



Lakeland District Soccer Association

Rules & Regulations

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Section 1 – General

These rules are subject to Lakeland District Soccer Association (LDSA) Bylaws and the Alberta Soccer General Rules and Regulations. Should a situation arise that is not covered by these rules, the most current Alberta Soccer General Rules and Regulations will be used.

- *The LDSA Executive Committee may make temporary rules to govern specific situations not otherwise provided for within this rule book and in the interest of fair play.*
- *The LDSA Executive Committee will be empowered to move any event to a location more suitable to the contesting teams or combine locations for certain age groups of the same level where an insufficient number of teams are competing.*

1.01 Injury-Liability Insurance

The ASA will be the contact for any insurance information or claims via the District.

1.02 Sponsors

Any person, business or organization may be a sponsor of a District team. The District will allow advertising however, the District reserves the right to reject advertising on the aspects of taste or in accordance with our Team Name and Logos Policy.

Section 2 – Team Registration & Eligibility

2.01 Team Eligibility

- A. Any team affiliated with a Community Association within Lakeland District parameters and in good standing will be eligible to participate in any competition under the jurisdiction of Lakeland Soccer, subject to declaration limits set out in this rule book.
- B. All community teams must participate in and fulfill their league play set out by the Executive Director.
- C. Up to 25 players may be dressed for any single game.

2.02 Player Eligibility

- A. Players must be registered with Lakeland Soccer by the registration deadline set by the Executive Committee. All players and teams are subject to Lakeland Soccer and the ASA's roster and transfer deadlines.
- B. Players in age categories who reach the limiting age after the first day of January will continue to be eligible to play in that age category for the remainder of the playing season per section 2.03.
- A. Infraction of these rules is considered an offence and shall be dealt with by the Discipline Committee. It shall be the responsibility of the Coach in conjunction with the Community Association to ensure that each player on the team is eligible to play.
- B. Players from outside the District boundaries are permitted to register in the District. Where required, an inter-provincial transfer must be approved by the ASA, or release approved from another District.
- C. When there are insufficient players in a particular age group in a community to form a team, the Community may work with another community to form a viable team. This can include co-coaches from each community, as well as alternating practices in each community. The LDSA Combined Community Form should be completed and submitted to the District.
- D. Players may be recruited as trialists in accordance with the Guest/Trialist Player rules section 3.05.

2.03 Age Group Categories

- A. Divisions shall be comprised of the following age groups based upon age of the player as of the 1st of January in the current year of their application for registration. Players in age categories who reach the limiting age after the first day of January will continue to be eligible to play in that age category for the remainder of the playing season.
 - U19: Players under nineteen (19) years of age before January 1st of the current year
 - U17: Players under seventeen (17) years of age before January 1st of the current year
 - U15: Players under fifteen (15) years of age before January 1st of the current year
 - U13: Players under thirteen (13) years of age before January 1st of the current year
 - U11: Players under eleven (11) years of age before January 1st of the current year
 - U9: Players under nine (9) years of age before January 1st of the current year
 - U7: Players under seven (7) years of age before January 1st of the current year
 - U5: Players under five (5) years of age before January 1st of the current year
- B. Any player/parent who has knowingly falsified birth dates in their registration will be subject to a suspension from participating in the Lakeland District for the remainder of the current season.
- C. It shall be the responsibility of the Community Association to ensure that every player is duly registered and is of the correct age. (Birth certificate or other evidence acceptable to The District may be requested as proof of a player's age.)

- Any team that includes a player who is over the age limit as defined in 2.05 will forfeit all games concerned and will be subject to disciplinary action.
- Only players listed on the District certified roster will be considered eligible to participate in the Lakeland Cup and/or Lakeland League Play.
- A Youth player may register with and play for both a Youth team and a Senior team and maintain their eligibility to compete in both Youth and Senior Provincials.
- Eligible players properly registered with both a Youth and a Senior team may compete in one Youth Provincial Championship and one Senior Provincial Championship.
- No player can compete in more than one (1) Youth Provincial Championship, except as outlined below:
 - i. Rural players who compete in a Tier IV Rural Provincial Championship will not be considered cup tied if their District wishes to form a legally declared Tier I, II or III team. Such players will be considered eligible to compete in Tier I, II or III Provincials, but not more than one (1).

