



Oregon School Activities Association

25200 SW Parkway Avenue, Suite 1
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503.682.6722 <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 2020-21 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.

OSAA/NFHS COVID-19 KEY CONSIDERATIONS:

General Expectations for schools:

- Officials should be provided a designated parking area apart from the general public, when possible.
- Monitoring and responding to inappropriate crowd conduct during and after the match.

General Guidelines:

- **See the [Soccer Plan Book Season 2](#)** for details on health screenings, facilities considerations, practice guidelines and more.
- **Local/Regional Competition:** The OSAA Executive Board is directing schools to prioritize local/regional play when scheduling contests for the 2020-21 school year. It has been determined that schools will not be required to participate in their assigned leagues/special districts for the 2020-21 school year.
- Masks shall be worn at all times by all individuals in attendance.
- Physical distancing measures shall be in place at all times other than when engaged in competition.

Facility COVID Protocols:

- The host site should designate a cleaned and disinfected area for teams to unload and load buses separate from fans, spectators, and other individuals not essential to the team or group.
- Before each game, contest, or event, schools should follow the screening protocols to screen all staff members, contractors, volunteers, sports officials, contest judges, and any individuals otherwise involved in working the event. These individuals should also self-screen as described in these screening protocols.
- Other areas by participants, such as press box areas, shall be cleaned and disinfected prior to and after use. Sites shall develop plans for providing access to these areas that limit or remove potential contact between participants and non-participants.
- The host site should provide sports and contest officials an area to enter and exit separate from fans when possible. Officials should be provided a dressing and meeting area, if applicable, that has been cleaned and disinfected prior to their arrival.
- All participants should be provided with entry and exit plans for contest areas that maintain separation from non-participants and fans. Individuals not essential to the team or group should not be given access to contest areas, performance areas, courts, or fields at all before, during, or after contests and events.
- Teams are responsible for providing a plan for individualized hydration supplies for their student athletes on competition days. Bench water shall be provided by host site, but the traveling team shall supply its own coolers unless agreed upon by the host school.



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Practice/Match Guidelines:

- Face coverings are required to be worn by players, game officials, ball handlers, managers, athletic trainers and coaches.
- Sportsmanship is a key component, while physical contact of handshakes, fist-bumps, etc., are not allowed teams are encouraged to acknowledge their opponents in pregame and postgame rituals with a physical distance observance of the team's choosing.
- Soccer drills and conditioning models designed for athletes to remain six feet apart.
- Soccer drills with competition aspects should always also be designed for athletes to remain six feet apart if possible.
- Intra-squad scrimmages are allowed during team practices.
- The ball shall be cleaned and sanitized throughout practices and matches as recommended by the ball manufacturer.

Event Limitations:

- 9 Matches

Pre-Game Conference:

- Limit attendees to head referee or center referee, the head coach from each team, and a single captain from each team.
- Move the location of the pre-match conference to center of the field. All five individuals maintain physical distancing of 6-feet.
- Suspend handshakes prior to and following the Pregame Conference.
- Only one official will meet with each head coach and the timer before the start of the match, while maintaining proper physical distancing of 6 feet.

Locker Rooms and Other Congregate Settings:

- Designate total number of occupants allowed in the locker room at any given time and the length of time that they may be present in the locker room. This should be posted at the entrance and inside the locker room.
- Schools should make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available in these areas.
- All congregate areas should be regularly and frequently cleaned and disinfected including all frequently touched surfaces such as doorknobs, tables, chairs, lockers, and restrooms.
- Any equipment that will be kept in student lockers and/or in these areas should be thoroughly cleaned and disinfected each day prior to students accessing these areas. Schools should develop a plan for managing the storage, cleaning and disinfecting, and redistribution of student equipment.
- Schools should consider identifying staff to monitor locker rooms and other areas where students may congregate to ensure effective use of school protocols. When possible, schools should open windows and/or doors or otherwise work to improve air flow by allowing outside air to circulate in these areas.
- Schools must require staff and students to wear face coverings while inside locker rooms, meeting rooms, training rooms, band halls and other areas where students may congregate other than shower facilities.
- As part of their overall plan, schools should develop a plan for mitigating risk of spreading COVID-19 when disinfecting, cleaning, and laundering items such as towels, practice clothes, and uniforms. This plan should include protocols for redistributing these items to students. Involved staff should be trained specifically on these protocols.

Handling of Soccer Balls:

- Officials will not handle soccer balls. Players will retrieve balls that get away from the immediate pitch area.

Team Benches:

- Limit bench personnel to observe physical distancing of 6 feet.



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Substitution Procedures:

- Maintain physical distancing of 6 feet between substitute, official and/or teammate(s) by encouraging substitutions to occur closer to the center line.

Pre/Post Game Ceremony:

- Replace handshakes before and after the match with a physical distance acknowledgment of the team's choosing.

Athletes' Uniform and Equipment:

- Long sleeves are encouraged to reduce skin contact with the ball.
- Long pants and undergarments are permissible. They must meet NFHS Rules.
- Visible under garments are permissible but must be of a similar length for the individual and a solid like color for team.
- Permissible face coverings are required to be worn at all times by all attendees and participants present.
- Gloves are permissible.

Officials' Uniform and Equipment:

- Electronic whistles can be utilized to minimize the spread of respiratory particles.
- Permissible face coverings are required.
- Gloves are permissible.

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

<https://www.osaa.org/docs/bsc/20-21%20OregonAdoptedSoccerInterpretations.pdf>

The 2020-21 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.



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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, which was changed significantly this year due to the Covid-19 situation. Please familiarize yourself with this policy. Notable requirements contained in the policy include:

- Prohibition on multiple practice sessions in a single day
- Five practices are required prior to an athlete participating in a match or jamboree
- 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



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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.

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 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.



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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.

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

Rankings will not be used during the 2020-21 Association year.