

2026 Under 12 & Under 13 Compass & Light House Leagues

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.

1.1. GENERAL

- 1.1.1. The NLSA Competitions Committee is responsible for the management and control of all competitions.
- 1.1.2. The NLSA Competitions Committee is responsible for maintaining these rules.
- 1.1.3. These rules are subject to all NLSA Policies and Bylaws; in any conflict the NLSA Policies and Bylaws take precedence.
- 1.1.4. 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.
- 1.1.5. Failure to comply with any of the requirements within these rules shall render any organization or individual subject to discipline.

1.2. ADMINISTRATION OF COMPETITIONS

1.2.1. Team Expectations

- 1.2.1.1. 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.
- 1.2.1.2. 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.
- 1.2.1.3. 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.
- 1.2.1.4. 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.**
- 1.2.1.5. 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.

- 1.2.1.6. For the purpose of these rules, a youth is any person under the age of 18 before January 1 of the current year of competition, participating in an NLSA youth or senior competition.

1.3. NLSA LEAGUE ADMINISTRATOR

- 1.3.1. The Chair of the Competitions Committee will appoint an NLSA League Administrator for all leagues.
- 1.3.2. The NLSA League Administrator will convene a meeting, if deemed necessary, of team representatives immediately prior to the competition.
- 1.3.3. 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.
- 1.3.4. 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.
- 1.3.5. The NLSA League Administrator will support the Chair of the Competitions Committee with keeping track of scores and standings.
- 1.3.6. The NLSA League Administrator will present or arrange for the presentation of the competition plaque or trophy, and any medals supplied by the NLSA.
- 1.3.7. 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.
- 1.3.8. The NLSA League Administrator will be the final authority on all procedural matters not covered in these Rules.

1.4. NLSA POLICIES

1.4.1. Code of Conduct and Ethics

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

1.4.2. Volunteer Screening

- 1.4.2.1. The NLSA has a formal policy in regards to Volunteer Screening.
- 1.4.2.2. The NLSA requires that any team official listed on any team staff 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 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. Member clubs are responsible for ensuring that all**



coaching staff members have either an Enhanced Police Information Check (E-PIC) or a Police Record Check (PRC) with Vulnerable Sector Screening.

- 1.4.2.3. The Association requires that any team official listed on any team staff in any Provincial Youth Competition or in any Senior Competition 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.**
- 1.4.2.4. The NLSA Volunteer Screening Policy can be found online at www.nlsa.ca.
- 1.4.3. **Alcohol, Banned and Illegal Drugs**
 - 1.4.3.1. 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.
 - 1.4.3.2. 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 staffs participating in any NLSA sanctioned event.
 - 1.4.3.3. A list of banned drugs can be found on the Canadian Centre for Ethics in Sports (CCES) website.

1.5. DISCIPLINE

1.5.1. General

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

1.6. AFFILIATION

- 1.6.1. All players and team staff listed on any Compass or Lighthouse League roster must be properly registered and assigned to the team in the NLSA database (RAMP) prior to participating in their first match.
- 1.6.2. Any player or team staff member who is not registered in RAMP and assigned to the team, and who appears on the game sheet, is ineligible to participate in the match.
- 1.6.3. No temporary transfers between clubs are permitted

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. Compass and Lighthouse Leagues will be held for each of the following categories:
 - 2.1.3.1. U12 – Male and Female – All players under 12 years of age before January 1 of the current year.
 - 2.1.3.2. U13 - Male and Female - All players under 13 years of age before January 1 of the current year.
- 2.1.4. To be eligible to participate in an NLSA U12 or U13 Compass and Lighthouse League a team must have a minimum of fourteen registered players who are eligible.
- 2.1.5. Below are the recommended minimum and maximum of players

League	Maximum Roster Size	Maximum Number on any Game Sheet
Under 12	18	18 (14 is ideal)
Under 13	18	18 (14 is ideal)

2.2. PLAYERS

- 2.2.1. Only players registered with a club and entered in the NLSA database shall be eligible to participate in the league.
- 2.2.2. All players in the Under 12 league must be under 12 years of age prior to the start of the current year. All players in the Under 13 league must be under 13 years of age prior to the start of the current year.
- 2.2.3. In order to participate in any Compass or Lighthouse League, each player must have met all requirements for registration with the NLSA to be a registered member of the club they are representing.
- 2.2.4. 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. To request permission the form must be completed and submitted to the NLSA Technical Department.
- 2.2.5. Call-ups in all 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.
- 2.2.6. Youth players from the Under 13 Compass and Lighthouse 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.
- 2.2.7. You can only have an AP on the game sheet if a team has less than 12 players available on the roster. In the case where 12 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.
- 2.2.8. 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**.



- 2.2.9. A youth player may not play in more than one Provincial Youth Competitions in the current season except as outlined in exemptions. (See Exemptions).
- 2.2.10. The final deadline for player registration and inter-provincial transfers is July 31st of the current year of competition.
- 2.2.11. 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.

