

Reviewed and Approved by GNL Amended Return to Soccer Plan NLSA Supplemental Plan
June 25, 2021



SUPPLEMENTAL RETURN TO SOCCER DOCUMENT

Return To Soccer

NEWFOUNDLAND AND LABRADOR SOCCER ASSOCIATION
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Preface

The below document is a supplemental document to the Return to Soccer Plan that was approved on April 30, 2021. It features Exhibition Games, the St. John's Metro League, Senior Club House League Programs and Senior Inter-Association Leagues.

Exhibition Games

Start date: April 24-May 21

What: Exhibition games are games played between teams of the same club or between Teams from different Clubs, but within the same Regional Health Authority region, as defined by the Government of Newfoundland and Labrador.

When: May 21-October 1, 2021. Exhibition games must be scheduled with a 30 minute "window" between other events (games/practices) at the same venue, in order to adhere to Public Health guidelines

Where: Any club in Newfoundland and Labrador may host an exhibition game, as long as the participating teams are from within the boundaries of the same Regional Health Authority, as defined by the Government of Newfoundland and Labrador

Who: Players ranging in ages 7 to 70. Games may be gender-based or feature male and female teams playing each other. Teams/Players must be from within the boundaries of the same Regional Health Authority, as defined by the Government of Newfoundland and Labrador.

Why: Exhibition games are nothing new. They have existed when soccer was first organized in Newfoundland and Labrador and are an element of ongoing activity. Exhibition competition allows coaches to evaluate players and select players for teams if necessary, while also allowing players to bond as a team, while also working on team dynamics.

Metro League

Start date: April 24-May 21

What: Metro league is an inter-association league between associations in the St. John's area (St. John's, Feildians, Mount Pearl, CBS, Paradise, Bay Bulls, Portugal Cove-St. Philip's, Torbay), while featuring teams from the Burin Peninsula, Clarenville and Conception Bay North. Teams from the Burin Peninsula, Clarenville and Conception Bay North travel to the St. John's area. Teams in the St. John's area do not travel. This league has been operating for at least 10 years.

When: May 21-September 12, 2021. Games take place on weekends. Each age group is held at one site per weekend. Sites do rotate throughout the metro league season. All teams in one age group visit and play at a site for the entire weekend. Game times will be separated by 30 minutes to adhere to Public Health Guidelines.

Travel Considerations

Where a bus is required, schedule a private coach and ensure individuals are spaced 1 per seat, maintain physical distance at all times on the bus and wear a non-medical mask at all times.

- Coaches and/or team chaperones are responsible for ensuring players do not gather as a group in hotel room.
- Ensure all individuals wear non-medical masks when not in their individual hotel rooms.
- All players, coaches and parents/guardians should complete a COVID-19 self-assessment prior to travel.
- If hotel accommodations are required, coordinate arrival/departure protocols. Where possible, individuals from separate households should arrive at different times to avoid larger groups arriving for check-in.

- Where more than one individual from a separate household have shared hotel accommodations, ensure a maximum of 2 individuals to a room, in 2 beds, (instead of the traditional 4). Beds should be at least 6' apart, with head to toe orientation if possible, particularly if travelling with people not in an individual's 'Steady 20'. Where such accommodations are required, parents/guardians should be informed of and agree to those arrangements. Plan team functions at the hotel using a private meeting room for off-field activities. Team functions are only permitted if all individuals can maintain physical distance.
- Plan team meals at the hotel, if possible. Otherwise, coordinate meals at a local restaurant. It is important to note that sharing a meal in a hotel or restaurant does not equal permission to sit together. While eating, physical distance should be maintained between all individuals, unless individuals are part of each other's 'steady 20'.
- Provide a separate hotel room for any participant experiencing symptoms of COVID-19, if a parent or guardian is not travelling. Contact the parent/guardian to coordinate to take the participant home. If a parent/guardian is travelling with the team, the participant will be removed from team activities/competition immediately. Parents/guardian should be advised to contact 811 for follow-up.

