should evaluate potential dissent by asking if the display is public, personal, or provocative. Expressions of frustration or disappointment or private dissatisfaction not directed at anyone can usually be handled by a verbal warning or private discussion with the player. Continual public complaining, prolonged and repeated actions, or personally directed comments towards the referee of their decision must be dealt with and should be cautioned. Beyond dissent gestures or language that are inappropriate, foul and abuse directed at an opponent, teammate or official, threaten physical harm, and/or taunting must be dealt with immediately and result in a disqualification to that player. These same considerations should be considered when dealing with coaches or any other individuals in the team area.

### **OSAA Adopted Soccer Interpretations** <https://www.osaa.org/docs/bsc/21-22%20OregonAdoptedSoccerInterpretations.pdf>

The 2022-23 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.



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### 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.

#### Practice Model

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

The Practice Model **now requires athletes to have a minimum of five days of actual practice prior to participation in a jamboree or interscholastic contest.** 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

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

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 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.



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- 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.

**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.

##### 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.



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### **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.

1. 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 15**

Remember that results from contests added to a team's schedule after a certain date each season (Fall – September 15) **vs. a team more than one classification away** shall not be included in the rankings.

### **Adding Any Contest to Schedules After September 29**

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 – September 29) 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.