

**NEWFOUNDLAND and LABRADOR SOCCER ASSOCIATION**

[**www.nlsa.ca**](http://www.nlsa.ca)

**Rules and Regulations Manual**

**Premier Youth Leagues**

**U13**

**2018**

**SECTION 1 GENERAL RULES OF COMPETITION**

**1.1 OVERVIEW**

1.1.1 The rules in Section 1 apply to all Provincial Competitions managed by the Newfoundland and Labrador Soccer Association (NLSA). Specific rules governing individual competitions managed by the NLSA are outlined in separate manuals and can be found online at [www.nlsa.ca](http://www.nlsa.ca).

**1.2 GENERAL**

1.2.1 The NLSA Youth Committee is responsible for the management and control of all youth competitions.

1.2.2 The NLSA Senior Committee is responsible for the management and control of all senior competitions.

1.2.3 The NLSA Rules and Regulations Committee is responsible for maintaining these Rules.

1.2.4 These rules are subject to all NLSA Policies and Bylaws; in any conflict the NLSA Policies and Bylaws take precedence.

1.2.5 Within the constraints of 1.2.4, the NLSA, through its Rules and Regulations Committee, may make such temporary rules governing specific situations, not otherwise provided for, as are necessary to achieve the objectives of the NLSA.

1.2.6 Failure to comply with any of the requirements within these rules shall render any organization or individual subject to discipline.

**1.3 ADMINISTRATION OF COMPETITIONS**

**1.3.1 Team Expectations**

1.3.1.1 Situations involving infractions requiring disciplinary sanctions occurring while participating in any NLSA competition will be dealt with by the appropriate person having authority over the situation and the individual involved. Disciplinary sanctions shall be in accordance with the NLSA Discipline Policy.

1.3.1.2 All incidents of property damage must be communicated to the NLSA Representative for the competition; verbally within one hour after damage is discovered to be followed up in writing within 24 hours.

* + - 1. Damage by a team member(s) to any property, other than his/her (their) own shall be the financial responsibility of and dealt with, equally, by the member(s) of the team involved in the incident causing the damage; and their club.
      2. All youth age players participating at any Youth or Senior Competition must be appropriately supervised by the team staff in accordance with the guidelines set down by the club. The NLSA has a formal Supervision Policy which may be used as a guide. **The NLSA Supervision Policy can be found online at** [**www.nlsa.ca**](http://www.nlsa.ca)**.**
      3. Any player aged 10 or over whose last registration was outside the jurisdiction of Canada Soccer must request that the NLSA, through Canada Soccer, obtain the necessary International Transfer Certificate. Without this certificate, the player is ineligible to play in Canada. The fee per International Transfer is set by Canada Soccer and must be paid accordingly.
      4. For the purposes of these rules, a youth is any person under the age of 18, before January 1st of the current year of competition, participating in an NLSA youth or senior competition.

**1.4 NLSA REPRESENTATIVE**

1.4.1 The Regional Director is the NLSA Representative for any competition held in his/her Region with the exception of the Final Weekend of Challenge Cup and Jubilee Trophy where the Commissioner of the League is the NLSA Representative. If s/he is unavailable s/he is responsible to designate another person.

1.4.2 Wherever possible the NLSA Representative should have no duties in the tournament other than acting as the NLSA Representative.

1.4.3 The NLSA Representative will convene a meeting, if deemed necessary, of team representatives immediately prior to the competition.

1.4.4 The NLSA Representative will be responsible for the competition plaque or trophy and any medals or awards supplied by the NLSA. At the end of the competition s/he is responsible for returning unused medals to the NLSA office.

1.4.5 The NLSA Representative will convene and chair a Competition Discipline Committee, if necessary.

1.4.6 The NLSA Representative will keep track of games and standings.

1.4.7 The NLSA Representative will present or arrange for the presentation of the competition plaque or trophy, and any medals or awards supplied by the NLSA.

1.4.8 The NLSA Representative will ensure that any NLSA Board Members who are present and all NLSA sponsors are recognized during all ceremonies and awards presentations.