2.04 Team Staff Eligibility

- All individuals listed as a Team Staff must be certified to the appropriate level according to the LDSA Coaching Education Minimum Standards.
- All players, team staff and other persons involved in Lakeland Cup are required to conduct themselves in a manner which will bring credit to themselves, their teams, the Host Association, the LDSA, the ASA, and the sport of soccer.
- At all official and civic functions associated with the competition, participants must be present and dressed appropriately.
- A maximum of four (4) non-playing personnel may be on listed on the team's official roster and are the only team personnel allowed on the team bench during the competition.
- Teams may name one alternate certified team staff member who may only replace the initial four in the case of an absence.

Section 3 – Fees, Registration & Transfers

3.01 Membership Fees

Refer to most recent version of the Lakeland Membership Fees document.

3.02 Player Registration and Fees

- All players shall be registered with and recognized by their Community Association.
- New players can be registered during the season and must be submitted to the District by the due date determined at the Spring Planning meeting for outdoor or Fall Planning meeting for indoor.
- All players are subject to the District's and the ASA's roster and transfer deadlines.
- All Community Associations will be invoiced by The District for all registration and league fees.

3.03 Provincial Tournament Fees

The District will send payment to the ASA for Provincial team tournament fees. The team and/or the team's Community Association is responsible for the fee and will be invoiced by The District.

3.04 Transfer of Players

- All player transfer must take place no less than 7 days prior to Lakeland Cup; or subject to the usual Alberta Soccer cup tied rules and transfer deadlines, whichever comes first.
- Once transferred that player is considered cup tied.
- All players competing in Lakeland Cup leading to the Provincial Championships shall be considered cup tied for that age and tier, regardless of when the regional play down or tournament occurs.

3.05 Trialist Rules & Procedure

Youth:

- For regular league play, any registered player may play in a higher tier or higher age category provided that the movement occurs with prior written approval of the coach or designate of the team for which the player is registered. Exceptions:
 - U11 - any registered player may play at the same age category to assist another team in fielding a team with an appropriate number of players. Below rules to be followed and completed guest player forms are required.
 - At any age category - if at game time, or during a match, should both teams agree, one team may send players from their team to the other to even out playing time should one team be short players. Completed guest player forms will not be required.

- For out of district tournaments, a team may obtain a guest player from the same age category. All other rules to be followed and completed guest player forms are required (tournament provided guest forms acceptable)
 - Any other exceptions must have prior written District approval.
- B. No more than a total of 3 such players can be recruited for any 1 game.
 - C. The player(s) will be noted as “Trialist or Guest” on the game sheet.
 - D. Any player can be brought up for a maximum of two (2) League Play games per season at which time the player needs to make decision to play on this team or return to their original team. If more than 2 games are played, the player will automatically be transferred.
 - E. Higher Tiered Players are ineligible as “trialists” on any lower tiered team. Example: A player that is rostered on a U15 Tier II team cannot play as a trialist at the U15 Tier IV level but can play as a Trialist at the U17 Tier IV Level.
 - F. A registered Youth player may participate for a Senior league team and will not be considered cup-tied for a Provincial Championships to any team if they have participated on as a trialist prior to having registered with a Senior team. All other LDSA Trialist/Guest player rules should be followed.
 - G. There are no trialist players permitted at Lakeland Cup.

Senior: See current LDSA General Rules for Senior/Adult House League.

3.06 Tier II-III Program

- A. Tryouts:
 - a. All tier II-III tryouts must go through Lakeland District Executive Committee for approval.
 - b. All tryouts must be open to any player registered with Lakeland District Soccer Association and advertised throughout the District.
 - c. All tryouts are open to a player registered in a different district, but still within the Alberta Soccer Association.
 - d. Any out of district players that make the Lakeland Team must receive a release from their district.
 - e. Successful players to be selected by the coaching staff for that team with final approval required from District Head Coach(es) or Lakeland Executive/Board approved designate.
- B. Coaches:
 - a. All coaches and team staff selection will be made by coaching application with review by the Lakeland Executive and/or District Head Coach(es).
 - b. All coaches and team staff chosen must obtain a criminal record check clearance and complete the LDSA Screening Disclosure form in accordance with the LDSA Screening Policy.
 - c. All individuals listed as a Team Staff must be certified to the appropriate level according to the LDSA Coaching Education Minimum Standards.
- C. Tier IV:
 - a. All players that try out for a Tier II-III team must first register and participate in the Lakeland Tier IV League Play program to be eligible. Exceptions must be approved by the LDSA Executive Committee.
 - b. Tier II-III programming such as practices and tournaments will not interrupt the Tier IV Lakeland League Play or Lakeland Cup program.
 - c. Players who competed in a higher age group during the Tier IV season may return to the age group corresponding to their birth year for the Tier II-III season.

