



NEWFOUNDLAND and LABRADOR
SOCCER ASSOCIATION

www.nlsa.ca

Rules and Regulations Manual
Premier Youth Leagues
2019

March 28, 2019

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.

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 Disciplinary Code.
- 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.

- 1.3.1.3 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.
- 1.3.1.4 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 NLSA. Clubs may add to this policy as needed. **The NLSA Supervision Policy can be found online in the Risk Management Policy at www.nlsa.ca**
- 1.3.1.5 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. Exchange students are not eligible for International Transfers.
- 1.3.1.6 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 is responsible for all areas of discipline at the Provincial Tournament and will convene and chair a Competition Discipline Committee, if necessary. Appropriate action will be taken if deemed necessary.
- 1.4.6 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.

- 1.4.7 The NLSA Representative will keep track of games and standings.
- 1.4.8 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.
- 1.4.9 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.
- 1.4.10 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 convenor 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 a Code of Conduct and Ethics which must be adhered to by 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 Judicial Body for resolution.

1.6.1.3 The NLSA Code of Conduct and Ethics can be found online at 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 Police Record Checked (PRC) cleared, including Vulnerable Sector Check. **For this purpose a PRC clearance is valid for a maximum of 12 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 completed Respect In Sport. For the purpose of these Rules is valid for a period of 5 years. **The link for Respect In Sport is available on the NLSA website at www.nlsa.ca**

1.6.2.4 The NLSA Volunteer Screening Policy can be found online at www.nlsa.ca

1.6.4 Alcohol, Banned and Illegal Drugs

1.6.4.1 The NLSA has zero tolerance in regards to the acquiring, possessing, purchasing or consumption of alcohol and banned and illegal drugs for all youth players playing in any NLSA sanctioned event. Such matters will be forwarded to the NLSA Judicial Bodies and may result in sanctions.

1.6.4.2 The NLSA has zero tolerance in regards to the acquiring, possessing, purchasing or consumption of banned and illegal drugs for all senior players playing in any NLSA sanctioned event,

1.6.4.3 A list of banned drugs refer can be found on the Canadian Centre for Ethics in Sport (CCES) website.

1.7 DISCIPLINE

1.7.1 General

1.7.1.1 Discipline at all NLSA sanctioned events will be dealt with under the NLSA

Disciplinary Code which is available online at www.nlsa.ca.

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 Disciplinary Code.

Protests

1.7.2.1 For the purpose of these Rules, protests are objections of any kind related to events or matters that have a direct effect on matches, including but not limited to the state of markings on the pitch, accessory match equipment, eligibility of players, facilities and soccer balls.

1.7.2.2 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) cash, money order or e-transfer to the NLSA, must accompany the written protest.

1.7.2.3 In all cases, the Competition Discipline Committee shall rule on the protest, including the disposition of the protest fee, prior to the commencement of the next day's games.

1.7.2.4 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.

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

1.7.2.6 The referee's decision regarding facts connected with play, including whether or not a goal is scored and the result of the match, are final. There can be no protests against a decision of the referees as outlined in the Laws of the Game.

1.7.2.7 Protests of challenges in respect to player eligibility not ruled upon, or requiring further investigation, will be dealt with by the appropriate NLSA Committee and may result in the overall standings being amended.

1.7.2.8 After the completion of the Provincial Tournament concerned, any protest in regards to player eligibility already ruled on by the NLSA Representative, will not change the results of the competition.

1.7.2.9 If any of the formal conditions of a protest as set out in these rules is not met, such protests shall be disregarded by the NLSA. Once the final match in the

respective tournament has ended, no further protests under this article will be received.

1.8 AFFILIATION

1.8.1 All players, team staff and officials must be registered in the NLSA database at least 72 hours before Game #1 of the league entered.

1.8.2 Players and team staff added to any team after the team's initial registration must be registered in the NLSA database at least 24 hours prior to sitting on the team bench for the player's first game.