1.4.9 The NLSA Representative will be the final authority on all procedural matters not covered in these Rules and Regulations.

**1.5 NLSA OFFICE**

1.5.1 The NLSA office must inform the host club and/or region of the teams participating in the competition.

1.5.2 The NLSA office will provide the host club and/or region with the name, telephone number, fax number, and email address of the contact person for each team entering the competition.

1.5.3 The NLSA office must provide the host club and/or region with all forms necessary for the competition (game sheets, evaluation forms, discipline report forms, etc).

1.5.4 The NLSA office will be responsible for providing medals and a championship plaque or trophy for each competition as required. All awards will be handled by the NLSA Representative for the competition.

1.5.5 The NLSA office will see that all credential sheets are reviewed and stamped to confirm that all players are eligible. Credential sheets will then be sent to the host convener for distribution to the NLSA Representative.

**1.6 NLSA POLICIES**

**1.6.1 Code of Conduct and Ethics**

1.6.1.1 The NLSA has formally adopted Canada Soccer’s Code of Conduct and Ethics for all members of The Association.

1.6.1.2 All complaints received from members of the NLSA under this Code will be forwarded to the NLSA Ethics Committee for resolution.

1.6.1.3 The Canada Soccer Code of Conduct and Ethics can be found online at [www.nlsa.ca](http://www.nlsa.ca/).

**1.6.2 Volunteer Screening**

1.6.2.1 The NLSA has a formal policy in regards to Volunteer Screening.

1.6.2.2 The NLSA requires that any team official listed on the Team Credential Form for teams participating in any Provincial Youth Competition **or** in any Senior Competition when youth are members of the team **or** in any Competition leading to a National to be CPIC cleared, including Vulnerable Sector Check. **For this purpose a CPIC clearance is valid for a maximum of 36 months.**

1.6.2.3 The Association requires that any team official listed on the Team Credential Form for teams participating in any Provincial Youth Competition **or** in any Senior Competition when youth are members of the team **or** in any Competition leading to a National to have attended a NLSA Harassment Prevention Seminar **or** completed Respect In Sport. **The link for Respect In Sport is available on the NLSA website at** [**www.nlsa.ca**](http://www.nlsa.ca)**.**

1.6.2.4 The NLSA Volunteer Screening Policy can be found online at [**www.nlsa.ca**](http://www.nlsa.ca)**.**

**1.6.3 Alcohol and Illegal Drugs**

1.6.3.1 The NLSA has a formal policy in regards to acquiring, possessing, purchasing or consuming alcohol and illegal drugs. All youth players must respect the Zero Tolerance Policy of the NLSA when competing at any NLSA Provincial Competition. Senior aged players must also respect the Zero Tolerance Policy in regard to the use of illegal drugs and are expected to act in a prudent manner in regard to the use of alcohol. **The NLSA Alcohol and Illegal Drugs Policy can be found online at** [**www.nlsa.ca**](http://www.nlsa.ca).

**1.7 DISCIPLINE**

**1.7.1 General**

1.7.1.1 Discipline at all NLSA competitions is governed by the NLSA Discipline Policy.

1.7.1.2 A Competition Discipline Committee may refer issues of misconduct, willful damage and bringing the game into disrepute by an individual or club to the NLSA Judicial Committee.

1.7.1.3 The NLSA Representative shall investigate any general complaint prior to laying any charges of misconduct with the exception of anything arising from a referee’s report on a game sheet.

1.7.1.4 The NLSA Representative, at his/her discretion, shall form a Competition Discipline Committee to conduct a hearing and take appropriate action if necessary.

1.7.1.5 Any player who receives a third caution during a Provincial Competition, except in his/her team’s final game of that competition, shall receive a one-game suspension to be served in his/her next game.

1.7.1.6 Any player who receives a third caution in his/her team’s final game will have the incident referred to the NLSA Judicial Committee for discipline/sanction.

1.7.1.7 Any player or team official dismissed from a game during a Provincial Competition, except in his/her team’s final game of that competition, will receive a minimum one-game suspension.