Sample Schedule

Division	Day	Date	Time	Team	Team	Field	Field #
BU7	Friday	9-Jul-21	5pm	CBS	St. John's 1	Topsail	#1
BU7	Friday	9-Jul-21	5pm	MPSA	Paradise 1	Topsail	#2
BU7	Friday	9-Jul-21	6:15pm	PCSP 1	St. John's 2	Topsail	#1
BU7	Friday	9-Jul-21	6:15pm	Paradise 2	Feildians 1	Topsail	#2
BU7	Saturday	10-Jul-21	9:00am	Torbay	Bay Bulls	Topsail	#1
BU7	Saturday	10-Jul-21	9:00am	CBS	St. John's #2	Topsail	#2
BU7	Saturday	10-Jul-21	10:15am	Paradise 2	Feildians 1	Topsail	#1
BU7	Saturday	10-Jul-21	10:15am	MPSA	CBN	Topsail	#2
BU7	Saturday	10-Jul-21	11:20pm	CBN Lightning	Burin Peninsula	Topsail	#1
BU7	Saturday	10-Jul-21	11:20pm	Clarenville	PCSP	Topsail	#2
BU7	Saturday	10-Jul-21	12:25pm	St. John's 1	Paradise 2	Topsail	#1
BU7	Saturday	10-Jul-21	12:25pm	Torbay	CBS	Topsail	#2
BU7	Saturday	10-Jul-21	1:30pm	St. John's 2	MPSA	Topsail	#1
BU7	Saturday	10-Jul-21	1:30pm	CBN Lightning	CBN	Topsail	#2
BU7	Saturday	10-Jul-21	2:35pm	Clarenville	Bay Bulls	Topsail	#1
BU7	Saturday	10-Jul-21	2:35pm	Burin Peninsula	Paradise 2	Topsail	#2
BU7	Saturday	10-Jul-21	3:40pm	Feildians 1	CBS 1	Topsail	#1
BU7	Saturday	10-Jul-21	3:40pm	PCSP 1	Torbay	Topsail	#2

Who: Gender-based teams ranging in ages 7 to 15

Division	Maximum # Coaching Staff Per Team	Maximum Roster Size/Team	Game Format	Number of Officials	Game Classification	Total # of participants
Under 7	3	10	4 V 4	1	Small Sided	27
Under 9	3	10	5 V 5	1	Small Sided	27
Under 11	3	14	7 V 7	1	Small Sided	35
Under 13	3	20	11 V 11	3	Full-Sided	49
Under 15	3	20	11 V 11	3	Full-Sided	49

Small-sided games can be played on a small-sided soccer field or a FIFA Regulated full size soccer field divided into halves. When a small sided soccer game is played on half of a FIFA Regulated soccer field, there must be sufficient space between the two games, if the games are running concurrently.

Full-sided soccer games must be played on a full-size soccer field

The roster size per team is the maximum number of players per team, as defined by the Newfoundland and Labrador Soccer Association

Where: St. John's, Mount Pearl, CBS, Portugal Cove- St. Phillip's, Paradise, Bay Bulls, Torbay

Why: This is a league that has been operating for at least 7 years.

Senior Club House Leagues

Start date: April 24-May 21.

What: The Senior Club league is a house league program offered by a Soccer Club. All games are played within the club and only members of that club may participate.

When: May 21-October 1, 2021. Games are scheduled 30 minutes apart to adhere to Public Health Guidelines

Who: Leagues are gender-based. Adults age 18 to 70. Games can be small-sided (7 v 7) games, of which two games can take place concurrently on a Full-Size FIFA Regulated soccer field divided into two halves, which must be separated by sufficient space to adhere to the guidelines set-forth by Public Health. The maximum roster size is 14 players. Games can also be full-sided (11 v 11) but must use the entire full-size soccer field. The maximum roster size is 20. All games feature one official. For small-sided games, the maximum number of participants per game is 29. For full-sided games, the maximum number of participants per game is 41.

Where: Any Soccer Club in Newfoundland and Labrador

Why: This is a regular soccer league that takes place annually

Senior Inter-Association Leagues

Start date: April 24-May 21.