1.8.4 All must be registered and all membership fees must be paid to the NLSA by July 13th of the current year.

1.9.1 Current Membership Fees

	Member	Membership Fee Per Person
a	Board Members	\$10.00 + HST
b	Board Members after July 13	\$20.00 + HST
c	Staff and Volunteers	\$10.00 + HST
d	National Referee	As set by Canada Soccer
e	New Clubs-1st Year 4-14 years old	\$10.00 per player
f	New Clubs-1st Year 15 years old and up	\$10.00 per player + HST
g	New Clubs – 2nd & subsequent years	Current Player Membership Fee
h	Player – Senior	\$35.00 + HST
i	Player – Youth 4-14 years	\$21.25
j	Player – 15-17	\$21.25 + HST
k	Provincial Referee	\$65.00 + HST
l	Regional Referee	\$55.00 + HST
m	District Referee	\$47.00 + HST
n	Provincial Referee after July 13th	\$75.00 + HST
o	Regional Referee after July 13	65.00 + HST
p	District Referee after July 13th	\$57.00 + HST
q	Youth Referee (under 14 years)	\$13.00
r	Youth Referee after July 13	\$18.00
s	Referee Instructor	\$55.00 + HST
t	Referee Assessor	\$55.00 + HST
u	Senior Team Staff	\$10.00 + HST
v	Youth Team Staffs	\$10.00

1.9.2 Tournament and League Fees

	Tournament or League	Registration per Team
a	U-7, 9 and 11 Jamboree	\$225.00
b	U-13	\$325.00
c	U-15 & U17 Mega	\$350.00 + HST
d	U-13 League	\$350.00
e	U-15 League	\$350.00 + HST
f	U-17 League	\$350.00 + HST
g	Senior Tournaments	\$350.00 + HST
h	Challenge Cup & Jubilee Trophy Leagues when Nationals in NL	\$400.00 + HST
i	Challenge Cup & Jubilee Trophy Leagues When Nationals are Ontario or East	\$900.00 + HST
j	Challenge Cup & Jubilee Trophy Leagues When Nationals are Manitoba or West	\$1,150.00 + HST
k	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

	Tournament	Grant Per Each Team in Tournament
a	U-7, 9, 11 Jamborees	\$85.00
b	Tournaments with Registration Fee \$325	\$120.00
c	Tournaments with Registration Fee \$350	\$180.00
d	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

	Clinic	Cost for up to 10 participants
a	Active Start	\$350.00
b	FUNDamentals	\$700.00
c	Additional Participants Active Start & FUNDamentals	\$20.00 per participant
d	Learning to Train	\$950.00 + HST
e	Soccer for Life	\$950.00 + HST
f	Additional Participants Learning to Train & Soccer for Life	\$30.00 +HST per participant

g	B License Part I	\$400.00 + HST per participant (includes assessment)
h	Travel and Accommodation, if needed	Actual Costs Incurred by Facilitator
i	C Licence	\$400.00 + HST per participant (includes assessment)

1.9.5 Referee Clinics

	Clinic	Cost
a	Small Sided (Age 14 & under)	\$675.00 for up to 15 participants
b	Additional Participants	\$45.00 per Participant to a maximum of 30
c	Entry Level	\$1040.00 + HST for up to 12 Participants
d	Additional Participants	\$87.00 + HST for up to a maximum of 18
e	Additional Participants	\$2080.00 + HST per participant form 19-24
f	Travel and Accommodation, if needed	Actual Costs Incurred by Facilitator

1.9.6 Other Fees / Fines

		Fee / Fine
a	Permission to travel outside province	\$50.00
b	Failure to travel to National competition	\$500.00 + any fine levied by Canada Soccer
c	Withdrawing as host (after deadline)	\$500.00
d	Withdrawing a team from a Provincial League (after deadline but before start of season)	\$2500.00 + registration fee
e	Withdrawing a team from a Youth Mega Tournament (after deadline)	\$200.00 + tournament fee
f	Forfeiting a game in Youth Mega tournament	\$300.00
g	Forfeiting a game in Provincial Tournament, including Intermediate and Masters	\$1,000.00
h	Forfeiting a game in a Provincial League	\$2,500.00
i	Player Transfer fee for non-PYL Players	\$25.00
j	Player Transfer Premier Youth Leagues	See Registration Policy
k	Transfer Violation – playing ineligible player	\$200.00
l	Club accepting a Player without a Proper transfer and final NLSA approval	\$250.00
m	Instructor Registration	\$100.00
n	Appeals	\$500.00
o	Failure to attend Pre-tournament meeting –Youth	\$200.00
p	Submitting an Incomplete Game Sheet	\$100.00

q	Association or Club assigning an unqualified or unregistered Referee or Assistant Referee to a game	\$50.00
s	Region/Club player & volunteer registrations received after July 13	\$100.00 per week to a maximum of \$500.00
t	Association or Club assigning an unregistered or unqualified Coach (unless an exemption has been granted) to a game	\$50.00
u	Incomplete Coach Contact Information on the online Credential Form for Tournaments or Jamborees	\$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 PREMIER YOUTH LEAGUES