Section 4 – Inter District League General Rules

4.01 Laws of the Game

The Laws of the Game of soccer, except were modified herein by The District and/or in the LDSA Inter-District Game Play Rules, are the laws most recently approved by IFAB (International Football Association Board).

4.02 Game Officials

Per ASA Specifications:

- Youth District ASA registered referees (14 or 15-year-olds) must be at least two years older than the age group they are officiating and may be linesmen for all age groups.
 - District ASA registered referees (16 years and older) may referee and be linesmen for all age groups.
 - Mini ASA registered referees may referee U9 and younger only and/or be linesmen for all age groups.
- A. The home community will provide the game officials (referee & assistant referees registered and qualified at the appropriate age level) for outdoor league games. Where the league game is played in a neutral location the home team’s community is still required to provide the referees.

- B. The referee, assisted by their assistant referees, enforces the Laws of the Game as soon as they enter the area surrounding the field of play and up to the time they leave the area. The decisions of the referee regarding facts connected with the play are final as far as the result of the game is concerned.
- C. The referee may expel from the field of play and the immediate surroundings any team official, player or spectator.
- D. All Red Cards must be reported by the referee via Misconduct Report within 48 hours to the Executive Director at execdir@lakelandsoccer.ca for further investigation. See LDSA Discipline and Complaints Policy for detailed information regarding Red and Yellow Card offences.

4.03 Team Officials

- A. A team official includes but is not limited to the following:
 - Head Coach
 - Assistant Coach
 - Team Manager
 - Bench Parent
- B. All team officials are responsible in conducting themselves in a responsible manner in all team activities. Refer to LDSA Code of Conduct and Ethics for more detail.
- C. Following the CSA Rule of Two: Gender and presence of team officials. (This is a requirement for indoor and outdoor games, practices, and any team activity).
 - On female teams, a female team official is required to be on the bench.
 - On a male team, a male team official is required to be on the bench.
 - On mixed teams, a male and female team official is required to be on the bench.

4.04 District Cards

- A. All card requests require a minimum five (5) business days turn around.
- B. The District will prepare each team's player and coach cards in digital format.
- C. All teams, regardless of age, attending out of district tournaments and attending the ASA Provincial tournament require player cards.

4.05 District League Eligibility

- A. If the District is unable to create a feasible league for any particular level due to low numbers of teams in an age group, teams may participate as tournament teams, however they must be able to provide proof of 6 games played from their Tournament games to qualify for provincials.

4.06 Team Registration - League

- A. Communities must declare each of their teams for the Lakeland League in the manner determined by the Executive Director.
- B. The final deadline for Communities to declare their teams for Lakeland League Play and Lakeland Cup will be set at the Lakeland Spring Planning Meeting for outdoor and the Fall Planning Meeting for indoor.
- C. The community may be assessed a \$250 administrative fee per declaration for late declarations and the Executive Committee will determine whether the late entry is to be accepted or denied.
- D. Communities will submit their fees and declarations according to the dates set at the Spring Planning Meeting for outdoor and the Fall Planning Meeting for indoor.
- E. There will be no refund for a team that withdraws from the league after the declaration date.
- F. Failure to participate in the District's league (where provided for a division) as scheduled, with exception of Section 4.09, will mean those teams may not qualify to advance to the Lakeland Cup or receive the District's berth to Provincials. Refer to Section 5.03 for Provincial Declaration rules.
 - a. Any team found not complying with this rule will forfeit their game(s).
 - b. Teams abandoning a game without proper approval may be fined and held responsible for any associated costs.
 - i. Fines for game abandonment may range from \$250 to \$500, depending on the circumstances and at the discretion of the LDSA Executive, in addition to any referee fees and other costs associated with the abandoned game.
 - c. Teams abandoning a game on more than one occasion, without proper approval, will be excluded from Lakeland Cup.

