

Newfoundland and Labrador Soccer Association

2024 Championship League Rules



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 Competitions Committee is responsible for the management and control of all competitions.
- 1.2.2. The NLSA Competitions Committee is responsible for maintaining these rules.
- 1.2.3. These rules are subject to all NLSA Policies and Bylaws; in any conflict the NLSA Policies and Bylaws take precedence.
- 1.2.4. The NLSA Competitions Committee may make such temporary rules governing specific situations, not otherwise provided for, as are necessary to achieve the objectives of the NLSA.
- 1.2.5. 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 NLSA Competitions Committee 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 League Administrator for the competition, verbally within one hour after damage is discovered, and followed up in writing within 24 hours.
- 1.3.1.3. Damage by a team to any property, other than his/her (their) own shall be the financial responsibility of and dealt with by the 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 (ITC). Without this

certificate, the player is ineligible to play soccer in Canada. The fee per ITC is set by Canada Soccer and must be paid accordingly. Exchange students are eligible for International Transfers but may take longer.

- 1.3.1.6. For the purpose 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 LEAGUE ADMINISTRATOR

- 1.4.1. The Chair of the Competitions Committee will appoint an NLSA League Administrator for all competitions.
- 1.4.2. The NLSA League Administrator will convene a meeting, if deemed necessary, of team representatives immediately prior to the competition.
- 1.4.3. The NLSA League Administrator 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.
- 1.4.4. The NLSA League Administrator 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.
- 1.4.5. The NLSA League Administrator will keep track of scores and standings.
- 1.4.6. The NLSA League Administrator will present or arrange for the presentation of the competition plaque or trophy, and any medals supplied by the NLSA.
- 1.4.7. The NLSA League Administrator will ensure that any NLSA Board Members who are present and all NLSA sponsors are recognized during all ceremonies and awards presentations.
- 1.4.8. The NLSA League Administrator will be the final authority on all procedural matters not covered in these Rules.

1.5. NLSA OFFICE

- 1.5.1. The NLSA office will be responsible for providing medals and a championship plaque or trophy for each competition as required.

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 should be sent to the NLSA Judicial Body ethics@nlsa.ca 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 any team staff participating in any Provincial Youth Competition to have an Enhanced Police Information Check (E-PIC) or a CPIC with Vulnerable Sector. **For this purpose, an EPIC clearance is valid for a maximum of 12 months.**
- 1.6.2.3. The Association requires that any team official listed as team staff in any Provincial Competition to have completed Respect in Sport for Activity Leader. For the purpose of these rules Respect in Sport 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.

1.6.3. Alcohol, Banned, Recreational and Illegal Drugs

- 1.6.3.1. The NLSA has zero tolerance in regards to the acquiring, possessing, purchasing or consumption of alcohol, recreational, banned and illegal drugs for all youth players playing in any NLSA sanctioned event. Such matters will be forwarded to the NLSA Judicial Body and may result in sanctions.
- 1.6.3.2. A list of banned drugs can be found on the Canadian Centre for Ethics in Sports (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 at www.nlsa.ca.

1.8. AFFILIATION

- 1.8.1. All players, team staff and officials on any Championship League roster must be registered to a team in the NLSA database at least five business days before the first game 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 **by the club** at least 24 hours prior to the player's first game.

2. ELIGIBILITY

2.1. Teams

- 2.1.1. All teams must register with their recognized Club in order to affiliate with the NLSA.

- 2.1.2. Only teams affiliated with and in good standing with their clubs will be eligible to participate in any competition under the jurisdiction of the NLSA.
- 2.1.3. Championships League Competitions will be held for each of the following categories:
 - 2.1.3.1. U18 – Male and Female – All players under 18 years of age before January 1 of the current year.
 - 2.1.3.2. U15 – Male and Female – All players under 15 years of age before January 1 of the current year.
 - 2.1.3.3. U13 – Male and Female – All players under 13 years of age before January 1 of the current year.
 - 2.1.3.4. U12 – Male and Female – All players under 12 years of age before January 1 of the current year.
- 2.1.4. To be eligible to participate in an NLSA Championship League a team must have a minimum of fifteen (15) registered players who are eligible.
- 2.1.5. Below are the recommended minimum and maximum of players on each team in the Championship League

Age Group	Minimum	Maximum
Under 12	12	14
Under 13	12	14
Under 15	15	20
Under 17	15	20

- 2.1.6. For clubs with teams in both the Premier and Championship Leagues in the same age division with a minimum of 30 players, the Chair of the Competitions Committee will have the authority to permit teams to select players from the Championship League team to the Premier League team, to meet the requirement of a minimum of 17 players in the Premier League.