1.7.1.8 Any player or team official dismissed in the final game of a Provincial Competition will have the incident referred to the NLSA Judicial Committee for discipline/sanction.

**1.7.2 Discipline Hearings**

1.7.2.1 All Discipline Hearings required at Provincial Competitions will be conducted under the guidelines set out in the NLSA Discipline Policy.

1.7.2.2 The NLSA Representative, at his/her sole discretion, may decide to conduct a hearing for misbehavior on or off the field of play. A Competition Discipline Committee shall be formed to conduct this hearing in accordance with the FIFA Disciplinary Code and the NLSA Discipline Policy.

1.7.2.3 The NLSA Representative shall establish and chair a Competition Discipline Committee to conduct a hearing and take appropriate action if necessary.

1.7.2.4 A Competition Discipline Committee shall include at least two (2) representatives from teams in the tournament.

1.7.2.5 Any decision taken by a Competition Discipline Committee shall be final as far as the competition is concerned but further disciplinary sanctions may be imposed by the NLSA Judicial Committee.

1.7.2.6 Misconduct by players or team officials reported by the referee shall be dealt with by a Competition Discipline Committee prior to the team’s next game.

1.7.2.7 Any player or team official reported for misconduct who is summoned to a hearing by the NLSA Representative must attend the hearing. The player/team official may be accompanied by a club representative.

1.7.2.8 Failure to attend a Discipline Hearing after being notified to do so shall result in immediate suspension until the player or team official involved requests a further hearing and appears at the subsequent hearing.

1.7.2.9 The Competition Discipline Committee shall hold a hearing into any allegation of misconduct off the field of play or bringing the game into disrepute. The Committee may take any action it sees fit within the confines of the competition. If the committee feels further action is warranted they may refer the matter to the NLSA Judicial Committee.

* + 1. **Protests**

1.7.3.1 Any protest arising out of any game in a NLSA tournament or league competition shall be in writing to the NLSA Representative or Commissioner within one (1) hour of the completion of the game in a tournament and within 24 hours of the completion of the game in a Provincial League. A fee of five hundred dollars ($500.00) in cash, money order or e-transfer to the NLSA, must accompany the written protest. Four hundred fifty dollars ($450.00) will be refunded if the protest is successful. All un-refunded protest fees must be forwarded to the NLSA.

1.7.3.2 The Protest Committee will deal only with the matters raised in the protest. Any other issues that arise (e.g. discipline) will have to be dealt with at subsequent hearings as may be necessary.

1.7.3.3 Any decision taken by this Committee on a protest shall be final and binding as far as the competition is concerned.

1.7.3.4 Protests may be lodged with the NLSA Representative only on an alleged deviation from these published rules or FIFA Laws of the Game.

1.7.3.5 Protests regarding a referee’s judgment call will not be considered.

**1.8 AFFILIATION**

1.8.1 All players, team staff and officials must register with the NLSA at least 24 hours before their first game of the current season.

1.8.2 All Executive members must register with the NLSA by July 1st of the current year.

1.8.3 All membership fees must be paid to the NLSA by July 13th of each current year.

**1.9.1 Current Membership Fees**

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| --- | --- |
| **Member** | **Membership Fee Per Person** |
| Executive Members | $10.00 + HST |
| Staff and Volunteers | $10.00 + HST |
| National Referee | As set by Canada Soccer |
| New Clubs-1st Year (U-6 to U-14 players) | $10.00 per player |
| New Clubs-1st Year (U16 & U-18 players) | $10.00 per player + HST |
| New Clubs – 2nd & subsequent years | Current Player Membership Fee |
| Player – Senior | $34.00 + HST |
| Player – Youth (up to U14) | $20.75 |
| Player – Youth (U16 & U18) | $20.75 + HST |
| Provincial Referee | $65.00 + HST |
| Regional Referee | $55.00 + HST |
| District Referee | $47.00 + HST |
| Youth Referee (under 14 years) | $13.00 |
| Referee Instructor | $55.00 + HST |
| Referee Assessor | $55.00 + HST |
| Senior Team Staff | $10.00 + HST |
| Youth Team Staffs | $10.00 |

