



Rules & Regulations

MEGA TOURNAMENTS
UNDER 13 - 19

2025

1.0 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 Competitions Committee is responsible for the management and control of all competitions.

1.2.2 The 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 Within the constraints of its Policies and Bylaws the NLSA, through its 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 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 Tournament 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 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 in Canada. The fee per International Transfer 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 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 TOURNAMENT ADMINISTRATOR

1.4.1 The Chair of the Competition Committee will appoint a Tournament Administrator for the Mega Tournament.

1.4.2 Wherever possible the Tournament Administrator should have no duties in the tournament other than acting as the Tournament Administrator.

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

1.4.4 The Tournament 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.

1.4.5 The Tournament Administrator 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 Tournament 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.

1.4.7 The Tournament Administrator will keep track of scores and standings.

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

1.4.10 The Tournament Administrator will be the final authority on all procedural matters not covered in these Rules and Regulations.

1.5 NLSA OFFICE

1.5.1 The Competitions Manager will inform the host club of the teams participating in the competition.

1.5.2 The Competitions Manager will provide the host club and/or region all online information pertaining to the tournament.

1.5.3 The Competition Manager is 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.

1.6 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 can be found online at www.nlsa.ca

1.6.1.2 All complaints received from members of the NLSA under this Code must be sent to the NLSA Judicial Body ethics@nlsa.ca for resolution.

1.6.2 Volunteer Screening

1.6.2.1 The NLSA has a formal policy in regards to Volunteer Screening and can be found online at www.nlsa.ca.

1.6.2.2 The NLSA requires that team staff 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 Enhanced Police Information Check (E-PIC) or PRC (Police Record Check) with Vulnerable Sector cleared. For this purpose, a E-PIC or PRC clearance is valid for a maximum of 12 months.

1.6.2.3 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

1.6.3 Alcohol, Banned and Illegal Drugs

1.6.3.1 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.

1.6.3.2 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,

1.6.3.3 A list of banned drugs 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.

1.8 AFFILIATION

1.8.1 All players, team staff and officials on the Mega roster must be registered to the team in the NLSA database at least ten business days before the start of the competition.

1.8.2 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.

2.0 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 Club will be eligible to participate in any competition under the jurisdiction of the NLSA.

2.1.3 Teams must be prepared to play games against teams in their own region prior to the official start of the tournament.

2.1.4 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.

2.1.5 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.

2.1.6 No Premier League team is permitted to register for a Mega tournament.

2.1.7 Teams in the Championships League may register for a Mega tournament. If they choose to enter a Mega the regular registration fee will be charged.

2.1.8 In special circumstances the NLSA Competitions Committee may invite Championship League teams to participate in a Mega tournament. No registration fee will be charged for these invited teams.

2.1.9 Provincial Competitions may be held for each of the following categories:

2.1.9.1 U19 – All players must be under 19 years of age before January 1 of the current year.

2.1.9.2 U17 – All players must be under 17 years of age before January 1 of the current year.

2.1.9.3 U15 – All players must be under 15 years of age before January 1 of the current year.

2.1.9.4 U13 – All players must be under 13 years of age before January 1 of the current year.

2.2 PLAYERS

2.2.1 Only players registered with a club shall be eligible to compete in any Provincial Mega tournament.

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

2.2.3 The final date for player registration is August 31 of the current year.

2.2.4 A youth player who registers first with a senior team will not be eligible to play for a youth team.

2.2.5 A youth player who has registered for a senior club team during the regular season is cup-tied to that team for any senior competition unless s/he has received an official transfer.

2.2.6 A youth player may not play in more than one (1) Provincial Youth Competitions in the current year unless an exemption has been given. (See exemptions)

2.2.7 No person may participate as an official and a player in the same Provincial Mega competition.

2.3 COACHING STAFF

2.3.1 Minimum Coaching qualification: **Soccer For Life Trained**

2.3.2 All staff persons listed on a team roster going to an NLSA Mega Tournament 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)

2.3.3 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.

2.3.4 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.

2.4 EXEMPTIONS

2.4.1 Provincial team players who are not playing in the Premier League may participate in a Mega tournament.

2.4.2 Clubs must apply to the Chair of the Competition Committee, who will forward the request to the technical staff for evaluation and approval, to use any Premier League or overage (up to 3 permitted) player(s) in a Mega tournament. In evaluating this request the technical staff will consider the following:

- a) The number of players requested.
- b) The residence of the players requested.
- c) The total number of age eligible players registered with the club and/or region.
- d) The history of the player playing with the club in the current season.

2.4.3 No player playing or called up to the Challenge Cup or Jubilee Trophy League will be eligible to play in any Youth Mega Tournament unless the youth team has been invited to play in the Mega.

2.4.4 A player may play in more than one Provincial tournament if the player has been approved by the Competition Committee through the Chair of the Competition Committee 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. Call-ups must meet the eligibility requirements specified in the NLSA Policy Manual.

2.4.5 Guest players (players from a different club) are permitted to play with a team in a Mega Tournament under specific circumstances. Teams without

sufficient numbers are permitted to add guest players to give them enough to compete in a tournament that they would otherwise not be able to enter, or have to withdraw from, because of low numbers. The specific guidelines for this concept can be found in the NLSA Policy Manual.

This is not meant to replace “call-ups” who are players from the same region as the team they are joining.

3. ADMINISTRATION

3.1. DOCUMENTATION

3.1.1. Teams in Mega tournaments must have their online team registration into the NLSA office by the registration deadline. Provided the schedule allows for the addition of an extra team, late entries may be accepted no less than 10 days before the start of the tournament and only when accompanied by a late registration fee of \$100.00. Acceptance is at the discretion of the Competitions Committee.