4.07 Game Scheduling

- A. The Executive Director will be responsible for communicating all schedules for the District's leagues.
- B. League games where travel over 175 km between communities should take place at a neutral location, where possible
- C. Teams must adhere to the schedules as issued. Any team found not complying with this rule will forfeit their game and may be subject to fines or further discipline per Section 4.06.
- D. Blackout dates must be provided prior to the deadline set by the Executive Director by the date determined at the Spring Planning Meeting for Outdoor and the Fall Planning Meeting for Indoor.
- E. League games will be scheduled for age groups as follows:
 - U5, U7, U9, U11 In-house at the discretion of the Community Association.
 - i. U11 may be scheduled for games at the discretion and approval of the LDSA Executive.
 - U13, U15, U17, U19 all league games will be scheduled to start at 7:00pm for outdoor, and may be amended from time to time.
 - i. Outdoor games will be played on weeknights whenever possible from Monday to Thursday.
 - ii. Attempts to schedule outdoor games on the home teams practice night will be made wherever possible.
 - iii. Indoor games will be scheduled on league weekends throughout the playing season. Subject to facility availability.
 - Senior/Adult in house league games scheduled at the discretion and approval of the LDSA Executive.
- F. At team declaration, changes may be made depending on the team numbers, and at the discretion of the LDSA Executive.
- G. Teams playing outside the District will play at times provided by the league they are playing in. Any teams not participating in The District league must be declared as such and have District approval.
- H. Rainout updates should be provided by those communities that are forced to close fields by their municipalities. All other games are played rain or shine.

4.08 Game Duration

- A. The duration of the games in District leagues and Lakeland Cup is:

Outdoor		Indoor	
Age Group	Duration (minutes)	Age Group	Duration (minutes)
U19	2 x 45-minute halves	U19	2 x 25-minute halves
U17	2 x 45-minute halves	U17	2 x 25-minute halves
U15	2 x 45-minute halves	U15	2 x 25-minute halves
U13	2 x 40-minute halves	U13	2 x 25-minute halves

- B. The duration may be altered at the discretion of the referee, but such an altered game will be valid only if 70% of the game is played. (i.e.: severe weather, lightning).
 - a. When a game cannot be restarted and more than seventy percent (70%) of the game has been played, the result at the time of abandonment will be recorded as the final score.
 - b. When a game cannot be restarted and less than seventy percent (70%) of the game has been played, the LDSA Executive will determine next steps regarding re-scheduling or cancellation.
- C. Outdoor: Games shall consist of two equal halves with a half time interval of 5 minutes.
- D. Indoor: Games shall consist of two equal halves with a half time interval of 2 minutes.
- E. Refer to the most recent version of the LDSA Indoor/Outdoor Game Formats for U5-U11 game format information.
- F. Refer to the most recent version of the LDSA General Rules for Senior/Adult House League for Senior game format information.

4.09 Postponed Games

- A. Rescheduling:
 - Indoor Season: All game rescheduling for the indoor schedule must go through the Executive Director to ensure field availability and referee scheduling.
 - Outdoor Season: The team needing a game changed is to contact the coach of the team they are scheduled to play. Together they come up with a suitable date that does not conflict with any other Lakeland games already scheduled. Once the date is set, the home team must contact their referee director to inform them of the change and to ensure a referee will be booked for the new game and cancelled for the game that was moved. Next the Executive Director must be informed of the change, make sure you include all game details: original date of game, new date of game, location of new game, age group and community the teams are from, which team is home vs away, and confirmation that a referee is booked for the new game. At that point the Executive Director will adjust the website to reflect the changes.
 - Every attempt to reschedule league games should be made. Cancellations will only be accepted should there be no alternate options and approved by LDSA Executive.

B. Cancellations:

- Indoor Game Cancellations due to Severe Weather: All game cancellations for the indoor season are made by the LDSA Executive via the Executive Director per the Lakeland Winter Weather Policy.
- Outdoor Game Cancellations due to Severe Weather: All postponed league games must be reported to the Executive Director. Club presidents (or designate) contact each other to discuss cancelling due to weather, once confirmed they turn it over to the coaches to try and find an alternate date to reschedule. Next the Executive Director must be informed of the change, and all game details: original date of game, new date of game, location of new game, age group and community the teams are from, which team is home vs away, and confirmation that a referee is booked for the new game. At that point the Executive Director will adjust the website to reflect the changes.
 - Air Quality Below 3 – continue training as normal; 4 to 6 – prepare to alter practice/end game play; 7 & up – reschedule practice & games.
 - The match official reserves the final right to cancel the game if the conditions are considered dangerous, in the match official's opinion.
 - Referee to write on game sheet reason for abandonment with the Index calculation, time & date number calculated and AQHI station used.
 - If air quality changes dramatically during a game (e.g. sudden smoke event caused by wind direction change) referees and team officials are advised to use their discretion. Record all decisions and relevant information on the game sheet.