2.0 ELIGIBILITY

2.1 Team

- 2.1.1 All teams must register with their recognized Regional Association or Club in order to affiliate with the NLSA.
- 2.1.2 Only teams affiliated with and in good standing with their Regional Association or Club 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 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)
- 2.1.5 In the U15 and U17 divisions no team will be permitted to participate in two (2) tournaments leading to a National Club Competition.
- 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.
- 2.1.10 No team qualifying for a National Club Competition shall register previously unregistered players after the Provincial Tournament.

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 In the U15 and U17 divisions, in order to participate in a Provincial Tournament leading to a National Club Competition each player must be:

- a) a Canadian citizen; or
- b) a Permanent Resident as defined by the Government of Canada; or
- c) a Protected Person as defined by the Government of Canada.
- d) Have received an exemption from Canada Soccer for participation in the National Club Competition (See Exemptions).

2.2.3 In order to participate in either the Premier Youth U15 or U17, Challenge Cup or Jubilee League, a player must be eligible to participate in the corresponding Provincial Tournament leading to a National Club Competition (see section 2.2.4) If an exemption is required as per 2.2.4 d, the exemption must be obtained from Canada Soccer before the player's first game with the club.

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:

- 2002 and 2003 will be eligible to play in the U-17 age category
- 2004 and 2005 will be eligible to play in the U-15 age category
- 2006 will be eligible to play in the U-13 age category

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

2.2.6 A player may not register or play for more than one team in the same league.

2.2.7 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 age group in that PYL in the current year of competition.

2.2.8 The final deadline for registration and transfer of players in a Provincial League is July 31st of the current year of competition. To be eligible for National Competitions all players must be in the NLSA database by July 31st of the current year of competition.

2.2.9 If a club team participates in a Provincial 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.

2.2.10 Players from a lower level of competition may be called up to a PYL team for a maximum of 5 games. Once called up for the 6th game the player cannot return to the lower level of competition.

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

2.2.12 A youth player who wins the right to go to the National Club Competition at his/her age group is not eligible to play in any other tournament leading to a National.

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

2.2.14 Youth players playing at the Challenge Cup or Jubilee Trophy level must play a minimum of 50% of their youth team's games to be eligible to play in the PYL Final Weekend.

2.2.15 In the U13 division, Players from the Under U12 age group may be called up to the PYL team as required and continue to play at the U12 level

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 All of the coaches of teams participating in a Premier Youth League 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 Youth Provincial League, leading to a National Championship, must be CPIC cleared, including Vulnerable Sector Screening (both valid for 12 months) and have completed Respect In Sport (available online on the NLSA web site www.nlsa.ca).

a) **Starting in 2020 CPIC must be renewed by March 14 and submitted to the NLSA with the team registration for the league.**

2.3.4 Police Record Check (PRC) 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 On behalf of teams qualifying for National Club Competitions, where exceptional circumstances exist, the NLSA Business Manager may request, in writing to the Canada Soccer Competitions Manager, special permission to allow players to participate who might not otherwise be eligible.

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

2.4.3 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:

2.4.3.1 The number of PYL players requested.

2.4.3.2 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.

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

2.4.4 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 and cannot increase the roster beyond the number of players as of July 31st.**

2.4.5 In the U15 and U17 divisions, any player not meeting the required eligibility may

apply via the NLSA to the Canada Soccer Competitions Committee Eligibility Panel for an exemption. The decision of the Competitions Committee Eligibility Panel is final and not subject to appeal. The deadline for submitting the exemption request is July 31st of the current year.

- 2.4.6 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. This exemption does not entitle the coach to attend a National Club Championship.

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 teams must have a start-up roster registered in the NLSA database seventy-two hours prior to the start of Game #1 of the league. Note this may be before the team's first game of the season. Players added after Game #1 must be registered 24 hours before they can play in the league.
- 3.1.3 No changes will be permitted to the online Team Credential Form within seventy-two hours of the start of the Provincial Tournament without permission from the NLSA Vice President Youth.
- 3.1.4 If a club/region makes changes to a team's online credential form, the club/region is responsible to send an updated credential form to the NLSA office.
- 3.1.5 Regional Directors are responsible for ensuring that any team representing his/her Region in Provincial Competition is properly registered with the NLSA.
- 3.1.6 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.
- 3.1.7 Each team entering a Premier Youth League 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 circumstances, 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 Provincial Leagues 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. The Hard Hat Awards will not be presented at tournaments U-17.
- 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

Age Group	Regular Time	Extra Time	Ball Size
U-17	2 x 45 min. halves	2 x 15 min. halves	5
U-15	2 x 40 min. halves	2 x 10 min. halves	5
U13 (11 v 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.