Who/What/Where

Division	Maximum # Coaching Staff Per Team	Maximum Roster Size/Team	Game Format	Number of Officials	Game Classification	Total # of participants
Senior Men	3	25	11 V 11	3	Full-sided	59
Senior Women	3	25	11 V 11	3	Full-sided	59
Masters	3	25	11 V 11	3	Full Sided	59

Western Senior Soccer Leagues

There is a Senior Women's Inter-Association league in Corner Brook that features 4 Senior Women's teams from Corner Brook and 1 Senior Women's team from Stephenville. There is a Senior Men's Inter-Association league in Corner Brook that features 5 teams from Corner Brook and 1 team from Stephenville. Participants are age 18+. All games are 11 v 11 and feature three officials. Games are played in Corner Brook. Leagues are closed. For example, the teams from the Senior Women's League do not play teams from the Senior Men's League

St. John's Senior Soccer Leagues

There is a Senior Women's Inter-Association league in St. John's that features 10 Senior Women's teams from St. John's, 1 team from CBN and 1 Senior Women's team from Paradise. There is a Senior Men's Inter-Association league in St. John's that features 9 teams from St. John's, 1 team from Mount Pearl, 1 team from CBS, 1 team from CBN and 1 team from Paradise. There is also a Master's Men's League that consists of 4 teams from St. John's, 1 team from Mount Pearl and 1 team from CBS. Participants are age 18+. All games are 11 v 11 and feature three officials. Games are played in St. John's, Mount Pearl, CBS and Paradise. Leagues are closed. For example, the teams from the Master's League do not play teams from the Senior Men's League.

When: May 21-October 1, 2021. Games are scheduled 30 minutes apart to adhere to Public Health Guidelines

Why: These leagues have existed for more than 20 years. Each team plays up to three games per week.

There is no travel between these leagues outside of their Health Region

Jamborees and Tournaments

The Return to Soccer - Jamborees and Tournaments is a supplement to the Return to Soccer Plan previously approved by the Provincial Government and Sport NL. General guidelines outlined in previously approved documents must be followed, unless otherwise indicated by the Provincial Government.

The Newfoundland and Labrador Soccer Association has two categories of Provincial Tournaments. These categories are:

1. Jamborees
2. Mega Tournaments

The following is an explanation for each category:

Jamborees:

Who/What

Jamborees are designed for boys and girls age 6 to 11 and represent an opportunity for children to partake in recreational activity that ultimately improves the physical and mental well-being of children. Small-sided games can be played on a small-sided soccer field or a FIFA Regulated full size soccer field divided into halves. When a small-sided soccer game is played on half of a FIFA Regulated soccer field, there must be sufficient space between the two games, if the games are running concurrently. The NLSA will limit the maximum number of teams to one field to 10 teams.

Division	Maximum # Coaching Staff Per Team	Maximum Roster Size/Team	Game Format	Number of Officials	Game Classification	Game Length
Under 7	3	10	4 V 4	1	Small Sided	40 minutes
Under 9	3	10	5 V 5	1	Small Sided	50 minutes
Under 11	3	14	7 V 7	1	Small Sided	60 minutes

When/Where/Why

Historically, the Newfoundland and Labrador Soccer Association (NLSA) has offered Jamborees on both the West and East Coasts, due to the volume of teams that would participate. In 2021, the NLSA is proposing to have Jamborees on both the West and East Coast, provided the number of teams allows for jamborees to take place. However, in the event that team registration for one jamboree location (i.e. the West Coast) is low, teams registered for that Jamboree will have the opportunity to attend a Jamboree (i.e. on the East Coast), while adhering to the NLSA COVID Travel Regulations.

Host sites are subject to NLSA Board approval following receipt of tournament host applications being received. The NLSA is proposing a 15-minute interval between games at all Jamboree events.

Jamboree	Date	Location	Jamboree	Date	Location
Under 9 Boys	August 13-15, 2021	West Coast	Under 9 Boys	August 13-15, 2021	East Coast
Under 9 Girls	August 13-15, 2021	West Coast	Under 9 Girls	August 13-15, 2021	East Coast
Under 7 Boys	August 20-22, 2021	West Coast	Under 7 Boys	August 20-22, 2021	East Coast
Under 7 Girls	August 20-22, 2021	West Coast	Under 7 Girls	August 20-22, 2021	East Coast
Under 11 Boys	August 27-29, 2021	West Coast	Under 11 Boys	August 27-29, 2021	East Coast
Under 11 Boys	August 27-29, 2021	West Coast	Under 11 Boys	August 27-29, 2021	East Coast

Sample Schedule for the Under 9 Boys Jamboree

Game Length – 55 minutes (including half time). 10 teams per full field soccer field