4.10 Incomplete Games

- A. For 11v11 there must be a minimum of 7 players per team on the field to start an official game.
- B. For 9v9 there must be a minimum of 7 players per team on the field to start an official game.
- C. For 6v6 or 7v7 boarded indoor soccer there must be a minimum of 4 players on the field to start an official game.
- D. For all formats: There must always be the minimum number of players available on field, should the team lose a player during gameplay whether by misconduct or injury, the team will forfeit the game.
- E. The referee must write on the game sheet the reason for terminating the match, the score at termination and the time already played and ensure a copy is sent to the Executive Director within 48 hours.
- F. If the non-completion of a game is due to misconduct of players, team officers or spectators the result of the game shall be decided by the Disciplinary Committee.
- G. If a team refuses to attend or finish a game that team will forfeit the match and may be penalized as per Section 4.06 and/or the Lakeland Discipline and Complaints Policy.
- H. If a team does not show up by game time, they are considered late, and they will forfeit the game.
 - a. If the team is in contact with the home team and agree, then the game may proceed if there are extenuating circumstances for them being late. The game time may then be shortened (at the discretion of the referee).

4.11 Game Sheets

Outdoor:

- A. On the game sheet all players along with their jersey numbers shall be listed. The Field Marshal should be listed on the game sheet as well as all officials and team staff.
- B. Referees should return both game sheets to one team after the game.
 - Winner = collect both sheets
 - Tie = home team collect both sheets
 - Loser = not required to do anything
- C. Game sheets are to be submitted via email to execdir@lakelandsoccer.ca

Indoor:

- A. On the game sheet all players along with their jersey numbers shall be listed. The Field Marshal should be listed on the game sheet as well as all officials and team staff.
- B. Referee will retain the game sheets once the game is complete and email to the Executive Director within 48 hours at execdir@lakelandsoccer.ca

Please ensure the following is completed:

- Both coaches have filled and signed their respective form in the spots indicated.
- The referee has filled out their portions (Game Report table and ref(s) name in the bottom section, please include all referees and field marshal's names)
- The referee will fill in the score to ensure accurate accounting of goals scored.

4.12 ASA Roster Process

- A. All roster review requests require a minimum five (5) business days turn around.
- B. Signed ASA Rosters are required for all teams attending games or tournaments outside of the Lakeland District.
- C. Maximum roster size as per ASA is 20 players and most, if not all tournaments will follow this rule.
 - Lakeland Cup tournament will allow rosters up to 25 players, **however Alberta Soccer Provincials will not.**
- D. ASA rosters do not replace game sheets. Game sheets are still required to be completed for league games and tournaments, according to individual tournament rules. You may be required to provide an ASA roster as well as input a tournament roster on some tournament sites which would be used to build game sheets in their system.
- E. The below applies for all teams including minis U9-U11 should they be participating in tournaments outside of the district.
Process:
 - 1. Coach/Manager or Club Representative completes the ASA roster found here:
<https://lakelandsoccer.ca/content/forms-and-documents>
 - Noting club's may have their own processes for who fills out the ASA roster.
 - 2. Ensure all information is accurate and all Team Staff CRCs are valid.
 - Per the Coaching Education Minimum Standards - NCCP numbers will be required for all coaching staff and team managers will be required to have Respect in Sport.
 - Coaching Education Minimum Standards can be found here: <https://lakelandsoccer.ca/content/communities>
 - 3. Coach to sign and obtain signature from the community representative (i.e.: Club President, Youth Director etc.)
 - 4. Submit to Lakeland Executive Director by emailing execdir@lakelandsoccer.ca
 - 5. Lakeland to confirm all players and staff are registered.
 - 6. Lakeland to confirm all staff are qualified with the required training per the LDSA Coaching Education Minimum Standards. The CSA Rule of Two will be followed.
 - 7. Once confirmed, the Executive Director will sign on behalf of the district and return it. If the form is not filled out correctly, or coaches do not have the required training, it will not be signed.
- F. Recommendation:
 - Review team staff qualifications prior to submitting rosters to Lakeland.
 - Get ASA rosters completed and signed as soon as possible to avoid any delays and/or emergency submissions right before a tournament weekend.
 - Most tournaments will have a spot on their website to submit ASA rosters however if they do not, you should still complete one and bring it with the team for that tournament to have on hand should there be any question.
 - Lakeland Cup: Final ASA rosters are due 7 days prior to Lakeland Cup. These will be used when submitting to ASA for provincials (along with replacement player forms as required).
 - There are no trialist players permitted at Lakeland Cup.

