



Rules & Regulations

MASTERS CUP

2025

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 NLSA 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 Cup Administrator for the Masters Cup competition.
- 1.4.2. The NLSA Cup Administrator will convene a meeting, if deemed necessary, of team representatives immediately prior to the competition.
- 1.4.3. The NLSA Cup 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 they are responsible for returning unused medals to the NLSA office.
- 1.4.4. The NLSA Cup 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 Cup Administrator will support the Chair of the Competitions Committee with keeping track of scores and standings.
- 1.4.6. The NLSA Cup 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 Cup 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.

1.7. VOLUNTEER SCREENING

- 1.7.1. The NLSA has a formal policy in regards to Volunteer Screening and can be found online at www.nlsa.ca.
- 1.7.2. The Association requires that any team official listed on the online team roster for teams participating in any Provincial Competition to have completed Respect In Sport for Activity Leaders. 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

1.8. ALCOHOL, BANNED, AND ILLEGAL DRUGS

- 1.8.1. The NLSA has zero tolerance in regards to the acquiring, possessing, purchasing or consumption of banned and illegal drugs for all senior players and team staff participating in any NLSA sanctioned event. Such matters will be forwarded to the NLSA Judicial Body and may result in sanctions.
- 1.8.2. A list of banned drugs can be found on the Canadian Centre for Ethics in Sports (CCES) website.

1.9. DISCIPLINE

- 1.9.1. Discipline at all NLSA sanctioned events will be dealt with under the NLSA Disciplinary Code which is available at www.nlsa.ca.

2. AFFILIATION

- 2.1. All players, team staff and officials on a Masters Cup roster must be registered to the team in the NLSA database at least five business days before the start of the competition.
- 2.2. Players and team staff added to any team after the team's initial registration must be registered to the team by the club before their first game of the tournament.

3. ELIGIBILITY

3.1. TEAMS

- 3.1.1. All teams must register with their recognized Club in order to affiliate with the NLSA.
- 3.1.2. Only teams affiliated with and in good standing with their Club will be eligible to participate in any competition under the jurisdiction of the NLSA.
- 3.1.3. 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.
- 3.1.4. 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.
- 3.1.5. Provincial Competitions may be held for each of the following categories:
 - 3.1.5.1. Masters Men – Over 35 – All players must be thirty-five (35) and over years of age prior to January 1 of the current year.
 - 3.1.5.2. Masters Women – Over 30 – All players must be thirty (30) and over years of age prior to January 1 of the current year.

3.2. PLAYERS

- 3.2.1. Only players registered with a club shall be eligible to compete in the Masters Cup
- 3.2.2. A player may not register or play for more than one team in the same tournament.
- 3.2.3. Female Masters players are eligible to register with a team in a recreational league (e.g. St. John's Senior Soccer Women's Intermediate League) and may also register with a team for the Masters Cup.
- 3.2.4. Male Masters players registered with a team in a masters league (e.g., St. John's Senior Soccer Masters League) are tied to that team if the team enters the Masters Cup. If a registered team does not enter the Master Cup, its

players are free to join another team for the competition. Players who are not registered in a league are free to play with any team in the Masters Cup.

- 3.2.5. No person may participate as an official and a player in the same Provincial Cup competition.

3.3. COACHING STAFF

- 3.3.1. Minimum Coaching qualifications recommended by NLSA:

Competition	Coach Qualification
Masters	Soccer For Life Trained

- 3.3.2. All staff persons listed on a team roster entering the Masters Cup must be Enhanced Police Information Check (E-PIC) cleared or PRC (Police Record Check) with Vulnerable Sector screening (valid for 12 months) and have completed Respect in Sport for Activity Leaders (available on the NLSA website www.nlsa.ca)
- 3.3.3. Enhanced Police Information Check (E-PIC) or PRC (Police Record Check) with Vulnerable Sector clearance and Respect in Sport for Activity Leaders training for all club teams are the responsibility of the club; however, a club or regional representative must verify the names of the team staff who meet the criteria.
- 3.3.4. A team’s staff should consist of a minimum coach, an assistant coach and a manager, one of who must be the same gender as the players and must be on the bench for entire games. Two staff members must be on the bench for a game to proceed.
- 3.3.5. For the requirement that a team official be the same gender as the team. For Masters Division the gender requirement may be filled by a player/coach.

4. ADMINISTRATION

4.1. DOCUMENTATION

- 4.1.1. If a club makes changes to a team’s roster or coaching staff the club is responsible to update the online team registration.
- 4.1.2. All teams entering the Cup Competition must be prepared to commence play Thursday evening
- 4.1.3. Clubs are responsible for ensuring that any team representing their club is properly registered with the NLSA.
- 4.1.4. By registering for the Masters Cup Tournament, teams commit to traveling to Winnipeg, Manitoba, the first weekend of October 2025, if they win the qualifier, to represent Newfoundland and Labrador in the Canada Soccer Masters Championship.

4.2. TRAVEL AND HOTELS

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

4.3. ATTENDANCE AT MEETINGS

- 4.3.1. All teams must have a representative at the pre-tournament meeting convened by the Manager of Soccer Operations. 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 prior to the meeting.