* + 1. **Tournament and League Fees**

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| --- | --- |
| **Tournament or League** | **Registration per Team** |
| U-8 & U-10 Jamboree | $225.00 |
| U-12 | $325.00 |
| U-14 Mega | $350.00 |
| U-16 & U-18 Mega | $350.00 + HST |
| U-13 League | $350.00 |
| U-15 League | $350.00 + HST |
| U-17 League | $350.00 + HST |
| Senior Tournaments | $350.00 + HST |
| Challenge Cup & Jubilee Trophy Leagues  When Nationals are Ontario or East | $900.00 + HST |
| Challenge Cup & Jubilee Trophy Leagues  When Nationals are Manitoba or West | $1,150.00 + HST |
| Late Registration Fee where applications are accepted no less than 17 days before the start of any tournament | $100.00 + HST, if applicable |

**1.9.3 Hosting Grants**

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| **Tournament** | **Grant Per Each Team in Tournament** |
| U-8 & U-10 Jamboree | $100.00 |
| Tournaments with Registration Fee $325 | $120.00 |
| Tournaments with Registration Fee $350 | $170.00 |
| Challenge Cup and Jubilee Trophy | $500.00 for each playoff game to a maximum of $1,500.00 |

**Tournament reports must be submitted to the NLSA office within thirty (30) days of the conclusion of the tournament. Failure to do so will result in ½ of the hosting grant being forfeited. If the report is not received within sixty (60) days after the conclusion of the tournament, the entire hosting grant will be forfeited.**

**1.9.4 Coaching Clinics**

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| --- | --- |
| **Clinic** | **Cost for up to 10 participants** |
| Active Start | $300.00 + HST |
| FUNdamentals | $600.00 + HST |
| Additional Participants Active Start & FUNdamentals | $20.00 + HST per participant |
| Learning to Train | $800.00 + HST |
| Soccer for Life | $800.00 + HST |
| Additional Participants Learning to Train & Soccer for Life | $30.00 +HST per participant |
| Provincial B | $100.00 + HST per participant up to 10 |
| Additional Participants Provincial B | $50.00 + HST per participant |
| Travel and Accommodation, if needed | Actual Costs Incurred by Facilitator |
| Pre B | $50.00 + HST per participant up to 12 |
| C Licence | $200.00 + HST |

**1.9.5 Referee Clinics**

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| **Clinic** | **Cost** |
| Small Sided (Age 14 & under) | $550.00 for up to 20 participants |
| Additional Participants | $30 per Participant to a maximum of 30 |
| Entry Level | $800.00 + HST for up to 12 Participants |
| Additional Participants | $67 + HST for up to a maximum of 24 |
| and Regional Clinics | $700.00 for up to 20 Participants |
| Additional Participants | $15.00 + HST per Participant |
| Travel and Accommodation, if needed | Actual Costs Incurred by Facilitator |

**1.9.6 Other Fees / Fines**

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| --- | --- |
|  | **Fee / Fine** |
| Permission to travel outside province | $50.00 |
| Failure to travel to National competition | $500.00 + any fine levied by Canada Soccer |
| Withdrawing as host (after deadline) | $500.00 |
| Withdrawing a team from a Provincial League (after deadline) | $2500.00 + registration fee |
| Withdrawing a team from a Youth Mega Tournament (after deadline) | $200.00 + tournament fee |
| Forfeiting a game in Youth Mega tournament | $300.00 |
| Forfeiting a game in Provincial Tournament, including U-18A, Intermediate and Masters | $1,000.00 |
| Forfeiting a game in a Provincial League | $1,000.00 |
| Player Transfer | $25.00 |
| Player Transfer Premier Youth Leagues | See Registration Policy |
| Transfer Violation – playing ineligible player | $200.00 |
| Club accepting a Player without Proper transfer and final NLSA approval | $250.00 |
| Instructor Registration | $100.00 |
| Appeals | $500.00 ($450.00 returned if successful) |
| Failure to attend Pre-tournament meeting –Youth | $200.00 |
| Submitting an Incomplete Game Sheet | $100.00 |