2.2. Players

- 2.2.1. Only players registered with a Club shall be eligible to compete in any Championships League.
- 2.2.2. In order to participate in any Championship League, each player must have met all requirements for registration with the NLSA to be a registered member of the club they are representing.
- 2.2.3. A player or team staff may not register for more than one team in the same Championships League in the same year.

- 2.2.4. Once a player's name has appeared on a game sheet for a Championships League team, in any regular season game, they are cup-tied to that team. They shall not be allowed to play for any other team in that league in the current year.
- 2.2.5. Players from U15 and lower are not permitted to be called up to play in the Senior Premier League.
- 2.2.6. Call-ups in all Championships Leagues must be identified with the notation AP on the game sheet. Failure to comply will result in an incomplete game sheet and will be subject to fines.
- 2.2.7. Youth players from the Championships League may be called up to a higher age group in the Championships League or to a team in the Premier League for a maximum of **7 games**. The first call up renders the player cup-tied to that team.
- 2.2.8. You can only have an AP on the game sheet if a team has less than 15 players available on the roster. In the case where 15 outfield players are available but no keeper is available, a request may be made to the League Administrator to call up a keeper. No special permission will be given.
- 2.2.9. It is the coaches'/manager's responsibility to keep track of how many games an AP player plays. Sanctions may apply if a player is called up for more than **7 games**.
- 2.2.10. A youth player may not play in more than one Provincial Youth Competitions in the current season except as outlined in exemptions. (See Exemptions).
- 2.2.11. Youth players playing at the Senior level must play a minimum of 50% of their youth league games to be eligible to play in the Youth Final Weekend.
- 2.2.12. The final deadline for player registration and inter-provincial transfers is July 31st of the current year of competition.
- 2.2.13. No transfers are permitted between teams in any Championships League.
- 2.2.14. No person may participate as an official and a player in the same league. Once a person plays in a league, they are tied as a player. Once a person officiates in a league, they are tied as an official. Whichever comes first will dictate their role for the remainder of the season.
- 2.2.15. Clubs at the U12 and U13 Level may request permission to use underage or overage players when a club's technical director has deemed it is in the player's best interest to play at a higher or lower level than his/her age group. This could be appropriate based on the player's date of birth, physical size, technical ability, etc. Application must be made to the NLSA Technical Department.

2.3. Coaching Staff

- 2.3.1. Minimum coaching qualification for all head and assistant coaches in the Championship League is Soccer for Life.

- 2.3.2. All staff persons listed on a team roster in any Championships League must be E-Pic or CPIC with Vulnerable Sector cleared (valid for 12 months) and have completed Respect in Sport for Activity Leaders. E-PIC must be renewed by the start of the current season and submitted to the NLSA with the team registration for the league.
- 2.3.3. The Head coach must also have the following courses completed:
 - i) NCCP Make Ethical Decisions Module and/or Online Evaluation
 - ii) NCCP Making Headway Module
 - iii) NCCP Emergency Action Planning Module
 - iv) NCCP Rule of Two
- 2.3.4. 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 Championships League team – this may not be a player.
- 2.3.5. Teams must have a minimum of 2 staff in the technical area at all times and may have a maximum of 5.

2.4. Exemptions

- 2.4.1. A youth player playing soccer with a given club may play senior soccer with a different club only when the higher level of competition is not available in their own club and the approval of the Competitions Committee has been given.
- 2.4.2. Provincial team youth players who are not playing in the Championships League may participate in the Mega tournament with their home club.
- 2.4.3. Clubs must apply to the Chair of the Competitions Committee who will forward the request to the NLSA technical staff for evaluation and approval to use any other Championships League player (including Provincial team players) in a Mega tournament . In evaluating this request the Technical Staff will consider the following:
 - i) The Number of Championship League players requested.
 - ii) The residence of the Championships players requested.
 - iii) The total number of age eligible players registered with the club.
 - iv) The number of players who are not Championships League players in the region available to the club.
- 2.4.4. No player playing in or called up to a Senior Premier League team will be eligible to play in any Youth Mega Tournament.
- 2.4.5. A player may play in more than one Provincial tournament if the player has been approved by the Competitions Committee through the Chair as an emergency call-up as defined in the specific guidelines. **Preference will be given to players from that club who have not or will not participate in a provincial tournament in the current year of competitions. Call-ups**

must meet the eligibility requirements specified in these rules and cannot increase the roster beyond the number of players as on July 31st.

