



## F.C. Portland Spring League Rules and Regulations



Age Group	Format	Length of Half	Halftime	Ball Size	Field Size (Yards)	Goal Size (feet)	Disciplinary Cards
U9/U10	7 v 7	25 minutes	5 minutes	Size 4	35 x 55 min 45 x 65 max	6.5 x 18.5	Yellow/Red
U7/U8	4 v 4	20 minutes	5 minutes	Size 3	30 x 20	2 x 4	None

### FIFA Laws of the Game

All FIFA Laws will apply with the inclusion of the following.

### Team check-in

Each team will give the referee an official roster prior to the start of the game. Players will be reminded that they must remove their jewelry before the start of the match.

### Registration

All team members, including managers, must be registered with OYSA.

### Referee assignment

One (1) official will be assigned for each game by the League Director.

### Substitutions

Substitutes may enter the game during any stoppage in play once waved onto the field by the referee. There will be no limit on substitutions.

### Sidelines

Parents must be on the opposite side of the field as the teams' technical area.

### Offside calls

Offside offenses will be called at the referee's discretion during U9/U10 Games.

### Slide tackling

Slide tackles are a part of the game at all levels. Referees will use their discretion to ensure safety of players.

### Throw-in infractions

If a player commits an infraction during a throw-in, they will be allowed to one redo.



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### Player's Equipment

- All players on the field must wear matching uniforms (except the goalkeeper) to the satisfaction of the referee. The goalkeeper's uniform must be different from the opposing keeper, all other players on the field and the referee.
- Each team must have an alternate color of jerseys. In cases of uniform color similarity, the designated home team (listed first) will change jerseys. The team listed first is designated as the home team; they should wear dark colors and must change in the event of color conflict.
- A player may not wear or use any equipment that is dangerous to himself or another player.
- The referee's decision regarding dangerous equipment is conclusive. No hard casts will be permitted. The referee may withdraw approval for a player to participate while wearing protective equipment if the referee finds that the protective equipment is being used in a way that endangers the safety of any players.
- No jewelry is permitted, even if taped. Medical alert bracelet/necklaces are allowed, if taped.
- Shin guards, covered by socks, are mandatory in all games. Players not wearing shin guards will not be allowed to play.

### Age Specific Rules

- a) There is no heading allowed in this tournament. An indirect free kick will result from the spot that the ball was headed.
- b) Penalty kicks will be taken from the 10 yard spot.
- c) No goalkeeper punts.
  - a. A goalkeeper who has taken possession of the ball in his/her hands may not put the ball in play by punting or drop kicking the ball.
  - b. If a goalkeeper punts or drop kicks the ball, the opposing team is awarded an indirect free kick from the edge of the penalty area nearest to where the goalkeeper took the kick.
  - c. Goalkeepers must still abide by the "six-second rule" governing the timely distribution of the ball. Outfield players are not permitted to challenge the goalkeeper in any manner while he or she is in the confines of their penalty area attempting to distribute the ball to a teammate, either via a kick from the ground or distributing via a roll and throw.
- d) 7-yard mandatory buffer around free-kicks.
- e) Build out line – half way between center line and penalty area line.
  - a. Opposing team must retreat behind the build out line when the goal keeper has possession of the ball in his/her hands.
  - b. Opposing team must retreat behind the build out line before a goal kick is taken.
  - c. The build out line is the point from which off side is determined – no offside between center and build out line.



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### Penalty Kicks

Penalty Kicks will be award to any (direct) foul inside the goalkeeper box. They will be taken from 10 yards out. No penalty kicks for U7/U8's.

### Nature of Schedule/Games

The schedule is designed to give players the most playing time possible. To stay on time throughout the day, we need teams to be ready to play at their scheduled time. (NO WARM UP ON FIELD).

If a team is behind on the score by 5 goals, they will be allowed to add a player. If the margin is then reduced to 4 goals, the extra player must be removed.

### Concussions

Any athlete suspected of suffering a concussion should be removed from the game immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it may seem or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours.

If a player who has been removed from play because of suspected concussion is returned to a match without medical clearance, the referee is required to end the match.

Coaches should be aware that SB 721, enrolled as 2013 Oregon Laws Chapter 489, and codified as ORS 417.875, became effective January 1, 2014 and applies to all competitions sanctioned by USYSA. If a player exhibits signs of concussion following an observed or suspected blow to the head or body, a coach is prohibited from allowing that player to participate in any competition, including practice, until the player has been cleared to return to play by a health care professional.

### Safety

A player who is bleeding or has blood on his or her uniform must leave the field and may be substituted at the coach's discretion. A uniform with blood on it must be changed. After the bleeding is stopped and the wound is covered, the player may return to the game when beckoned onto the field by the referee.

**Responsibility of coaches** – Coaching is permitted from the technical area by a person who has been identified on the roster as a coach. Coaching- giving directions to his/her player on points of strategy and position in an informative tone of voice. Dissent (by word or action), offensive, insulting or abusive language, or other threatening or insulting words or gestures by a coach, player, or spectator directed toward another player, opponent, game official, or spectator will not be tolerated under any circumstances. The coach is responsible for misconduct of the team's coaches, managers, players, and spectators whether or not the coach has participated in or encouraged the misconduct.



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*All decisions of the league director are final and may not be appealed. The league director may delegate his rights and duties to designated representatives. In such event, the actions of a designed representative are appealable to the league director. The league director reserves the right to suspend and reschedule games and to alter the duration of games because of the failure of pre-supposed conditions such as weather, fields, etc.*

**ALCOHOLIC BEVERAGES AND TOBACCO PRODUCTS ARE PROHIBITED. NO DOGS, EVEN ON LEASH, WILL BE PERMITTED ON GAME SITES. NO TENTS WILL BE ALLOWED ON THE TURF.**