3.1.2. If a club makes changes to a team’s roster or coaching staff the club is responsible to update the online team registration.

3.1.3. Clubs are responsible for ensuring that all teams representing them in Provincial Competitions are properly registered with the NLSA.

3.1.4. If necessary, all teams entering Mega Tournaments must be prepared to commence play Thursday evening.

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 representative at the pre-tournament meeting convened by the Competition Manager. 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.

3.3.2. 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.

3.4. AWARDS

3.4.1. The NLSA will ensure that a championship trophy, plaques and medals are provided for each competition and will be presented at the completion of each tournament.

4. TECHNICAL

4.1. ADMINISTRATION

4.1.1. 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.

4.1.2. 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.

4.1.3. Maximum number of players registered per team

Tournament	Maximum Number Registered	Maximum Number of any Game sheet
Youth (U15 - 17)	20	20
Youth (U13)	18	18

4.1.4. In 11 vs 11 games, teams must have a minimum of thirteen (13) players to register for a tournament, seven (7) players to start a game and seven (7) players to continue a game.

4.2. DURATION OF PLAY

4.2.1. Duration of Play for regular round robin games

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

4.2.2 In Youth Mega tournaments the length of the halves is subject to change based on the number of teams and field availability.

4.2.3. Duration of Mega Championship Games

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

4.2.4. In all Mega 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.

4.3. TEAM UNIFORMS

4.3.1. 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.

4.3.2. Goalkeepers must wear colours (jerseys and socks) that plainly distinguish them from all other players and game officials.

4.3.3. All players, including called up players, must wear uniquely numbered uniforms.

4.3.4. 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.

4.3.5. 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.

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

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

4.3.8. All shirts must have sleeves.

4.3.9. At the referee's discretion, goalkeepers are permitted to wear baseball caps if the sun is directly in the keeper's eyes.

4.3.10. 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.

4.3.11. 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.

4.4. SUBSTITUTIONS

4.4.1. 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.

League	Regulation Substitutions	At Half Time	Before Extra Time
U18	Unlimited	Unlimited	NA
U15	Unlimited	Unlimited	NA
U13	Unlimited	Unlimited	NA

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

4.5. DISCIPLINE

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

4.6. FORMAT

4.6.1. Teams must indicate on their online registration forms the level of competition they wish to enter.

4.6.2. Rankings made for the Mega tournament by the Chair of the Competitions Committee are final and binding.

4.6.3. The Manager of Competitions 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.

4.7. TIE BREAKING PROCEDURE

4.7.1. 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.

4.7.2. 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.

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 final standings:

4.7.4.1. Most points in all group matches.

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

- a) Greater number of points in matches between the teams concerned (head to head competition)
- b) Greater goal difference in all group matches;
- c) Greater number of goals scored in all group matches.
- d) Kicks from the penalty mark as per the Laws of the Game, at a time and place decided by the appropriate Vice President.

4.7.4.3. 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.

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

- a) Greater goal difference in matches between the teams concerned (head to head competition)
- b) Greater number of goals scored in all matches between the teams concerned.
- c) Greater goal difference in all group matches.
- d) Greater number of goals scored in all group matches.
- e) Drawing of lots to determine ranking at a time and place decided by the appropriate Chair of the Competitions Committee.

4.7.5. In each situation above, the decision of the appropriate Chair of the Competitions Committee is final and binding.

U13 Mega Requirements

Goal Area	4 meters from the goal posts and goal lines
Corner Flags	FIFA – but not mandatory
Corner Arc	FIFA – but not mandatory
Ball size	4
Penalty Kick	Conform to FIFA with the exception that the penalty mark is marked at 9 meters from the goal line. All players except the player taking the kick must be nine meters from the ball.
Assistant Referee	None
Game Format (including GK)	9 x 9
Squad Size	14 recommended
Game Duration	2 x 30 min
Field Size	Width: 45-55m Length: 65-75m
Goal Size (recommended)	6 ft X 18 ft
Throw In	FIFA

Field Markings	Distinctive lines not more than fifteen (15) centimeters wide. The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of nine (9) meters is marked around it. NB: All field markings may be marked by the means of cones (woz-markers)
Retreat Line	None
Substitutions	Substitutions are unlimited at the Referee's discretion according to the Laws of the Game.

Free kicks	Conform to FIFA, A goal can be scored directly from a free kick as per FIFA
Playing time	Fair Play – Minimum playing time for each player 30 min.
Start and restart of Play	Conform to FIFA, dropped balls are used to restart play if play is stopped for injury or other reason as per FIFA. A goal can be scored in the opponent's goal directly from a kick-off, goal kick or corner kick as per FIFA.
Corner Kicks	Conform to FIFA. A goal can be scored directly from a corner kick.
Penalty area	A penalty area is defined at each end of the field as follows: Two lines painted a different color (yellow) than the regular field markings are drawn at right angles to the goal line, eleven (11) meters from the inside of the goalpost. These lines extend into the field of play for a distance of eleven (11) meters and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area. Within each penalty area a penalty mark is made nine (9) meters from the midpoint between the goalposts and equidistant to them.
Fouls and Misconducts	Conform to FIFA for direct and indirect free kicks. Penalty kicks are direct free kick offenses by the defending team in the penalty area.
Offside	None Please note at the U13 Mega only 1 referee will be used. There will be no assistant referees. Zero tolerance will be in effect for coaches abusing officials about offside decisions.