**Levies, fees, fines and other fees for services are payable when rendered. Accounts outstanding more than 30 days may result in a prorated 2% per month service charge being imposed. Accounts not paid in full by the date of any NLSA general meeting will also result in loss of membership privileges at those meetings.**

**All fines for forfeiting games in any Provincial League must be paid within 10 business days of receipt of the fine or before participation in any Provincial Tournament or League Final Weekend, whichever comes first. Failure to pay by the deadline will result in all players and coaching staff registered with that team being put in bad standing with the NLSA. No player or member of the coaching staff will be eligible to participate in any NLSA activity until the fine has been paid. This fine is not appealable.**

**RULES FOR U13 PREMIER YOUTH LEAGUES**

**2.0 ELIGIBILITY**

**2.1 Team**

2.1.1 All teams must register with their recognized Regional Association in order to affiliate with the NLSA.

2.1.2 Only teams affiliated with and in good standing with their Regional Association will be eligible to participate in any league under the jurisdiction of the NLSA.

2.1.3 Club or regional teams are permitted at this level of soccer. A club team is defined as a team where all players are registered with one club. A regional team is defined as a team that has representatives from more than one club within the region.

2.1.4 Application for a new club to enter the Premier Youth League must come through the Regional Director by January 15th.

2.1.5 If a club team participates in a Premier Youth League, players on that club team are not eligible to participate in any Mega tournament unless an exemption has been granted. (See exemptions)

2.1.6 Teams should arrive on schedule for all games and be prepared to play. The NLSA may take disciplinary action against any team failing to meet its responsibility.

2.1.7 Teams are expected to conduct themselves in an appropriate manner both on and off the field. Failure to do so may result in disciplinary action by the NLSA.

2.1.8 Teams must have a minimum of 16 players of the age group they wish to play.

2.1.9 Where possible, Premier Youth League age groups will be divided into two (2) divisions based on their level of play. The NLSA Technical Staff will be responsible for dividing these teams.

**2.2 Players**

2.2.1 Only players registered with a Regional Association shall be eligible to compete in any Premier Youth League.

2.2.2 Players must be registered with the NLSA at least 24 hours before their first game of the season.

2.2.3 Players must be registered with NLSA at least twenty-four (24) hours prior to participation in any game in the Premier League.

2.2.4 Players participating in any Provincial Competition where there is an age limit must be under that age before January 1st of the year of the competition to be eligible to play in that age category that playing season. Players who reach the limiting age on or after the first day of January in the competing year shall continue to be eligible to play in that age category for the remainder of the playing season. Thus, players born in the years:

* 2005 will be eligible to play in the U13 age category

2.2.5 Date of Birth, verified by the club, must accompany the registrations of all youth players.

2.2.6 Once a player’s name has appeared on a game sheet for a team, in any regular season Premier Youth League game, s/he is cup-tied to that team. S/he shall not be allowed to play for any other team in that League in the current year of competition.

2.2.7 The final deadline for registration and transfer of players in a Premier Youth League is July 31st of the current year of competition.

2.2.8 If a club team participates in a Premier Youth League, players on the final list of 20 players from that club team are not eligible to participate in any Mega tournament unless an exemption has been granted.

2.2.9 Players from the U12 level of competition may be called up to a PYL team as required and continue to play at the U12 level.

2.2.10 A player may not play in more than one (1) Provincial Youth Competition in the current season except as outlined in exemptions. (See Exemptions)

2.2.11 Players from a lower level of competition may be called up to a PYL team without NLSA permission.

2.2.12 The NLSA Vice President must be notified of all call-ups to the Premier Youth League. Call-ups must also be indicated on the game sheet.

**2.3 Coaching Staff**

2.3.1 One of the coaches of teams participating in a Premier Youth League Division 1 must have a C License, unless an exemption has been granted. (See Exemptions). The Assistant coach must be Soccer For Life trained.