- 2.4.6. Any player in a club without a Championships League team for his/her age group may register in another region for Championships League and may apply to the Chair of the Competitions Committee for an exemption to return to his/her club to play for a Senior Premier League team. The decision of the NLSA is final and not appealable.

3. ADMINISTRATION

3.1. Documentation

- 3.1.1. Teams in the Championships League must complete the registration by March 15th of the current year.
- 3.1.2. All teams in the Championships Leagues must have a start-up roster registered in the NLSA database 5 business days prior to the start of the first game of the appropriate league. **Note: this may be before the team's first game of the season. Players added after the first game must be registered by the club 24 hours before they can play a game.**
- 3.1.3. The club is responsible for making changes to a team's online registration form.
- 3.1.4. All teams entering the Championships Leagues must provide names, cell phone numbers and email addresses of all team staff in the registration platform 5 business days prior to the start of the season. Clubs are required to ensure all fields are filled in.
- 3.1.5. The 20 that are listed on the first game on Final Weekend are the 20 for the complete 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 teams must have a minimum of one representative per team at any meeting (in person or virtual) called by the Competitions Committee for the league in which they are participating. Failure to do so will result in a fine. In the case of special circumstances, exemptions may apply, provided approval has been given prior to the meeting. Team coaches and club Technical Directors will be notified of the time and location of the meeting.

3.4. Awards

- 3.4.1. The NLSA will ensure that a championship plaque or trophy is provided for each competition level.

- 3.4.2. Gold, silver and bronze medals will be provided at each age group in Championships Youth Leagues.
- 3.4.3. MVP medals will be presented to each team after the championship game in Championship Youth Leagues.

4. TECHNICAL

4.1. Administration

- 4.1.1. Only team staff and players listed on the game registered to the team in the NLSA database shall be permitted to sit in the Technical area.
- 4.1.2. Any team that submits an incomplete game sheet will be subject to disciplinary sanctions. See fines.
- 4.1.3. Any team that makes changes after the match to the game sheet may be subject to disciplinary sanctions.
- 4.1.4. Maximum number of players registered per team

League	Maximum Number Registered	Maximum Number on any Game Sheet
Youth	20	20

4.2. Duration of Play

4.2.1. Duration of Play for Regular season games:

League	Regular Time	Extra Time	Ball Size
U18	2 x 45 min. halves	None	5
U15	2 x 40 min. halves	None	5
U13	2 x 35 min. halves	None	4
U12	2 x 30 min 10 min. shifts	None	4

4.2.2. Duration of Youth Medal Games

League	Regular Time	Extra Time	Ball Size
U18	2 x 45 min. halves	2 x 15 min. halves	5
U15	2 x 40 min. halves	2 x 10 min. halves	5
U13	2 x 35 min. halves	2 x 10 min. halves	4
U12	2 x 30 min halves – 10 min. shifts	None	4

- 4.2.3. On Final Weekend, all medal games, when the score is tied at the end of regulation time, extra time shall be played as noted in 4.2.2. If the score is still tied at the end of extra time, the winner shall be decided by the taking of kicks from the penalty mark in accordance with FIFA Laws of the Game.

4.3. Field Size for U12 and U13 Championships League

Recommended	Minimum	Maximum
Width	42 meters	55 meters
Length	60 meters	75 meters

4.4. Team Uniforms

- 4.4.1. All players on the same team, except the goalkeeper, must have the same colour and style of numbered shirt, shorts and socks. Any player not properly dressed shall not be allowed to play in the game.
- 4.4.2. All teams must have 1 set of numbered playing uniforms. In the case of a uniform conflict, the visiting team will be required to change. The visiting team can use numbered pinnies or numbered t-shirts. A player must be identified by the same number on both sets of uniforms.
- 4.4.3. All teams are required to have 2 sets of different colour socks.
- 4.4.4. Goalkeepers must wear colors (jersey and socks) that plainly distinguish them from all other players and game officials. Each team goalkeeper must have 3 sets of separate and different colour socks. Both the goalkeeper and the substitute goalkeeper must wear the same colour jersey and socks.
- 4.4.5. All players, including called up players (AP), must wear a uniquely numbered uniform. **No two players can wear the same jersey number in any given game.**
- 4.4.6. 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.
- 4.4.7. All teams must bring an additional light/dark jersey that has no number or a number not assigned to another player in case blood cannot be removed from a jersey.
- 4.4.8. All teams in Championships Leagues must play in their assigned colors.
- 4.4.9. Players are not permitted to wear anything that is dangerous to themselves or other players. **NO jewelry:** that includes rings, bracelets (except medic alert bracelets that must be either made of Velcro or similar material or covered with a sweatband), earrings, necklaces, other visible body piercing, etc. The practice of taping jewelry is not acceptable.
- 4.4.10. Undershirts and undershorts may be worn as long as all players wearing them wear the same colour.