- 4.3.2. The clubs have the option to conduct pre-tournament meetings through virtual means before the tournament, prior to the commencement of the event, or as a meet-and-greet upon their arrival. The coaches of the teams will receive information regarding the meeting's time and location.

5. AWARDS

- 5.1. The NLSA will present gold medals to the winner of the cup competition.

6. TECHNICAL

6.1. ADMINISTRATION

- 6.1.1. 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 for the team.
- 6.1.2. Any team that submits an incomplete game sheet (listing players who have not been registered in RAMP and assigned to the team) will be subject to disciplinary sanctions. See fines.
- 6.1.3. Maximum number of players registered per team

Tournament	Maximum Number Registered	Maximum Number of any Game sheet
Masters	30	20

6.2. DURATION OF PLAY

- 6.2.1. Duration of Play for regular round robin games

Competition	Regular Time	Extra Time	Ball Size
Masters Cup	2 x 35 min. halves	None	5

- 6.2.2. Duration of Masters Cup Championship Game

Competition	Regular Time	Extra Time	Ball Size
Masters Cup	2 x 35 min. halves	None	5

- 6.2.3. In the Masters Cup Championship Games, when the score is tied at the end of regulation time, the winner shall be decided by the taking of kicks from the penalty mark, in accordance with FIFA Laws of the Game.

6.3. TEAM UNIFORMS

- 6.3.1. When the colours of the competing teams are similar, guest teams shall use alternate colours. Hosts should have a set of jerseys or pinnies available in case there is a conflict.
- 6.3.2. Goalkeepers must wear colours (jerseys and socks) that plainly distinguish them from all other players and game officials.
- 6.3.3. All players, including called up players, must wear uniquely numbered uniforms.
- 6.3.4. All jerseys must be clearly numbered as per FIFA Rules. The number on the

player's jersey must correspond to the number listed with the player's name on the game sheet.

- 6.3.5. 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 soft material or covered with a sweatband), earrings, necklaces, other visible body piercing, etc. The practice of taping jewelry is not acceptable.
- 6.3.6. The wearing of shin guards is mandatory for all players in all competitions governed by the NLSA.
- 6.3.7. Appropriate soccer socks, which completely cover the shin guards, must be worn.
- 6.3.8. All shirts must have sleeves.
- 6.3.9. At the referee's discretion, goalkeepers are permitted to wear baseball caps if the sun is directly in the keeper's eyes.
- 6.3.10. No player will be permitted to play while wearing a hard, plastic or fiberglass cast. Soft casts (gel or sponge) will be permitted for senior players provided the cast is properly and adequately padded and referee approval is obtained.
- 6.3.11. In all provincial tournaments, all splints, braces, etc. must be checked by the senior 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 presented for inspection. The decision of the head official for the tournament is final and cannot be appealed.

6.4. SUBSTITUTIONS

- 6.4.1. All provincial tournaments shall have substitutions at the referee's discretion as listed in the chart below. Players who are substituted out are permitted to re-enter.
- 6.4.2. No substitutions will be allowed for a player who has been ordered from the field for misconduct.

Competition	Regulation Substitutions	At half time	Before Extra Time
Masters Cup	Unlimited	Unlimited	NA

6.5. DISCIPLINE

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

6.6. FORMAT

- 6.6.1. The Manager of Soccer Operations will draw up the schedule in consultation with the host convenor and will ensure that each team has the equivalent of one game rest period between the end of one game and the start of another.

6.7. TIE BREAKING PROCEDURE

- 6.7.1. In tournaments or parts of a tournament organized on a knock-out basis, if a game is tied at the end of regulation time the game shall be decided by the taking of kicks from the penalty mark in accordance with FIFA regulations.

- 6.7.2. In any three (3) team round robin, whether part or whole of the competition, the third game shall be played to a decision if the team NOT playing has zero points, has been suspended or has withdrawn. If the game is tied at the end of regulation time the game will be decided by the taking of kicks from the penalty mark in accordance with FIFA regulations. In all other games in round robin play ties will stand at the end of regulation time.
- 6.7.3. Three points shall be awarded for a win and one point for a tie.
- 6.7.4. The following criteria shall be used to determine final standings:
 - 6.7.4.1. Most points in all group matches.
 - 6.7.4.2. If two (2) teams are tied in points in all group matches:
 - 6.7.4.2.1. Greater number of points in matches between the teams concerned (head to head competition)
 - 6.7.4.2.2. Greater goal difference in all group matches;
 - 6.7.4.2.3. Greater number of goals scored in all group matches.
 - 6.7.4.2.4. Kicks from the penalty mark as per the Laws of the Game, at a time and place decided by the appropriate Vice President.
 - 6.7.4.3. 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.
 - 6.7.4.4. If three (3) or more teams are tied in points in all group matches the following are the only criteria to break the tie:
 - 6.7.4.4.1. Greater goal difference in matches between the teams concerned (head to head competition)
 - 6.7.4.4.2. Greater number of goals scored in all matches between the teams concerned.
 - 6.7.4.4.3. Greater goal difference in all group matches.
 - 6.7.4.4.4. Greater number of goals scored in all group matches.
 - 6.7.4.4.5. Drawing of lots to determine ranking at a time and place decided by the appropriate Chair of the Competitions Committee.
- 6.7.5. In each situation above, the decision of the appropriate Chair of the Competitions Committee is final and binding.