



Rules & Regulations

N L C U P

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 League Administrator for all leagues.
- 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 they are 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.
- 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 be the final authority on all procedural matters not covered in these Rules.

1.5. NLSA POLICIES

1.5.1. Code of Conduct and Ethics

- 1.5.1.1. The NLSA has a Code of Conduct and Ethics which must be adhered to by all members of the Association.
- 1.5.1.2. All complaints received from members of the NLSA under this Code should be sent to the NLSA Judicial Body ethics@nlsa.ca for resolution.
- 1.5.1.3. The NLSA Code of Conduct and Ethics can be found online at www.nlsa.ca.

1.5.2. Volunteer Screening

- 1.5.2.1. The NLSA has a formal policy in regards to Volunteer Screening.
- 1.5.2.2. The NLSA requires that any team official listed on any team staff participating in the NL Cup when youth are members of

the team to have an Enhanced Police Information Check (E-PIC) or a PRC with Vulnerable Sector. **For this purpose, an E-PIC or PRC clearance is valid for a maximum of 12 months.**

1.5.2.3. The Association requires that any team official listed on any team staff in NL Cup when youth are members of the team 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.**

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

1.5.3. **Alcohol, Banned and Illegal Drugs**

1.5.3.1. The NLSA has zero tolerance in regards to the acquiring, possessing, purchasing or consumption of alcohol and banned, illegal and recreational drugs for all players under the age of 19 playing in any NLSA sanctioned event. Such matters will be forwarded to the NLSA Judicial Body and may result in sanctions.

1.5.3.2. 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.

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

1.6. **DISCIPLINE**

1.6.1. General

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

1.6.1.2. As an NLSA-sanctioned competition, disciplinary outcomes from other NLSA competitions, including all competitions from which participating teams originate, will carry over into the NL Cup. Similarly, any disciplinary outcomes from the NL Cup will carry over into all competitions in which participating teams play.

1.6.1.2.1. This includes considerations like yellow card accumulations, red-card suspensions, match bans, etc.

1.7. AFFILIATION

- 1.7.1. All players, team staff and officials on any NL Cup roster must be registered to a team in the NLSA database at least five business days before the first game of the league entered.
- 1.7.2. Players and team staff added to any team after the team's initial registration must be registered in the NLSA database by the respective 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. The NL Cup will be held for each of the following categories when there is sufficient team registration:
 - 2.1.3.1. Men's Senior – Open Age
 - 2.1.3.2. Women's Senior – Open Age
- 2.1.4. Teams must have a roster of seventeen (17) players to participate in the NL Cup competition.
- 2.1.5. The team you register with in the St. John's Intermediate or Masters League, Challenge Cup, or Jubilee Trophy must be the same team you enter with in the NL Cup. Switching teams for this event is not permitted.

2.2. Players

- 2.2.1. Only players registered with a Club shall be eligible to compete in the NL Cup.
- 2.2.2. In order to participate in the NL Cup each player must:
 - 2.2.2.1. Be a registered player with the team in the NLSA database
 - 2.2.2.2. Have a valid ITC if required by FIFA.
- 2.2.3. A player or team staff may not register for more than one team in the NL Cup in the same year.
 - 2.2.3.1. When a player is registered with more than one team in a single year, that player must decide on their own accord with which team they will play with in the NL Cup. This decision is final, and the player is then tied to this team for the entirety of the Cup competition that year
- 2.2.4. Once a player has officially registered with a club or appeared on a game sheet for a NL Cup team, they are cup-tied to that team. They

shall not be allowed to play for any other team in that competition in the current year.

- 2.2.5. Players from U15 and lower are not permitted to be called up to play in the NL Cup.
- 2.2.6. The final deadline for player registration and inter-provincial transfers in the NL Cup is two business days before the first NL Cup match takes place. No transfers are permitted between teams in the NL Cup after this point.
- 2.2.7. No person may participate as an official and a player in the NL Cup. Once a person plays in the Cup, they are tied as a player. Once a person officiates in the Cup, they are tied as an official. Whichever comes first will dictate their role for the remainder of the season.

2.3. Coaching Staff

- 2.3.1. The minimum coaching requirements for the NL Cup are the minimum coaching requirements set by the leagues the teams participate in during the regular outdoor season.
- 2.3.2. All staff persons listed on a team roster in the NL Cup must be E-Pic or CPIC with Vulnerable Sector cleared (valid for 12 months) and have completed Respect in Sport for Activity Leaders.
- 2.3.3. A team's staff requirement will be the same as the league the team participates in during the regular season. All teams must also ensure they comply with section 1.5.2 if they call-up youth players

2.4. Exemptions

- 2.4.1. In order for an International player to be eligible to play in the NL Cup they must have an International Transfer as required by FIFA.