- 4.4.11. Where tape or similar material is applied externally to a sock it shall be clear or the same colour as the part of the sock to which it is applied.
- 4.4.12. The wearing of shin guards is mandatory for all players in all competitions governed by NLSA.
- 4.4.13. Appropriate soccer socks, which completely cover the shin guards, must be worn.
- 4.4.14. All shirts must have sleeves.
- 4.4.15. At the referee's discretion, goalkeepers are permitted to wear baseball caps if the sun is directly in the keeper's eyes.
- 4.4.16. No player will be permitted to play while wearing a hard, plastic or fiberglass cast. Soft casts (gel or sponge) will be permitted provided the cast is properly and adequately padded and referee approval is obtained.
- 4.4.17. In all league games, all splints, braces, etc. must be checked by the head official in attendance. 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 properly inspected.

4.5. Substitutions

- 4.5.1. All games and tournaments shall have substitutions as listed in the chart below. 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. No substitutions between the end of extra time and kicks from the penalty mark are permitted.

League	Regulation and Extra time Substitutions	At half time	Before Extra Time
U18	5	Unlimited	Unlimited
U15	5	Unlimited	Unlimited
U13	Unlimited	Unlimited	Unlimited
U12	Unlimited at 10 min intervals	Unlimited	NA

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

4.6. Discipline

- 4.6.1. All Discipline will be governed by the NLSA Disciplinary Code available online at www.nlsa.ca

4.7. Format

- 4.7.1. The format for all Championships Leagues will be a round robin. The number of teams entered in the league will determine the number of games played.

4.7.2. Seedings for teams in the Final Weekend of the Championships Leagues shall be based on the standings at the end of regular season play.

4.7.3. Final Weekend Formats for all Championships Leagues are as follows:

Number of Teams	Format
2	Best of 4 out of 7 games to be completed by July 31 st of the year of competition.
3	Game 1 – 2 nd vs 3 rd
	Game 2 – 1 st vs Winner of Game 1 {Gold Medal}
4 or more	Game 1 – 1 st vs 4 th
	Game 2 – 2 nd vs 3 rd
	Game 3 – Loser Game 1 vs Loser Game 2 (Bronze Medal)
	Game 4 – Winner Game 1 vs Winner Game 2 (Gold Medal)

4.8. Tie Breaking Procedure

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

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

4.8.3. The following criteria shall be used to determine final standings:

4.8.3.1. Most points in all group matches.

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

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

4.8.4.2. Greater goal difference in all group matches;

4.8.4.3. Greater number of goals scored in all group matches;

4.8.4.4. Kicks from the penalty mark as per the Laws of the Game, at a time and place decided by the League Administrator (if this is not possible a coin toss will take place).

4.8.4.5. Where kicks from the penalty mark are used for tie breaking, players under suspension are not eligible to participate; however, this does not constitute the serving of any disciplinary suspension already awarded.

4.8.5. If three (3) or more teams are tied in points in all group matches the following are the only criteria to break the tie:

4.8.5.1. Greater goal difference in matches between the teams concerned (head to head competition);

4.8.5.2. Greater number of goals scored in all matches between the teams concerned;

4.8.5.3. Greater goal difference in all group matches;

- 4.8.5.4. Greater number of goals scored in all group matches;
- 4.8.5.5. Drawing of lots to determine ranking at a time and place determined by the Competitions Committee;
- 4.8.5.6. In each situation above, the decision of the Competitions Committee is final and binding

Championship League U12 (2024 Season)

1. ELIGIBILITY

1.1. Teams

- 1.1.1. All teams must register with their recognized Club in order to affiliate with the NLSA.
- 1.1.2. Only teams in good standing within their club and the NLSA will be eligible to participate in the U12 PYL.
- 1.1.3. Clubs may enter any number or teams in the U12 PYL.

