

U15 ANCHOR CUP
U17 ANCHOR CUP



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 all 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 the event of 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 requirement in 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 that require disciplinary sanctions occurring during any NLSA competition will be addressed by the appropriate person with authority over the situation and the individual involved. Disciplinary sanctions shall be in accordance with the NLSA Discipline Code 2026 and the NLSA Competition Discipline Regulations.
- 1.3.1.2 All incidents of property damage must be communicated to the Tournament Administrator for the competition verbally within 1 hour after the 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 and youth age team staff participating at any Youth 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 Competitions Manager will appoint a Tournament Administrator for all Anchor Cup competitions.
- 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 to review the tournament rules and logistics.
- 1.4.4** The Tournament Administrator will be responsible for the competition plaque or trophy, as well as 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 present and all NLSA sponsors are recognized during all ceremonies and award 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 Competitions Manager will be 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 and 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 at ethics@nlsa.ca for resolution.

1.6.2 Volunteer Screening

1.6.2.1 The NLSA has a formal policy on Volunteer Screening, available online at www.nlsa.ca.

1.6.2.2 The NLSA requires that all team officials listed on the online roster for teams participating in any Anchor Cup Competition be Enhanced Police Information Check (E-PIC), CPIC or PRC (Police Record Check) with Vulnerable Sector cleared. **For this purpose, an E-PIC or PRC clearance is valid for up to 12 months.**

1.6.2.3 The Association requires that all team officials listed on the online team roster for teams participating in any Anchor Cup Competition have completed Respect In Sport for Activity Leaders. For the purposes of these rules, Respect In Sport is valid for 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 regarding the acquisition, possession, purchasing or consumption of alcohol and banned and illegal drugs for all youth players and youth team staff participating 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 regarding the acquiring, possessing, purchasing or consumption of banned and illegal drugs for all 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 Discipline Code 2026 and the NLSA Competition Discipline regulations, which are available online at www.nlsa.ca.

1.8 AFFILIATION

1.8.1 All players, team staff and officials on the Anchor Cup roster must be registered to the team in the NLSA database at least five 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 ELIGIBILITY

2.1 Teams

- 2.1.1** All teams must register with their recognized Club 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 area of the province before 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 that fails to meet its responsibilities.
- 2.1.5** Teams are expected to conduct themselves appropriately 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 an Anchor Cup tournament unless invited by the NLSA competitions committee to do so.
- 2.1.7** Teams in the Championships league may register for an Anchor Cup tournament. If they choose to enter an Anchor Cup, 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 an Anchor Cup tournament. No registration fee will be charged for these invited teams.
- 2.1.9** Anchor Cup Competitions will be held for each of the following categories:
 - 2.1.9.1** U17 – All players must be under 17 years of age before January 1 of the current year.
 - 2.1.9.2** U15 – All players must be under 15 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 may not play in more than one (1) Provincial Youth Competition in the current year unless an exemption has been given. (See exemptions)
- 2.2.6** No person may serve as both an official and a player at the same level of competition.

2.3 Coaching Staff

- 2.3.1.1** Minimum Coaching qualifications:

- 2.3.2 Each that team
- | Competition | Coach Qualification |
|-------------|-------------------------|
| U15 | Soccer For Life Trained |
| U17 | Soccer For Life Trained |
- club is responsible for verifying all coaching persons listed on a roster in any Anchor Cup Tournament are Enhanced Police Information Check (E-PIC), CPIC or PRC (Police Record Check) with Vulnerable Sector screening (valid for 12 months), and have completed the following:

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

- 2.3.3 A team's staff should consist of a minimum of one coach, an assistant coach and a manager, one of whom must be the same gender as the players and must be on the bench for the entire game. Two staff members must be on the bench for a game to proceed.
- 2.3.4 For the requirement that a team official be the same gender as the team, this cannot be a player with dual roles on the team.

2.4 Exemptions

- 2.4.1 Provincial team players who are not playing in the Premier or Championship League may participate in an Anchor Cup 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 PYL, Provincial team or overage (up to 3 permitted) player(s) in an Anchor Cup tournament. In evaluating this request, the technical staff will consider the following:
- 2.4.2.1 The number of players requested.
 - 2.4.2.2 The players' residence is requested.
 - 2.4.2.3 The total number of age-eligible players registered with the club and/or region.
 - 2.4.2.4 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 Anchor Cup Tournament unless the youth team has been invited to play in the Anchor Cup.
- 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 club 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.**

3 ADMINISTRATION

3.1 Documentation

- 3.1.1 Teams in Anchor Cup tournaments must have their online team registration and the full tournament registration fee on file with the NLSA office 3 weeks (or as otherwise stated by the NLSA) before the start of the tournament. **Provided the schedule allows for the addition of an extra team, late entries may be accepted at least 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 The club is responsible for making changes and updates to the online team registration. All such changes must be completed before the team's first game in the competition.
- 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 Anchor Cup Tournaments must be prepared to commence play on 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 Competitions Manager. Failure to do so will result in a \$200.00 fine. In special circumstances, exemptions may apply, provided approval is given before the meeting.
- 3.3.2 Host clubs may conduct pre-tournament meetings virtually before the event, or host 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 presented after 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 | 20 | 20 |
| Youth U17 | 20 | 20 |

- 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 |
|--------|--------------------|------------|-----------|
| U17 | 2 x 45 min. halves | None | 5 |
| U15 | 2 x 40 min. halves | None | 5 |

Note: In Anchor Cup tournaments, the length of the halves may change based on the number of teams and field availability.

4.2.2 Duration of Anchor Cup Championship Games

| League | Regular Time | Extra Time | Ball Size |
|--------|--------------------|------------|-----------|
| U17 | 2 x 45 min. halves | None | 5 |
| U15 | 2 x 40 min. halves | None | 5 |

4.2.3 In all Anchor 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.

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 in accordance with 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 dangerous to themselves or other players. **NO jewelry:** that includes rings, bracelets (except medical alert bracelets that must be made of Velcro or a similar soft material or covered with a sweatband), earrings, necklaces, other visible body piercings, etc. The practice of taping jewelry is not acceptable.
- 4.3.6** Wearing shin guards is mandatory for all players in all NLSA-governed competitions.
- 4.3.7** Appropriate soccer socks that 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 fibreglass 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 coach's responsibility 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 |
|--------|---------------------------------------|--------------|-------------------|
| U17 | Unlimited at the referee's discretion | Unlimited | NA |
| U15 | Unlimited at the referee's discretion | 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 disciplines will be governed by the NLSA Discipline Code 2026 and the NLSA Competitions Discipline Regulations available online at www.nlsa.ca

4.6 Format

4.6.1 Teams must indicate the level of competition they wish to enter on their online registration forms. When applicable, Anchor Cup competitions will be held at different levels.

4.6.2 Teams shall be seeded based on the previous year's results within the level of competition noted above, where applicable. If necessary, teams will be seeded by a random draw.

4.6.3 Clubs that did not participate in the previous year's Provincial Tournament will be placed as low seeds as determined by the Chair of the Competitions Committee.

4.6.4 Rankings made for the Anchor Cup tournament by the Chair of the Competitions Committee are final and binding.

4.6.5 The Competitions Manager 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 for the whole or part 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, it will be decided by taking 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:

4.7.4.2.1 A greater number of points in matches between the teams concerned (head-to-head competition)

4.7.4.2.2 Greater goal difference in all group matches;

4.7.4.2.3 A greater number of goals scored in all group matches.

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 service of any disciplinary suspension already imposed.

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. A greater number of goals scored in all matches between the teams concerned.

c. Greater goal difference in all group matches.

d. A 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.

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