TVYSL Handbook

Last updated August 2026

League Philosophy:

The Tualatin Valley Youth Soccer League, or TVYSL, is intended for recreational-level teams and has a mission of providing a safe, sustainable, organized, and ethical league where the youth can participate in Recreational Soccer.

Play Dates:

Fall League play begins the first Saturday after the Labor Day weekend through early November. For 2026, September 12th - October 31st (November 7th for makeup and Rush Super Cup).

Spring League begins the Saturday after Spring Break. For 2026, it's April 4th - May 30st (No games on May 23rd).

Game Days:

Fall program Games for Kinders will be on Thursday evenings.
Fall program Games for 1st through 8th will be on Saturdays.

Spring games are all on Saturdays for Kinder - 8th-grade teams.

Number of Games:

Fall: 8 league games for all grades & optional tournament the first week of November.
Spring: (new in 2025) 8 league games and end-of-season small-sided tournament.

Player Cards / Rosters

Teams are not required to present cards or rosters at games. However, all players must be registered with a Member Club and the Oregon Youth Soccer Association (OYSA). All head coaches must complete a background check with OYSA and be SafeSport certified.

Guest Players

Guest players are allowed but must be registered with OYSA. Girls may play on boy's teams, but boys may not play on girl's teams.

Fields:

Games will be played throughout the Tualatin Valley, including St. Helens, Scappoose, and the Tillamook areas. All teams must provide home fields for at least half of their games.

Referees:

Referees will be coordinated via the certified TVYSL referee assignor. Respective clubs will be billed at the end of the season for all referee fees for home-field assignments. To continue training younger referees, TVYSL will coordinate mentors to attend games when available or required. These mentor fees will be billed to the home team, and a report will be available when requested. They are to be paid by the Home Team, with each team being responsible for ½ of their game referee fees. Referees should be scheduled for all 2nd-grade and older games.

If no referee is present, both teams must mutually agree on an adult or responsible older sibling to serve as referee. For Kinder/1st-grade teams, coaches are asked to split the time as referees.

Schedules:
Schedules will be available to each team in their PlayMetrics app as well at https://www.hillsbororush.org/tualatin-valley-youth-soccer-league/

Game Day Hotline:	TVYSL game day hotline is available to assist with Field issues. Cell #559-772-5919.

TVYSL Rule Updates & Highlights

The TVYSL follows the FIFA Laws of the Game with specific modifications to align with the recreational spirit of our league and the age of our players. These rules aim to provide a safe and healthy environment that fosters a love for soccer among youth players. Please contact your coach or member club if you have any questions about these rules.

1. Sideline Behavior for Coaches, Players, and Parents

- Good conduct by coaches, parents, and players is crucial to our soccer program. While referees are responsible for calling the game, coaches are responsible for the behavior of their team members and spectators.
- Negative comments directed at referees or players are not tolerated. Remember that many of our referees are in training, and with your support, they can continue developing their soccer knowledge.

2. Formation of Teams

- All players will be placed on teams appropriate for their age group in school. TVYSL clubs manage player placement and have the final say in these matters.

3. 50% Playing Time Rule

- All players are entitled to play at least half of each game (50%) for which they are suited. Exceptions may occur due to illness, injury, failure to attend practice, or disciplinary reasons.

4. No Headers for Kinder through 6th Grade

- As part of the US Soccer Initiative, players aged 10 years and younger are prohibited from heading the ball in both practice and games.
- If a player deliberately heads the ball in a game, an indirect free kick (IFK) will be awarded to the opposing team from the spot of the offense. If the offense occurs within the goal area, the IFK will be taken on the goal area line parallel to the goal line at the nearest point.