2.3.2 One of the coaches of teams participating in a PYL Division 2 must be Soccer for Life trained, unless an exemption has been granted. (See Exemptions)

2.3.3 All staff persons listed on the team roster of a team participating in a PYL leading to an Atlantic Championship, must be CPIC cleared, including Vulnerable Sector Screening (both valid for 36 months) and have attended a Harassment Prevention Seminar or completed Respect In Sport (available online on the NLSA web site [**www.nlsa.ca**](http://www.nlsa.ca)).

2.3.4 CPIC clearance, Vulnerable Sector Screening and Harassment Prevention training for all club teams is the responsibility of the club; however, club or regional representatives must verify the names of the team staff who meet the criteria by completing the Credential Form for entrance into the tournament.~~.~~

2.3.5 A team’s staff should consist of a minimum of a coach, an assistant coach and a manager, one of whom must be the same gender as the team. Teams may have a maximum of five (5) staff.

2.3.6 For the requirement that a team official be the same gender as the team, this cannot be a player with dual roles on the team.

**2.4 Exemptions**

2.4.1 Provincial team players who are not playing in the Premier Youth League (PYL) may participate in the Mega tournament with their home club.

2.4.2 Clubs must apply to the Vice President Youth who will forward the request to the technical staff for evaluation and approval to use any other PYL player (including Provincial team players) in a Mega tournament. In evaluating this request the technical staff will consider the following:

2.4.2.1 The number of PYL players requested.

2.4.2.2 The residence of the PYL players requested.

2.4.2.3 The total number of age eligible players registered with the club.

2.4.2.4 The number of players in the region available to the club who are not PYL players.

2.4.2.5 No player playing or called up to the Challenge Cup League will be eligible to play in any Youth Mega Tournament.

2.4.3 A player may play in more than one Provincial tournament if the player has been approved by the Youth Committee through the NLSA Vice President Youth as an emergency “call-up” as defined by the specified guidelines. **Preference will be given to players from that region who have not or will not participate in a provincial tournament in the current year of competition. Call-ups must meet the eligibility requirements specified in these rules.**

2.4.4 Any coach who does not meet the coaching requirement may apply to the NLSA Technical Director for an exemption. If granted, this exemption would be for one year only.

**3.0 ADMINISTRATION**

**3.1 Documentation**

3.1.1 Teams must pay their full league registration fee to the NLSA by a date determined by the NLSA Board.

3.1.2 All players must be registered with the NLSA 24 hours before their first game of the season.

3.1.3 All teams must submit its start-up roster to the NLSA office seventy-two hours prior to the start of the league.

3.1.4 No changes will be permitted to the Team Credential Form within seventy-two hours of the start of the Provincial Tournament without permission from the NLSA Vice President Youth.

3.1.5 If a club/region makes changes to a team’s credential form, the club/region is responsible to send an updated credential form to the NLSA office.

3.1.6 Regional Directors are responsible for ensuring that any team representing his/her Region in Provincial Competition is properly registered with the NLSA.

3.1.7 All teams entering PYL must provide the NLSA office with an appropriate contact name, cell number, and email address of all team staff. The Regional Director from each region should have the names and contact information for all team staff on their PYL teams.

3.1.8 Each team entering a PYL must submit a Credential Form with a maximum of 20 players to the NLSA office 7 days prior to the start of the Final Weekend.

**3.2 Travel and Hotels**

3.2.1 All teams must make their own arrangements for travel and accommodations.

**3.3 Attendance at Meetings**

3.3.1 All youth teams must send a representative to the planning meeting for the league and any other meetings regarding the league called by the NLSA. Failure to do so will result in a fine of $200.00. In the case of special circumstance exemptions may apply, provided approval has been given. **The location and time of the meeting will be published on the NLSA website.**

3.3.2 Regional Directors must be informed of all meetings regarding the league to ensure that coaches within their region are aware of the meetings.

**3.4 Medals and Plaques**

3.4.1 The NLSA will provide individual medals (gold, silver and bronze) for the first, second and third place teams in the Final Weekend of the U-13 PYL and a championship plaque or trophy for each tournament.

3.4.2 Medals for MVP, MSP and Hard Hat Award for each team will be presented at the end of the tournament. These medals must be purchased from the NLSA office. The MVP and MSP awards will be presented at all youth tournaments.