4.2.2 Field Size for U13 Division

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

4.2.3 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>

4.3 Team Uniforms

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

4.3.2 All teams shall 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.

4.3.3 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.

4.3.4 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.

4.3.5 Undershirts must be the same colour of 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 satisfied that the equipment conforms to the Laws of the Game.

4.3.6 Where tape or similar material is applied externally to a sock it shall be the same colour as the part of the sock to which it is applied.

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

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

4.3.9 All shirts must have sleeves.

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

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

4.3.12 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.

4.4 Substitutions

- 4.4.1 The maximum number of substitutions for all league games and Final Weekend games will be (5) five for teams in the U15 and U17 divisions, and (7) seven for teams in the U13 division. 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.
- 4.4.2 If any of the 11 starting players submitted on the start list are not able to begin the match due to injury or illness, they may be replaced by any of the eligible substitutes as long as the referee is officially informed prior to kick-off. The referee will advise the opponents.

Further to the above any injured or ill player who is removed from the start list will no longer be eligible to take part in the match, and thus cannot be selected as a substitute player at any time during the game. Such a change to the start list will not reduce the number of official substitutions that may be made by a team during the match.

Although no longer eligible to play as a substitute, the injured or ill player who was removed from the start list may be seated on the substitutes' bench, and if so, would then be subject to the referee's authority and also be eligible for doping control selection.

Only the players who were identified on the official start list submitted to the referee, or were confirmed as a warm-up injury/illness replacement player, may start the match. In the case of any discrepancies of players on the pitch at the beginning of the match, the matter will be submitted to the League Commissioner.

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

4.5 Discipline

- 4.5.1 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.
- 4.5.2 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 \$2500.00 per game.

4.5.3 Any team withdrawing from a National Competition after declaring their intention to enter will pay a fine of \$500 to the NLSA. This will be in addition to any fines imposed by Canada Soccer.

4.5.4 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)

4.6 Format

4.6.1 The format for the league will be a round-robin basis and the schedule will be finalized by the NLSA Technical Staff after teams have registered.

4.6.2 Seeding for teams in the Final Weekend will be based on the standings at the end of regular season.

4.6.3 Final Weekend Formats:

4.6.3.1 Two Teams

Best 4 out of 7 games to be played by July 31st.

4.6.3.2 Three Teams

Game 1: 2nd vs 3rd

Game 2: 1st vs Winner Game 1 (Gold Medal)

4.6.3.3 Four Teams

Game 1: 1st vs 4th

Game 2: 2nd vs 3rd

Game 3: Loser Game 1 vs Loser Game 2 (Bronze Medal)

Game 4: Winner Game 1 vs Winner Game 2 (Gold Medal)

4.6.3.4 Five Teams

Game 1: 4th vs 5th

Game 2: 1st vs Winner Game 1

Game 3: 2nd vs 3rd

Game 4: Loser Game 2 vs Loser Game 3 (Bronze Medal)

Game 5: Winner Game 2 vs Winner Game 3 (Gold Medal)

4.6.3.5 Six Teams

Game 1: 3rd vs 6th

Game 2: 4th vs 5th

Game 3: Loser Game 1 vs Loser Game 2 (5th & 6th place)

Game 4: 1st vs Lowest ranked winner Games 1 & 2

Game 5: 2nd vs Higher ranked winner Games 1 & 2

Game 6: Loser Game 4 vs Loser Game 5 (Bronze Medal)
Game 7: Winner Game 4 vs Winner Game 5 (Gold Medal)

4.6.3.6 **Seven Teams**

U13 & U15 Team ranked 7th is eliminated the 6 team format will be used.
U17 – Teams ranked 5th, 6th and 7th are eliminated the 4 team format will be used

4.6.3 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.

4.6.4 In leagues with less than 4 teams in one division, the regular season playing format will be determined by the NLSA Technical Staff.

4.7 **Tie Breaking Procedure**

4.7.1 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.

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

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

4.7.4 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.
 - a. Greater goal difference in all group matches.
 - b. 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.

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