1.2. Players

- 1.2.1. Only players registered with a club and entered in the NLSA database shall be eligible to participate in the U12 PYL.
- 1.2.2. All players must be under 12 years of age prior to the start of the current year. Ideally this league should be a single age year competition. Call ups are permitted.
- 1.2.3. Clubs at the U12 level may request permission to use underage or overage players when a club's technical director has deemed it is in the player's best interest to play at a higher or lower level than his/her age group. This could be deemed appropriate based on the player's date of birth, physical size, technical ability, etc. Application must be made to the NLSA Technical Department through the Competitions Committee..

1.3. Coaching Staff

- 1.3.1. All coaches and assistant coaches of teams participating in the U12 PYL must have completed Learning to Train. If one of them is not available 24 hours before a game, notification of a replacement coach must be sent to the NLSA Technical Department for approval.
- 1.3.2. A team's staff may consist of a maximum of three members, one of whom must be the same gender as the team and must be on the bench for all games. If one of them is not available 24 hours before a game, notification of a replacement coach must be sent to the NLSA Technical Department for approval.
- 1.3.3. The Head Coach needs to complete: Respect in Sport for Activity Leaders (available on the NLSA website www.nlsa.ca), Making Ethical Decisions, Making Headway and Emergency Action Plan (EAP).
- 1.3.4. Coaches should not be shouting directions to players. There will be 2 stoppages of play in each playing half plus 6 minutes between playing halves for coaches to make substitutions and give instructions.

2. ADMINISTRATION

- 2.1. In order to facilitate all clubs within the Province there will be 2 Entry points for the U12 PYL.
- 2.2. League Phase – early to mid-May start date
- 2.3. Final Identification Tournament Phase – All clubs in the province may enter the Final tournament even if they have not been able to participate in the League Phase.
- 2.4. Entry Rules
 - 2.4.1. Clubs may rebalance rosters prior to the final tournament
- 2.5. Attendance at Meetings
 - 2.5.1. The NLSA will hold mandatory coach meetings at the start of the season or as scheduled by the NLSA.
- 2.6. Scores and standings will be kept throughout the session.
- 2.7. The Identification Tournament will be a competitive tournament with standings, medals and awards.

3. TECHNICAL

- 3.1. Administration
 - 3.1.1. Only team staff and players listed on the game sheet and registered to the team in the NLSA database shall be permitted to sit on the players' bench and play in any game.
- 3.2. Team Uniforms
 - 3.2.1. For the 2024 season all teams will be required to have one set of jerseys with matching socks and a set of different color pinnies. In the case of a conflict in colors, the team listed as the away team in the schedule must wear their pinnies.
 - 3.2.2. Goalkeepers shall wear colours that plainly distinguish them from all other players and game officials.
 - 3.2.3. All players, including called up players, must wear uniquely numbered uniforms.
 - 3.2.4. 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.
 - 3.2.5. 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 or clear.
 - 3.2.6. The wearing of shin guards is mandatory for all players in all jamborees governed by the NLSA.
 - 3.2.7. Appropriate soccer socks, which completely cover the shin guards, must be worn.
 - 3.2.8. No player registered as a youth will be permitted to play while

wearing a cast of any kind – hard or soft.

4. FORMAT

- 4.1. The number of games in each session will be determined by the number of teams entered.
- 4.2. Technical Chart

Retreat Line	None.
Ball Size	4
Penalty Kick	For a deliberate handball, that clearly denies an obvious goal scoring opportunity.
Assistant Referee	None
Offsides	None
Game Format	9 x 9
Squad Size	12-18
Game Duration	2x30 mins 10 min shifts
Stoppages	1 min. stoppages at 10 min and 20 min for the coach to give instructions and make substitutions
Time between Playing Halves	6 minutes for coaches to give instruction.
Field Size (Min/Max Width)	42 - 55 m
Field Size (Min/Max Length)	60 - 75 m
Goal Size – Goal Area and Penalty area	6 ft x 18 ft 5m from post and goal line 13m from post and goal line. Penalty Mark 10 m from goal line
Substitutions	Unlimited during stoppages as noted above and between playing halves.
Free Kicks	All free kicks are indirect, opponents of the team taking the kick are at least 6 referee steps from the ball until it is in play.
Playing Time	Each player should get at least 30 mins of playing time.
Start and Restart of Play	As per FIFA
Corner Kicks	As per FIFA
Fouls and Misconduct	As per FIFA, Misconduct must be dealt with by the coach. The referee will blow the whistle and a substitution must be made for the player concerned.