

5 GOAL RULE

CRYSA clubs expects all of our coaches to abide by our “**5 Goal Rule**” and prevent the score from being run up. Coaches and parents should want everyone to play and enjoy this beautiful game for as long as possible! It doesn’t matter what age group your child plays in, if a game score becomes lopsided it is counter productive to both teams.

The “5 Goal Rule” states:

If you are in a situation in which your team is leading by 2 or 3 goals, you as the coach must affect the game in a positive way by taking the necessary steps to keep the score respectable and by showing respect for the opposition. CRYSA believes it is up to the coach to assess the situation and react accordingly. ***It is not the referee’s responsibility to remind coaches to take action on this issue.*** As a coach you have the capability of affecting the game & score while still keeping it enjoyable for all by:

- Putting players in different positions.
- Restricting players to scoring with their weak foot or a header.
- Playing with one less player in order to challenge the other players on the team.
- Practice in the game what you did in your previous training session.
- Ask players to shoot first time (one touch)
- Request your players to make 4 or 5 passes before shooting.
- Request players to take shots from outside the goal box.
- Request your players to take the ball to the corner flag and then make a pass to the center while working on dribbling, shielding and ball control.

By using these guidelines, not only will the coach be helping your team to become better players, but they will also be setting the important example of good sportsmanship.

Charging the Goalkeeper

The following rule will apply for all age groups:

No player will make physical contact with the goal-keeper or attempt to play the ball once the goalkeeper has control of the ball in any manner and to any degree whatsoever within the penalty area (note: control means any contact between any part of the goal keeper and the ball)

Intentional charging of a goalkeeper is defined as “violent contact” and will result in the ejection of the guilty player

Pre-Game Conference

CRYSA has implemented a new process for coaches and referees that will help keep the rules and guidelines standardized between the clubs. This will cut down on any misunderstandings during games.

Coaches will keep a laminated copy of the CRYSA rules on hand during games. The referee will also have a copy of the rules. Prior to the start of the game both coaches and the referee will meet mid-field to discuss rules and guidelines for the game (5-goal rule, offside, etc.) and agree with a handshake.

- NO SLIDE TACKLING
- Players/Coaches on one side of field, parents on the other
- Practice Good Sportsmanship
- LET THE KIDS HAVE FUN

Updated 6/26/2015

CONCUSSION PROTOCOL

The Oregon Senate Bill 721 went into effect January 1, 2014; the law dictates that all youth sports coaches and officials must be trained to identify signs of possible concussion and are mandated to remove children from play if the child displays any of these signs. Effective immediately players suspected of having a concussion or head injury must be removed from play and must not resume play in the match or training that same day; players suspected of having concussion must be assessed by a medical professional and receive a written clearance before returning to training or games. This means that any time a player displays ANY sign of concussion they will not return to play that day - no exceptions. Any player removed from play should seek an evaluation by a medical professional and must receive a written return to play clearance before resuming any Eastside Timbers activities. Symptoms may include:

- Loss of Consciousness
- Amnesia
- Headache or “pressure in head”
- Nausea or vomiting
- Blurred Vision
- Balance Problems
- Drowsiness, Fatigue or low energy
- Sensitivity to Light/Noise

Procedural Laws/Rules	U8	U9	U10
Distance from restarts	8 Yards	8 Yards	8 Yards
Drop Ball	Yes	Yes	Yes
Penalty Kick	No-Indirect restart	Yes	Yes
Offside	No	Yes	Yes
Substitutions	Unlimited	Unlimited	Unlimited
Throw-ins	Yes	Yes	Yes
Field/Game Guidelines	U8	U9	U10
Field Size	Width: 35-45 Length: 45-60	Width: 35-45 Length: 45-60	Width: 35-45 Length: 45-60
Goal Size	Intermediate	Intermediate	Intermediate
Number of Players	7 v 7	7 v 7	7 v 7
Goal Keepers	Yes	Yes	Yes
Punt/Drop Kick	No	No	No
Goal Kick	Opponents Behind Mid-field Line	Opponents Behind Mid-field Line	Opponents Behind Mid-field Line
Ball Size	3	4	4
Game Duration	12 min quarters	25 min halves	25 min halves
Half-time Interval	5 min	5 min	5 min
Fouls/Misconduct/ Infringement	U8	U9	U10
Kick, trip, hit, spit, hold, charge, strike	Indirect	Direct	Direct
Handles Ball Deliberately	Indirect	Direct	Direct
Infringements: Offside, Dangerous Play, Obstruction, GK Back Pass	Indirect	Indirect	Indirect
General Foul Restart	Indirect	Indirect/Direct	Indirect/Direct
Standings Posted	No	No	No
Slide Tackling	No	No	No
5 Goal Rule	Yes	Yes	Yes

Procedural Laws/Rules	U11	U12	U13/14
Distance from restarts	10 Yards	10 Yards	10 Yards
Drop Ball	Yes	Yes	Yes
Penalty Kick	Yes	Yes	Yes
Offside Fall	Yes	Yes	Yes
Offside Spring	Yes	Yes	Yes
Substitutions	Unlimited	Unlimited	Unlimited
Throw-ins	Yes	Yes	Yes
Field/Game Guidelines	U11	U12	U13/14
Field Size	Width: 45-55 Length: 70-80	Width: 45-55 Length: 70-80	Fall: 60-80 x 100-120 Spring: 45-55 x 70-80
Goal Size	Intermediate	Intermediate	Fall: Regulation. Spring: Inter.
Number of Players Fall	9 v 9	9 v 9	11 v 11
Number of Players Spring	9 v 9	9 v 9	9 v 9
Goal Keepers	Yes	Yes	Yes
Punt/Drop Kick	Yes	Yes	Yes
Goal Kick	Opponents Outside Penalty Area	Opponents Outside Penalty Area	Opponents Outside Penalty Area
Ball Size	4	4	5
Game Duration	30 min halves	30 min halves	35min halves
Half-time Interval	5 min	5 min	5 min
Foul/Misconduct	U11	U12	U13/14
Kick, trip, hit, spit, hold, charge, strike	Direct	Direct	Direct
Handles Ball Deliberately	Direct	Direct	Direct
Offside, Dangerous Play, Obstruction, GK Back Pass	Indirect	Indirect	Indirect
Standings Posted	No	No	No
Slide Tackling	No	No	No
5 Goal Rule	Yes	Yes	Yes