5. Game Formats

- TVYSL adheres to the US Youth Soccer small-sided game formats:
    - Kinder - 2nd Grade: 4v4
    - Kinder- 2nd Grade (IF NECESSARY) : Can adjust to 3v3 for rosters of 6 players.
    - 3rd/4th Grade: 7v7
    - 5th/6th Grade: 9v9
    - 7th/8th Grade: 11v11

6. Field Dimensions and Goal Sizes

- 3rd/4th Grade: 35-45 yards wide, 50-60 yards long, goal size 6.5 x 18.5 feet
- 5th/6th Grade: 45-55 yards wide, 70-80 yards long, goal size 6.5 x 18.5 feet

7. Game Rules for Younger Age Groups

- Kinder to 2nd Grade: No throw-ins; instead, the ball is put back into play with a self-pass or a pass to a teammate.
    - If the attacking team kicks the ball out over the goal line, it is restarted within the scoring zone. If the defending team kicks the ball out, it is restarted where the scoring zone and touchline meet.
    - No corner kicks; see "Out of Play Balls" above.
    - No standing continuously in front of the goal (No Goal Tending). Players should be encouraged to participate in the play on the field.
- 3rd/4th Grade: A build-out line (BOL) will be enforced. The defending team must retreat behind the BOL when the offensive team's goalkeeper has possession or during a goal kick. The defending team may not cross the BOL until the ball has been played from the goalkeeper’s kick. The goalkeeper may only distribute the ball by throwing, rolling, or passing from the ground.

8. Concussion Awareness

- All coaches, parents, and players must receive training on the signs and symptoms of concussions. Clubs are responsible for educating coaches on when to refer a player to a medical professional. More information is available on the OYSA website.

9. No Slide Tackling

- Slide tackling is strictly prohibited at any age group. It is considered dangerous play and will result in an indirect free kick (IFK) for the opposing team.
- The first offense will result in a verbal warning for all team members. Subsequent offenses will result in a yellow card for the offending player and an IFK for the opposing team. In grades 5 and 6, if the foul occurs inside the penalty area, a penalty kick will be awarded.

10. Blow Out Policy

- To maintain the recreational nature of our league, coaches must prevent games from becoming extremely one-sided. If a team leads by five or more goals, the coach of the leading team must take steps to even the game, such as:
    - Allowing the trailing team to field additional players.
    - Exchanging defensive lines or other players with the opposing team.
    - Playing players out of their normal positions.
    - Requiring a minimum number of consecutive passes before a shot or requiring that all shots be taken from outside the penalty area.

11. When Lightning Strikes

- If you hear thunder or see lightning, the game must be stopped for at least 30 minutes. If either is observed again during this period, the 30-minute delay must restart. Play may resume only after 30 minutes without further thunder or lightning.

12. Player Equipment

- All players must wear appropriate equipment, including a shirt, shorts, shin guards (covered by socks), and soccer shoes (no single-toe cleat). The following items are prohibited during games or practices:
    - Rings, earrings, necklaces, watches, bracelets, metal/plastic hair clips.
    - Hard casts or hard casts in foam.
- Players with medical bracelets or necklaces must tape them to the skin and inform the referee.
- **No jewelry is allowed**, **including items covered with tape**. Taping earrings is not acceptable; they must be removed.
- Eyeglasses may be worn, but it is recommended that safety straps be used.
- The referee will check player equipment before the game, and all decisions made by the referee are final.

13. Uniforms

- All players must wear a club-issued uniform kit, including matching jerseys (except goalies, who must wear a distinct color). In the event of a uniform conflict, the home team must change or use pinnies. Non-club uniforms are not allowed. Numbers are optional; no names are permitted.

14. Team Composition

- TVYSL team rosters may not include more than one player who also participates on a competitive team. This guideline ensures a fair experience for all players.

15. No Jewelry or Casts

- No player may participate while wearing jewelry or a cast, regardless of padding. This rule is strictly enforced for player safety.

16. Field and Equipment Safety

- Always pick up trash after practices and games. Keeping fields clean is essential for continued use of school and park facilities.
- Pets, except for certified service animals, are not allowed at any TVYSL event, including games and practices.
- The use of alcohol, marijuana, or tobacco products is strictly prohibited.

17. Parking and Restrooms

- Observe parking rules, particularly at school facilities. Never park in fire lanes or block neighbors' streets, driveways, or mailboxes.
- Clubs must provide porta-potties at practice and game fields. Children should use the buddy system when using these facilities. Young children should always be accompanied by an adult.

18. During the Match

- Teams will be on one side of the field while spectators will be on the opposite side.

Remember, this is a recreational league. The primary objectives are to learn the game and have fun!