3. ADMINISTRATION

3.1. Documentation

- 3.1.1. Teams in the NL Cup must complete their registration in Ramp by April 4th, 2025.
- 3.1.2. All teams in the NL Cup must have a start-up roster registered in the NLSA database 5 business days prior to the start of the first game of the competition.
- 3.1.3. The club is responsible for making changes to a team's online roster.
- 3.1.4. All teams entering the NL Cup 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.

3.2. Travel and Hotels

- 3.2.1. The NL Cup League Administrator will provide teams that require to travel with the contact for the competition's preferred transportation and hotel providers.
- 3.2.2. Teams that require to travel for a match will receive a subsidy for their transportation (round-trip with single pick-up and drop-off locations) and accommodations (one night stay, 4 people per room). No other expenses will be covered.
 - 3.2.2.1. The NL Cup League Administrator will determine subsidy levels on a yearly basis.
- 3.2.3. If a team chooses to procure transportation and accommodations outside of the NL Cup's preferred vendors, they must pay these costs up-front and provide receipts to the NL Cup League Administrator. The NLSA will then reimburse the team up to the same amount that the preferred vendors were quoting for travel and accommodations. Teams will only be reimbursed for the lesser of these two amounts.

3.3. Attendance at Meetings

- 3.3.1. All clubs must have a minimum of one representative per team at any meeting (in person or virtual) called by the Competitions Committee for the NL Cup in which they are participating. Failure to do so may result in a fine. In the case of special circumstances, exemptions may apply, provided approval has been given prior to the meeting. Team contacts will be notified of the time and location of the meeting.

3.4. Awards

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

4. TECHNICAL

4.1. Administration

- 4.1.1. Only team staff and players listed on the game sheets and 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
NL Cup	30	20

4.1.5. Duration of Play for Regular season games:

League	Regular Time	Extra Time	Ball Size
Senior	2 x 45 min. halves	None	5

4.1.6. Duration of NL Cup Semi-finals and Final Games

League	Regular Time	Extra Time	Ball Size
Senior	2 x 45 min. halves	2 x 15 min. halves	5

4.1.7. In every round preceding the semi-finals and finals of the NL Cup, games that are tied after regular time will proceed straight to kicks from the penalty mark. For the semi-finals and finals, when the score is tied at the end of regulation time, extra time shall be played as noted in 4.1.5. 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

4.2. Team Uniforms

4.2.1. 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.

4.2.2. All teams must have two (2) sets of numbered playing uniforms (one light and one dark). A player must be identified by the same number on both sets of uniforms.

4.2.2.1. Should a team fail to meet this requirement, they must contact the League Administrator upon registration. The League Administrator will work with the team to ensure they can field an appropriately dressed team that is distinguishable from its opponents

4.2.3. Goalkeepers must wear colors (jersey and socks) that plainly distinguish them from all other players and game officials.

- 4.2.4. 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.**
- 4.2.5. 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.
- 4.2.6. 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.
- 4.2.7. Undershirts must be the same colour of the main colour of the shirtsleeve; undershorts/tights must be the same colour as the main 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.
- 4.2.8. 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.
- 4.2.9. The wearing of appropriate shin guards is mandatory for all players in all competitions governed by NLSA.
- 4.2.10. Appropriate soccer socks, which completely cover the shin guards, must be worn.
- 4.2.11. All shirts must have sleeves.
- 4.2.12. At the referee's discretion, goalkeepers are permitted to wear baseball caps if the sun is directly in the keeper's eyes.
- 4.2.13. 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.
- 4.2.14. 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.

4.3. Substitutions

- 4.3.1. All games in the NL Cup 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
Senior	5	Unlimited	Unlimited

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

4.4. Format

- 4.4.1. The format of the NL Cup will be a knockout competition, following a populated and pre-determined bracket format. The number of teams entered in the league will determine the number of games played.
- 4.4.2. Once registration has closed for the NL Cup, the League Administrator will ratify and finalize participants. All participants will then be entered into a random draw which will be used to populate the first round of the bracket. The bracket will be fixed, and winners will proceed along the same vein of the bracket in which they are originally drawn.
- 4.4.3. When appropriate, Challenge Cup (CC) and Jubilee Trophy (JT) teams will be given a bye to the second round of the NL Cup. This will be determined by the NL Cup League Administrator on an annual basis as needed.
- 4.4.4. Teams entering the NL Cup must have a minimum of 17 players registered in RAMP by April 30, 2025.

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