3.4.3 All awards may be plaques or trophies and are to be presented at the completion of the tournament.

**4.0 TECHNICAL**

**4.1 Administration**

4.1.1 Only team staff and players listed on the credential form shall be permitted to sit on the players’ bench during competition.

4.1.2 Only players listed on the team Credential Form will be deemed eligible to play in any given game.

4.1.3 Any team that submits an incomplete game sheet (not listing eligible players who are on the Team Credential Form) will be subject to disciplinary sanctions. See fines.

4.1.4 A maximum of twenty (20) registered players will be permitted on a game sheet in all youth leagues.

4.1.5 Players may be called up from other teams in the club when necessary provided they meet the age requirement.

**4.2 Duration of Play**

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| --- | --- | --- | --- |
| **Age Group** | **Regular Time** | **Extra Time** | **Ball Size** |
| **U-13**  **11 x 11** | 2 x 35 min. halves | 2 x 10 min. halves | 5 Light |

4.2.1 On Final Weekend In all medal games, when the score is tied at the end of regulation time, extra time shall be played as noted in 4.2. If the score is still tied at the end of extra time, the winner shall be decided by taking kicks from the penalty mark, in accordance with FIFA Laws of the Game. In all other games, if the score is tied at the end of regulation time and a winner is necessary, the game will go directly to kicks from the penalty mark.

**4.3 Field**  **Size**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Recommended** | **Minimum** | **Maximum** |
| **Width** | 65-70 yards | 60 yards | 75 yards |
| **Length** | 100-110 yards | 100 yards | 115 yards |

**4.4 Retreat Line**

**Upon Goalkeeper possession or a goal kick, all opponents are required to drop behind the retreat line, which will be marked at 1/3 the length of the field by cones or flags on the side. Opponents are allowed to cross ahead of the retreat line once the Goalkeeper in possession has released the ball.**

**Referees have been asked to remind players to retreat, and also to be flexible on the “6-second rule” in order to allow time for players to retreat. Coaches are asked to take the responsibility to ensure your players are respecting the retreat line.**

**For more information please review the video: https://www.youtube.com/watch?v-YORBPunEXR8&feature=youtu.be**

**4.5 Team Uniforms**

4.5.1 When the colours of the competing teams are similar, home teams (**the team listed first on the schedule)** shall use alternate colours.

4.5.2 All teams must have two (2) sets of numbered playing uniforms (one light and one dark). A player shall be identified by the same number on both sets of uniforms.

4.5.2 Goalkeepers must wear colours (jerseys and socks) that plainly distinguish them from all other players and game officials. Each team goalkeeper must have three (3) sets of separate and different colour socks. Both the goalkeeper and the substitute goalkeeper must wear the same colour jersey and socks.

Goalkeepers who are outfield players must dress the same as their team’s players but still wear the same number as on the team roster.

If a team has only 1 keeper the team must bring an additional goalkeeper jersey with a number that is not allocated to any player in the event that an outfield player has to go in net.

All teams must bring an additional light/dark jersey that has no number or a jersey with a number that is not allocated to any player in case blood cannot be removed from a jersey.

4.5.4 Players are not permitted to wear anything that is dangerous to themselves or other players. **NO jewelry:** that includes rings, bracelets (except medical alert bracelets that must be either made of Velcro or similar soft material or covered with a sweatband), earrings, necklaces, other visible body piercing, etc. The practice of taping jewelry is not acceptable.

4.5.5 Undershirts must be the same colout as the main colour of the shirt sleeve; undershorts/tights must be the same colour of the shorts or the lowest part of the shorts – players of the same team must wear the same colour. Players not complying will not be allowed to enter the field until the match officials are satisified that the equipment conforms to the Laws of the Game.

4.5.6 Socks: If tape or similar material is applied externally it must be the same colour as the part of the sock it is applied to.