Modified Rules - 7th/8th grade

Number of Players: 11 x 11

Game Duration: 7th/8th grade 35 minute halves

Ball Size: 7th/8th grade size 5

Goalkeeper: yes

Field Size: 100 to 120 by 55 to 75 yards

Goal Size: 8 yards wide by 8 feet high, must be anchored.

Penalty Area: 18 yds wide from the goal post and 18 yds deep from goal line

Goal Area: 6 yds wide from the goal post and 6 yds deep from the goal line

Fouls: punished by direct or indirect free kick

Off-sides: enforced

Penalty Kicks: enforced

Throw-ins: no re-throws

Drops Kicks/ Punts:Yes

Headers: Yes

Additional Notes

1. Spectators should be a minimum of 4 yds off the sidelines.
2. Coaches, parents or spectators etc. are not allowed to be within 18 yards of the goal line or behind the goal.
3. Coaches and teams on one side of the field, parents and spectators on the other.
4. Maximum of 3 coaches per team on the sideline and all coaches must be registered with OYSA.

Modified Rules - 5th & 6th
Number of Players: 9 x 9

Game Duration:	5th & 6th	two 30 minute halves
Ball Size:	5th & 6th	size 4
Goalkeeper:	yes	
Field Size:	45 - 55 yards 70 - 80 yards 6 1/2 x 18 1/2	
Goal Size:	6 yards wide by 6.5 feet high, where 18' goals are not available, 24' are used. Must be anchored	
Goal Area:		
Fouls:	punished by direct or indirect free kick	
Off-side:	enforced	
Penalty Kicks:	enforced	
Throw-ins:	no re-throws	
Drop kicks/punts:	Yes	
Headers:	No	

Additional Notes

1. Spectators should be a minimum of 4 yds off the sidelines.
2. Coaches, parents or spectators etc. are not allowed to be within 18 yards of the goal line or behind the goal.
3. Coaches and teams are on one side of the field, and parents and spectators are on the other.
4. A maximum of 3 coaches per team on the sideline and all coaches must be registered with OYSA.
5. **No Headers for Kinder through 6th grade**. As part of the US Soccer Initiative, it is recommended that players 10 years old and younger be prohibited from heading the ball in practice and games. If a player deliberately heads the ball in a game, an indirect free kick (IFK) should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick shall be taken on the goal area line parallel to the goal line at the point nearest to where the header occurred. If a player does not deliberately head the ball, then play shall continue.

Modified Rules - 3rd & 4th
Number of Players: 7 x 7

Game Duration: 3rd & 4th grade two 25 minute halves

Ball Size: 4

Goalkeeper: yes

Field Size: 35 - 45 yards 50 - 60 yards 6 1/2 x 18 1/2

Goal Size: 6 yards wide by 6.5 feet high must be anchored

Goal Area: as marked on the field

Penalty Area: yes

Fouls Punished: by indirect kick only for 3rd grade, direct and indirect for 4th grade

Off-sides: "mild enforcement" (referee may warn players first). Offside is enforced using the BOL

Penalty Kicks: not enforced for Spring 2021

Drop Kicks/Punts: no

Headers: no

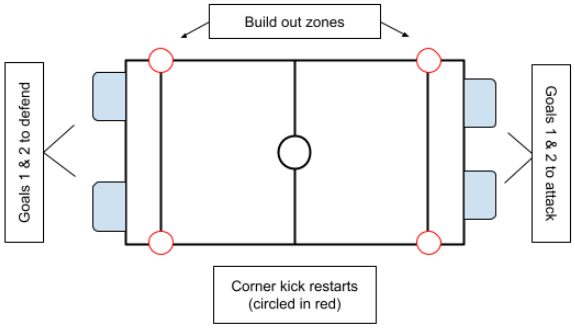
Throw-ins: no re-throws

Additional Notes:

1. **GOAL KICK or when the keeper possesses the ball** - The rule is designed to promote escalated player development via more meaningful player touches in matches. It is also intended to reduce goals from an immediate turn over in this area.
    - Opposing players (defenders) must remain on their half of the Build Out Line (BOL) The defending team may not cross the BOL until the ball has been played from the goalkeeper's kick. It does not need to be touched by a second player to then go past the BOL to defend or win the ball.
    - If an opposing player crosses the BOL before the receiving player touches the ball the goal kick will be retaken.
    - If the ball goes past the BOL after the goalie passes it, the ball is in play and may be played by anyone. The offensive team has lost their privilege to play the ball first.
2. Spectators should be a minimum of 4 yds off the sidelines.