4.13 Point System

- A. For all District competitions the awarding of points for a game shall be 3 points for a win, 1 point for a tie, 0 points for a loss.
- B. 3-point win will be awarded to the opposing team in the case of a forfeit.
- C. Mercy Rule 5-point spread will be utilized for league games.
- D. Mercy Rule will not be utilized for Lakeland Cup.

4.14 Substitutions

- A. Outdoor:
 - An unlimited number of substitutions may be made during League games. An unlimited number of players may be substituted at one time but only at the discretion of the referee who may limit the number.
 - Substitutions must be made at the centre line only at a stoppage of play and only with the permission of the referee.
 - Players on the sidelines must remain 3 feet from the sideline so that they do not distract the referee.
- B. Indoor:
 - An unlimited number of substitutions may be made during League games.
 - Substitutions can occur spontaneously (on-the-fly) during gameplay.
 - Players on the sidelines must remain within their designated bench until the substituting player has crossed into the substitution area.

4.15 Equipment and Jerseys

- A. Soccer shin-pads secured and covered with socks are mandatory for all players.
- B. Soccer shoes or running shoes are recommended footwear; the referee shall be checking all player equipment for safety.
- C. The game ball shall be supplied by the home team to the referee for inspection. The size of ball for each age group is as follows:

Age Group	Ball Size	Age Group	Ball Size
U19	Size 5	U11	Size 4
U17	Size 5	U9	Size 4
U15	Size 5	U7	Size 3
U13	Size 5	U5	Size 3

- D. Outdoor: Four corner flags, or cones for younger teams, are strongly recommended. When center flags are used, they must be placed 1 meter away from the sideline.

4.16 Field Marshal Program

Referee abuse and harassment by spectators and coaches is the main reason why referees, particularly those in their early teens, drop out of the development program resulting in severe shortages of officials at all levels. This unacceptable behavior towards our youth must be addressed as a priority particularly if soccer is to have an adequate supply of referees.

- A. All teams participating in the Lakeland league must designate an individual (does not have to be the same person for each game) at each game (home and away) to act as a Field Marshal.
- B. The Field Marshal for each team shall be a person, usually a parent who is NOT a team official (coach/manager/bench person) and their main role will be to act as a deterrent to possible acts of misbehavior by their teams' Parents, Spectators or Team Officials. The Field Marshal will also be available to the referee should a request to do so be made or if a potential problem exists.
- C. Refer to the most current version of the LDSA Field Marshal document for detailed description.

4.17 Jewelry and Non-Compulsory Equipment

- A. In District and Provincial Competitions no player will be permitted to wear any jewelry, all jewelry must be removed, taping of piercings is not permitted.
- B. Medic Alert bracelets are permitted but must be covered and shown to the referee prior to each game.
- C. Additional Guidance on Jewelry and Non-Compulsory Equipment:
 - No item of jewelry or watch of any sort will be allowed on the field of play, The practice of taping is no longer acceptable. Game officials should set an example by removing all personal jewelry before entering the field of play (watches are allowed for game officials).
 - Body Piercing: any body piercing not visible to the referee is not of concern. Should the piercing become visible the referee will ensure it is removed.
 - Beaded Hair: if a player is wearing hair beads the hair must be tied in a bun or covered by a hair net. Loose beaded hair is not permitted.
 - Hats: no hats are allowed on the field of play. Goalkeepers may request to wear a soft brimmed hat as an eyeshade. The referee must ensure that it is not dangerous.
 - Head Protectors: only those permitted by FIFA are allowed.
 - Spectacles: are allowed if they are sports spectacles and / or regular glasses and are safe for the players themselves and for other players.
 - Pro Wrap: Single strand of Pro Wrap is permitted with no metal hair clips or bobby pins.
 - Orthopedic Supports: FIFA Circular 863 states that the vast majority of commercially manufactured supports are safe to use. These items pose less of a hazard than players accidentally banging heads, for instance. The major concern is not the 'hardness' of the equipment alone, rather it should be whether any part of it could cut or wound another player.
 - Any support must be safe for all players, and adequately padded if necessary. Casts: Players wearing a hard cast are NOT permitted to play, even if it is padded. Players wearing a soft cast may be permitted to play if the cast does not present a danger to him/herself or any other player. The soft cast must not contain any hard material. The referee (or a Supervisor of Officials if one has been appointed to the match or competition) will make the final decision as to the acceptability of any soft cast.

