

Tualatin Hills Junior Soccer League (THJSL)
Rules/Other Game Requirements for 2nd-8th Grade and HS Coed
Approved – Aug 5, 2025

Tualatin Hills Junior Soccer League (THJSL)

- THJSL includes five recreational clubs: Aloha United, Oak Hills, Milltown United, Somerset West, and Westside.
- THJSL is affiliated with OYSA, USYSA and USSF.
- THJSL games may include Sherwood, Tigard, and Tualatin teams plus travel to their fields

General Rules

- Based on official **IFAB Laws of the Game (LOTG)**, with age-appropriate and recreational modifications.
- **No slide tackling is allowed at all.**
- **50% play time** minimum per player unless illness, injury, or discipline prevents it.
- **No casts allowed, even if padded.**
- **No jewelry** of any kind (religious/medical items must be taped securely).
- **Required equipment:** shin guards (must meet NOCSAE standards) and proper soccer cleats/turf shoes (no baseball/football/metal cleats).
- **Uniforms:** Club-issued only, no names on jerseys. Home team wears pinnies if there's a color conflict. Goalkeepers must wear different colors.
- **Referee has the final say on all rules and game events.**

Player & Coach Requirements

- All players/coaches must register with an affiliated club and OYSA,
- Coaches must take SafeSport and Concussion training, then submit an OYSA background checks.
- HS Coed players/coaches need official OYSA ID cards and printed rosters.
- Players are placed by grade (G2–G8 and HS Coed).
- G2-G8 players are not allowed to play for a competitive club team U11 or higher
- HS Coed players must be enrolled in high school and not play on club, school, nor college teams.

Game Formats (by grade):

Grade	Format	Duration	Ball Size
2nd	4v4	4 x 10 min Quarters** ** 1 min break after Q1 and Q3 ** 5 min break after Q2	Size 3
3rd–4th	7v7	2 x 25 min Halves	Size 4
5th–6th	9v9	2 x 30 min Halves	Size 4
7th–8th	11v11	2 x 35 min Halves	Size 5
HS Coed	11v11	2 x 40 min Halves	Size 5

No goalkeepers for 2nd grade.

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Conduct & Safety

- Coaches are responsible for team, parent, and player behavior.
- Referees' decisions are final. **Do not argue with or berate them.**
- Youth referees are learning like the players. Allow them to learn like players.
- **Positive attitude only** from sidelines—no yelling at anyone at THJSL events.
- Spectators and coaches stay on opposite sidelines; **no one behind the goals.**
- Keep **2 yards back** from sidelines; **coaches stay 18 yards** from goal line (G3+).

Fouls, Cards & Dismissals

- No slide tackles: team warning, then yellow card to player
- No physical or verbal abuse, spitting, or intimidating behavior.
- Yellow Cards are given based on IFAB LOTG at referee discretion.
- 2 Yellow Cards in the same game triggers an automatic Red Card.
- **Red card = immediate ejection + at least one-game suspension.**
- **Spitting/coughing on others = automatic red card.**
- Coaches/Spectators can be dismissed also and must leave the vicinity immediately - **Game will not restart until they leave.**

Gameplay Logistics

- **Substitutions:** Unlimited, but only on dead balls with Referee consent.
- **Blowout policy:** If ahead by 5+ goals, winning team must adjust play; losing team may add extra player(s). The Referee may remind Coaches of this.
- **No headers allowed for 2nd–6th grade** (results in indirect kick).
- 2nd grade: No direct free kicks and simplified goal kick / offside rules.
- 3rd/4th grade: No direct free kicks, no goalie punts/drop kicks, and **build-out lines used (see notes below).**

HS Coed Specific Rules

- Min of **4 female field player** and max **6 male field players.**
- Goalkeeper can be either gender.
- **No female players = game abandoned** unless players are loaned from the other team.
- **Females take all free kicks** (except in own penalty area) and all dropped balls.
- Players may score **max 2 goals** per game; extras don't count.
- **No intimidation**—physical or psychological—especially by more skilled or stronger players.

Field Use Rules

- No noisemakers (e.g. cowbells, horns), weapons, tobacco, drugs, or alcohol.
- No pets on school fields (follow posted sign); clean up after your pets.
- Always clean up trash after games and practices.
- Respect neighbors; don't block driveways, mailboxes, etc.

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Build-out line's notes for G3/G4

- Build-out lines shall be midway between the top goal area (G3) or penalty area (G4) and halfway line.
- When the goalkeeper has the ball in his/her hands during play or during a goal kick, the opposing team must quickly move back to the build-out line without delaying the game and stay there until the goalkeeper plays the ball.
- The ball is in play when the goalkeeper rolls, throws, or place the ball on the ground to kick to a teammate.
- If the goalie puts the ball into play before the opposing team moves back to the build out line, the ball is live and can be played by either team.
- Offside offenses are not penalized between the halfway line and the build-out line but can be penalized between the build-out line and the goal line.