



Oregon School Activities Association

25200 SW Parkway Avenue, Suite 1
Wilsonville, OR 97070
503.682.6722 <http://www.osaa.org>



August 16, 2021

To: Athletic Directors and Head Soccer Coaches

From: Kris Welch, Assistant Executive Director
krisw@osaa.org | 503.682.6722 x230

Subject: Soccer Reminders for the 2021-22 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 (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 Rule 4.1.6.

OSAA Hair Adornment Executive Board Policy: The OSAA staff has been working closely with the NFHS, the OSAA Equity and Diversity Committee, the OSAA Executive Board and other important stakeholders in assessing the cultural inclusiveness of various rules and policies. Also, with aligning NFHS/OSAA rules with House Bill 2935, the OSAA researched all of the activities offered in the Association regarding the rules that prohibit athletes from wearing hard hair adornments while participating. Volleyball and Cheerleading both have other rule governing bodies that allow for hard hair adornments to be worn. The OSAA Executive Board has approved for certain sports to be allowed to have hair with adornments, but soccer is NOT one of those sports allowed to have hair adornments.

Activities Adhering to NFHS Rules Prohibiting Hair Adornments. House Bill 2935 requires OSAA to implement equity focused policies that balance the health, safety, and reasonable accommodation needs of participants on an activity-by-activity basis. After careful review, and in alignment with House Bill 2935 and other rule-governing bodies, the OSAA is adhering to NFHS rules prohibiting hair adornments in soccer due to health and safety considerations.

Soccer – Prohibited per NFHS Soccer Rule 4-2 Article 1.

Coaches, athletes, administrators, parents/guardians and officials need to continue to discuss that student participating in soccer is not allowing hair adornments. When a coach is asked if their players are properly equipped, it is expected that the coach has confirmed that all players are wearing legal uniforms and following all jewelry and hair rules to ensure players' safety throughout the match.

2021-22 NFHS Points of Emphasis

Properly marked fields and worn uniforms

It is important that games are played on fields marked in a consistent manner, and players wear uniforms according to NFHS rules. If a field is improperly marked and/or if a team wears an illegal uniform the referee shall contact the state association, who will work with school administrators to make appropriate changes. In addition, during pregame communication with school administration, game officials are also encouraged to communicate these corrective actions directly to administrators.

Reckless and Serious Foul Play

Soccer is a contact sport and understanding the differences between fair and hard play and a foul that is either reckless or serious is important to ensuring fair play and the safety of the players. When a player acts with disregard of the danger to, or consequences for, the opponent, he/she should be cautioned for reckless play. When a player uses disproportionate and unnecessary force against an opponent, he/she could be disqualified for serious foul play.

It is critical coaches teach players about their own safety and the safety of their opponents, and officials recognize the differences between reckless and serious and the corresponding penalties. Safety, fair play and sportsmanship should be emphasized in the pregame meeting. Communication between officials, coaches and captains should continue throughout a match, especially as the intensity increases. And when reckless or serious foul play occurs, officials should deal with the situation immediately – this kind of play should not be tolerated.



Oregon School Activities Association

25200 SW Parkway Avenue, Suite 1
Wilsonville, OR 97070
503.682.6722 <http://www.osaa.org>



Education-Based Soccer

High school athletics is education-based, and some mechanics of our game are intentionally different from other levels of soccer. The pregame meeting, for example, is a time for officials to communicate expectations to both coaches and captains. This REQUIRED meeting for both head coaches and captains should cover pertinent rules, sportsmanship, the coin toss, and properly and legally equipped players. This meeting is a purposeful start to an education-based interscholastic match

Mechanics of the NFHS high school soccer game may differ from those of other playing codes because of the need to teach. Coaches and referees should be teaching student-athletes in every phase of the competition in everything that is done.

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/21-22%20OregonAdoptedSoccerInterpretations.pdf>

The 2021-22 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.

Practice Model

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

The Practice Model, which was changed this past year ***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



Oregon School Activities Association

25200 SW Parkway Avenue, Suite 1
Wilsonville, OR 97070
503.682.6722 <http://www.osaa.org>



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.

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.



Oregon School Activities Association

25200 SW Parkway Avenue, Suite 1

Wilsonville, OR 97070

503.682.6722

<http://www.osaa.org>



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.

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.



Oregon School Activities Association

25200 SW Parkway Avenue, Suite 1
Wilsonville, OR 97070
503.682.6722 <http://www.osaa.org>



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 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

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.