4.5.7 The wearing of shin guards is mandatory for all players in all competitions governed by the NLSA.

4.5.8 Appropriate soccer socks, which completely cover the shin guards, must be worn.

4.5.9 All shirts must have sleeves.

4.5.10 At the referee’s discretion, baseball caps are permitted if the sun is directly in the keeper’s eyes.

4.5.11 No player registered Youth will be permitted to play while wearing a cast of any kind – hard or soft.

4.5.12 At all league games, all splints, braces, etc. must be checked by the Referee-in-Chief. Canada Soccer Guidelines will be used in determining the acceptance or rejection of the equipment. It is the responsibility of the coach to ensure that all equipment is presented for inspection.

**4.6 Substitutions**

4.6.1 All league games including the games on the Final Weekend will have a maximum of seven (7) substitutions per game. This shall include regular and extra time periods; however, unlimited substitutions will be permitted at half time and at the end of regulation time prior to extra time. Players who are substituted out are permitted to re-enter.

4.6.2 No substitutions will be allowed for a player who has been ordered from the field for misconduct.

**4.7 Discipline**

4.7.1 Any team that is found guilty of fielding an ineligible player for any reason shall forfeit the game. Victory and the resulting points will be awarded to the opposing team as well as the score of 3-0 or greater, depending on the score of the game at the time of forfeit. The NLSA may take further action as deemed appropriate.

4.7.2 Any team not showing up for a game in a Provincial/Regional Tournament, without just cause, will lose the game by default with a 3-0 score. In addition, forfeiture of the game will result in a fine of $1000.00 ($500.00 of which will go the non-offending club to cover costs incurred).

4.7.3 Any team withdrawing from an Atlantic Club Competition after declaring their intention to enter will pay a fine of $500 to the NLSA plus any expenses incurred by the NLSA or host and be ineligible for Atlantic Club Competition at that age group for the next two (2) years.

4.7.4 Any club or team that defaults or withdraws from a league within **two (2)** weeks of the tournament is liable to a fine (see NLSA Fees and Fines)

**4.8 Format**

4.8.1 The format for the league will be a round-robin basis and the schedule will be finalized by the NLSA VP Youth or their designate after teams have registered.

4.8.2 Seeding for 4 team leagues in the Final Weekend will be based on the standings at the end of regular season with 1st playing 4th; 2nd playing 3rd followed by Bronze and Gold Medal games.

4.8.3 In leagues with two divisions, the 1st place team in Division 2 will have the right to challenge the 4th place team in Division 1 in a single knock-out game that will take place the Thursday before the final weekend. The winner of this game will advance to the Division 1 championship playoffs and the loser will play in the Division 2 championship playoffs.

4.8.4 In leagues with more or less than 4 teams in one division, the final format will be determined by the NLSA Technical Staff.

**4.9 Tie Breaking Procedure**

4.9.1 In youth tournaments or parts of a youth tournament organized on a knock-out basis, competing teams shall play a game until the end of regulation time. If a winner has not been decided at the end of regulation time the game shall be decided by kicks from the penalty mark in accordance with FIFA regulations.

4.9.2 In a regular league play all games shall be played to regulation time only.

4.9.3 Three points shall be awarded for a win and one point for a tie.

4.9.4 The following criteria shall be used to determine the final standings:

(a) Most points in all group matches

(b) If two (2) teams are tied in points in all group matches:

(i) Greater number of points in matches between the teams concerned (head to head competition).

(ii) Results for all group matches.

(i) Greater goal difference in all group matches.

(ii) Greater number of goals scored in all group matches.

(iii) Kicks from the penalty mark as per FIFA Laws of the Game, at a time and place decided by the NLSA Rep.

**Suspended players cannot participate in the tie-breaking procedure (penalty kicks) and the tie-breaking procedure does not count as time served for a suspension.**

**(**c) The following must be used to completion if three (3) teams are tied in points in all group matches:

(i) Greater goal difference in matches between the teams concerned

(ii)Greater number of goals scored in matches between the teams concerned.

(iii) Greater goal difference in all group matches.

(iv) Greater number of goals scored in all group matches.

(v) Drawing of lots to determine ranking at a time and place decided by the NLSA Representative.

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4.9.5 In each situation above, the decision of the NLSA Representative in attendance will be final and binding.