2.3. ROSTER MANAGEMENT

- 2.3.1. Each team roster (per game) can consist of 12 to 18 players, with an ideal roster size of 14. Unlike in previous seasons, clubs are no longer required to submit their rosters in the fall for Under 12 and Under 13. For these leagues, the initial round of rosters does not need to be entered into RAMP until seven (7) days prior to the first scheduled league game.
- 2.3.2. Player Movement
 - 2.3.2.1. Players on a Compass League roster can be called up to a Lighthouse League roster an unlimited number of times.
 - 2.3.2.2. Players on a Lighthouse League roster cannot be called down to a Compass League roster.
- 2.3.3. Monthly Roster Reset
 - 2.3.3.1. To support player development, clubs have the ability to reset (completely change) their team rosters once per month.
 - 2.3.3.2. The roster reset window is from the 20th to the 25th day of each month (May, June, July).
 - 2.3.3.3. Roster changes submitted during this window will take effect on the 1st of the following month.
 - 2.3.3.4. Clubs have the ability to reset (completely change) their team rosters between the end of the leagues and the roster submission deadline for the Rising Star Tournament.
 - 2.3.3.5. Once the roster submission deadline for the Rising Star Tournament has passed, that is the roster the player is on for the duration of the tournament. There is no player movement between rosters during the tournament.
 - 2.3.3.6. All roster resets must be completed by the clubs within the RAMP roster system.

2.4. COACHING STAFF

- 2.4.1. The minimum coaching requirements for any NLSA Compass and Lighthouse League are the minimum coaching requirements set by the NLSA Technical Staff and Competitions Committee.
- 2.4.2. All staff persons listed on a team roster in any Compass and Lighthouse League must be E-Pic or CPIC with Vulnerable Sector cleared (valid for 12 months) and have completed:
 1. Respect in Sport for Activity Leaders.
 2. NCCP Make Ethical Decisions module and/or Online Education



- 3. NCCP Making Headway Module
 - 4. NCCP Emergency Action Planning Module
 - 5. NCCP Rule of Two Module
- 2.4.3. The Head Coach and Assistant Coach(es) must have completed

Division	Coaching Course
Under 12	Learn to Train
Under 13	Learn to Train

- 2.4.4. All coaches and assistant coaches of teams participating in the U12 PYL must have completed Learning to Train. The club's technical director is responsible for ensuring a qualified coach is available and listed on the game sheet whenever the head coach or assistant coach is unavailable.
- 2.4.5. 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.
- 2.4.6. 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.

3. ADMINISTRATION

3.1. DOCUMENTATION

- 3.1.1. Teams in the Lighthouse and Compass League must complete the registration by March 1, 2026.
- 3.1.2. The club is responsible for making changes to a team's online roster.
- 3.1.3. All teams entering the Compass and Lighthouse Leagues must provide names, cell phone numbers and email addresses of all team staff in the registration platform by April 30, 2026. Clubs are required to ensure all fields are filled in.

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 clubs 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. There are no awards, including medals, in the Under 12 and Under 13 Lighthouse and Compass Leagues.



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
Under 12: 9 v 9	18	18 (14 is ideal)
Under 13: 9 v 9	18	18 (14 is ideal)

4.2. DURATION OF PLAY

- 4.2.1. Duration of Play for Regular season and Playoff Games games:

League	Regular Time	Extra Time	Ball Size
Under 12	4 X 17.5 Minute Shifts (70 Minute Games)	None	4
Under 13	4 X 20 Minute Shifts (80 Minute Games)	None	5

1 min. stoppages at 10 min and 20 min for the coach to give instructions and make substitutions.

4.3. FIELD SIZE

	Minimum	Maximum
Width	45 meters	55 meters
Length	65 meters	75 meters

4.4. TECHNICAL CHART

Rule	Under 12	Under 13
Retreat Line	None	None
Ball Size	4	5
Penalty Kick	For a deliberate handball, that clearly denies an obvious goal scoring opportunity.	As per FIFA
Assistant Referee	None	Yes
Offsides	None	As per FIFA
Game Format	9 x 9	9 x 9
Time between Playing Halves	2.5 minutes	2 minutes
Goal Size	6 ft x 18 ft	6 ft x 18 ft



Goal Area and Penalty area	5m from post and goal line 13m from post and goal line. Penalty Mark 10 m from goal line	5m from post and goal line 13m from post and goal line. Penalty Mark 10 m from goal line
Free Kicks	All free kicks are indirect, opponents of the team taking the kick are at least 6 meters (normally about 6 referee strides) from the ball until it is in play.	As per FIFA
Playing Time	Each player should get at least 35 mins of playing time.	Each player should get at least 40 mins of playing time.
Start and Restart of Play	As per FIFA	As per FIFA
Corner Kicks	As per FIFA	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.	As per FIFA

4.5. TEAM UNIFORMS

- 4.5.1. 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.
- 4.5.2. 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.
- 4.5.3. All teams are required to have 2 sets of different colour socks.
- 4.5.4. **Goalkeepers must wear colors (jersey and socks) that plainly distinguish them and are completely different from all other players and game officials. (As an example - players white jerseys and a keeper with light grey jersey is not acceptable)** 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.
- 4.5.5. 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.**
- 4.5.6. 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.
- 4.5.7. 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.
- 4.5.8. 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.



- 4.5.9. Undershirts and undershorts may be worn as long as all players wearing them wear the same colour.
- 4.5.10. Where tape or similar material is applied externally to a sock shall be the same colour as the part of the sock to which it is applied.
- 4.5.11. The wearing of shin guards is mandatory for all players in all competitions governed by NLSA.
- 4.5.12. Appropriate soccer socks, which completely cover the shin guards, must be worn.
- 4.5.13. All shirts must have sleeves.
- 4.5.14. Players are allowed to wear non-dangerous protective equipment, such as gloves, headgear, facemasks, and knee or arm protectors made of soft, lightweight padded material. Additionally, goalkeepers may wear baseball hats, and players may use sports spectacles designed for athletic use.
- 4.5.15. 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.
- 4.5.16. 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.

4.6. SUBSTITUTIONS

- 4.6.1. 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	Substitutions During Match	At half time
Under 12	Unlimited	Unlimited
Under 13	Unlimited	Unlimited

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

4.7. DISCIPLINE

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