4.18 Discipline

A Discipline Committee will deal with any violation, complaints or grievances pertaining to Discipline. This includes but is not limited to Carding Offences as per the LDSA Discipline and Complaints Policy.

4.19 Lakeland Jersey

- A. Lakeland District issued jerseys will be reserved for a Single Team within an age group/gender per district, and/or a Single Mixed team within an age group per district.
- B. Deposits are required on jerseys purchased by Lakeland District Soccer Association and are to be returned to LDSA, in field presentable condition, by the end of the season.

4.20 Referees

- A. Refer to the current LDSA Referee Payment and Mileage Chart.
- B. Mileage for travel will be paid for referees travelling to other communities, except for referees who are also team staff, players, parents of players, or siblings of players (under the age of 16) who will already be at the game/event.
- C. Referee mileage pay is indexed to the Government of Canada's automobile allowance rates, updated to the most recent rate at the AGM.

4.21 Adult/Senior Programs

- A. Refer to the current LDSA General Rules for Senior/Adult House League.

Section 5 – Inter District Tournaments

5.01 Sanctioning

- A. Any tournament held in the District must be approved by the District and if the tournament involves any out of district teams it must also be sanctioned by the ASA.
- B. The ASA sanctioning fees are the responsibility of the Community hosting the tournament and will be invoiced accordingly.
- C. Deadlines for tournament sanctioning are set by the ASA and any requests received after this deadline may not be accepted by the District or the ASA.
- D. Please refer to the most current version of the ASA's Tournament Sanctioning Policy for more information.

5.02 Lakeland Cup

- A. All dates are tentative and will be confirmed each year for the upcoming season.
- B. No registered Youth team or player will be eligible to compete in more than one (1) Lakeland Cup Competition in any one (1) season.
- C. There are no trialist players permitted at Lakeland Cup.
- D. All teams will be charged an entry fee set at the LDSA AGM, based on a minimum two game playdown.
- E. All teams must compete in the Lakeland Cup at the same level at which they compete throughout the playing season.
- F. No Lakeland Soccer registered team assembled by an unsanctioned academy by its own name or under any other guise will be permitted to participate in any Lakeland League, club, or participate in any Lakeland Cup Championship.
- G. The Community will provide a certified team roster for each team participating in a Lakeland Cup in the manner prescribed by Lakeland Soccer by the roster submission deadline.
- H. A representative from each team participating in a Lakeland Cup will check in with the Lakeland Rep at tournament headquarters prior to their first game.
- I. See Current Lakeland Cup Tournament Rules for full description of tournament rules.

5.03 Provincial Declarations

- A. Where The Alberta Soccer Provincials Tournament is hosted outside the Lakeland District, eligible teams will be determined by the first-place standings at that season's Lakeland Cup Tournament.
- B. Where there is no Lakeland Cup Competition in a division due to only one (1) team declared, the one (1) team in the division will automatically attend the Alberta Soccer Provincial Tournament.
- C. Where LDSA is granted hosting privileges for the Alberta Soccer Provincials Tournament, the host community club will be granted one automatic entry to the Provincials Tournament in divisions for which they have registered youth teams.
 - a. The additional declaration will be determined by the first place standing at that season's Lakeland Cup.
 - b. Where the host community obtains first place at Lakeland Cup, the second-place team will attend for the second declaration.
 - c. Should Alberta Soccer offer a third declaration to LDSA. The third-place team will attend – and so on.