3. On all free kicks, opponents must be 6 yards from the ball.
4. No free kicks shall be taken by the attacking team within the defending team's goal box. If there would have been a penalty in the goal area, the indirect free kick will be taken outside the goal area at the point nearest to where the foul occurred.
5. Coaches, parents or spectators etc. are not allowed to be within 18 yards of the goal line or behind the goal.
6. Coaches and teams on one side of field, parents and spectators on other
7. Maximum of 3 coaches per team on the sideline and all coaches must be registered with OYSA.

Modified Rules Micro Teams (kindergarten to 2nd grade)
Number of Players: 4 x 4



Game Duration: 4 x 10 minute quarters (new)

Ball Size: 3

Goalkeeper: no goalkeeper

Field Size: 20 to 30 yards by 40 to 50 yards

Goal Size: Portable Goals – double style

Goal Box Size: Build Out Zone - 12' from end line (other team must drop off to halfway line to allow for team to complete one pass forward)

Fouls Punished: indirect kick only

Offside: not enforced

Penalty Kicks: not enforced

Kinder/1st grade teams: games will be managed by the Volunteer Coach or a parent who has read and understands the rules.

2nd grade teams: games will be managed by a referee
Out of play balls: There are no throw-ins. The ball is put back into play with a self-pass or a pass to a teammate. If the ball is kicked out the end line by the attacking team, the defending team will start near the painted arch. If the ball is kicked out the end line by the defending team, the ball is started where the scoring zone and sideline meet.

Goal Kick: Opposing players (defenders) must remain outside of the scoring zone until the team with the ball (attackers) have passed the ball AND the receiving player has touched the ball. Typically referees will start them at the halfway line to allow for one successful pass and some forward momentum.

Corner Kick: Taken at the point where the touch line and scoring zone line meet, NOT IN THE CORNER OF THE PITCH.

Additional Notes

1. Spectators should be a minimum of 4 yds off the sidelines.
2. Coaches, parents or spectators etc. are not allowed to be within 6 yards of the goal line or behind it.
3. Coaches and teams on one side of the field, parents and spectators on the other.
4. Goals are portable, carried by each team from game to game.
5. Maximum of 3 coaches per team on the sideline and all coaches must be registered with OYSA.
6. Since offside is not enforced players should not stand by the opponent's goal and wait for the ball. It is not a penalty to do so but coaches should discourage its use. In addition, **since 1v1 skill development is important to learn at this age**, players may not stand directly in front of their Goal. Instead they are encouraged to join the play on the field. Both Attacking and Defending players are not allowed to stand continuously in front of the Goal.
7. A goal may not be scored directly from a kick-off, corner or goal kick.
8. On all free kicks, opponents must be 3 yards from the ball.
9. Goals may be scored from any position on the pitch.
10. There is no limit to the number of goals a player may score, however to encourage a fun and creative experience for all players, coaches should encourage their players to pass to others, especially once they have scored more than 3 goals in any given game.

Codes of Conduct

Players' Code of Conduct
Play the game for the game's sake.
Be generous when you win.
Be graceful when you lose.
Be fair always, no matter what the cost.
Learn and follow the Laws of the Game.
Work for the good of your team and teammates.
Accept the decisions of the officials.
Believe in the honesty of your opponents.
Conduct yourself with honor and pride.
Have fun!

Parents' Code of Conduct
Support the coach's and referee's decisions.
Don't coach from the sidelines.
Be positive.
Show respect for my child.
Be prepared and help my child be prepared.
Have fun and encourage my child to have fun.

Coaches' Code of Conduct
Develop the child's appreciation of the game.
Keep winning and losing in proper perspective.
Strive to understand the game.
Be accepting of the referee's decisions.
Be a role model of fair play.
Teach skills and fair tactics.
Be positive.
Make sure players have fun.

A Coach's game Responsibilities
Each coach is responsible for:

1. Their personal conduct, but also that of the players and spectators.
2. Knowing the rules applicable to the age group being coached.
3. Having their team ready to play at the scheduled time and field.
4. Providing a properly inflated game ball if they are the home team.