Division	Day	Date	Time	Team	Team	Field	Field #
BU9	Saturday	August 14	9:00am	St. John's	Mount Pearl	Topsail	#1
BU9	Saturday	August 14	9:00am	FAA	Paradise	Topsail	#2
BU9	Saturday	August 14	10:10am	PCSP	Clarenville	Topsail	#1
BU9	Saturday	August 14	10:10am	CBN Lightning	St. Lawrence	Topsail	#2
BU9	Saturday	August 14	11:15am	Bay Bulls	NEUSC	Topsail	#1
BU9	Saturday	August 14	1:00pm	St. John's	FAA	Topsail	#1
BU9	Saturday	August 14	1:00pm	Mount Pearl	Paradise	Topsail	#2
BU9	Saturday	August 14	2:10pm	PCSP	St. Lawrence	Topsail	#1
BU9	Saturday	August 14	2:10pm	Clarenville	NEUSC	Topsail	#2
BU9	Saturday	August 14	3:15pm	CBN Lightning	Bay Bulls	Topsail	#1
BU9	Saturday	August 14	5:00pm	NEUSC	Paradise	Topsail	#1
BU9	Saturday	August 14	5:00pm	FAA	Mount Pearl	Topsail	#2
BU9	Saturday	August 14	6:10pm	Clarenville	St. Lawrence	Topsail	#1
BU9	Saturday	August 14	6:10pm	CBN Lightning	PCSP	Topsail	#2
BU9	Saturday	August 14	7:15pm	NEUSC	St. John's	Topsail	#1

Guidelines

- The maximum number of participants (players, coaches, managers, officials) on the entire field at one time will comply with maximum formal gathering sizes in the current Alert Level and the [Together. Again.](#) re-opening plan, provided physical distance is maintained.
- The maximum number of spectators permitted will comply with maximum formal gathering sizes in the current Alert Level and the Together. Again. re-opening plan, provided physical distance is maintained.
- No field is permitted to host more than 10 teams during a jamboree. If a club has more than one field, they can host a tournament with more than 10 teams. For example, if there are 20 teams registered for the Under 11 Boys Mega, 10 teams can play at Field 1, 10 teams can play at Field 2
 - There is to be no interaction between teams on separate fields.
- Dressing rooms may be used, but only if [Sport Guidance](#) is followed and physical distance between individuals may be maintained at all times. Individuals should wear a non-medical mask at all times when using dressing/change room facilities.
 - If the Public Health Guidelines cannot be met, then dressing rooms are to remain closed.
- Game Start times will be staggered by 15 minutes to ensure Public Health guidelines are adhered to.
- Where there are multiple soccer fields at one venue, parking will be assigned to a particular soccer field
- Absolutely no loitering

Mega Tournaments

Who/What

Mega tournaments are designed for participants age 12 to 65 and represent an opportunity for participants to partake in recreational activity that ultimately improves their physical and mental well-being. All games are played on a full-size soccer field. The NLSA will limit the number of teams to one field to 10 teams.

Below is a summary of teams in mega tournaments and the location of where the teams came from:

- Under 13 Boys – 2 Teams from Central Health Region, 17 Teams from Eastern Health Region
- Under 13 Girls – 2 Teams from Labrador Grenfell Health Region, 1 Team from Western Health Region, 7 Teams from Eastern Health Region
- Under 15 Boys – 1 Team from Labrador Grenfell Health Region, 1 Team from Western Health Region, 2 Teams from Central Health Region, 2 Teams from Eastern Health Region
- Under 15 Girls- 1 Team from Labrador Grenfell Health Region, 2 Teams from Eastern Health Region
- Under 17 Girls – 1 Team from Labrador Grenfell Health Region, 1 Team from Western Health Region, 1 Team from Central Health Region, 4 Teams from Eastern Health Region
- While there was not a Senior Men and Senior Female Tournament in 2019, there has not been a team from outside the Eastern Health Region attend either tournament in 5 years or more
- Masters Men – 7 teams from Eastern Health Region

If participants attend other games, they will be recorded as spectators and will comply with all requirements of spectators, including maintain physical distance.

Division	Maximum # Coaching Staff Per Team	Maximum Roster Size/Team	Game Format	Number of Officials	Game Classification	Total # of participants	Game Length
Under 13	3	20	11 V 11	3	Full-Field	50	80 minutes
Under 15	3	20	11 V 11	3	Full-Field	50	80 minutes
Under 18	3	20	11 V 11	4	Full-Field	50	80 minutes
Senior Men	3	20	11V11	3	Full-Field	50	80 minutes
Senior Women	3	20	11V11	3	Full-Field	50	80 minutes
Masters	3	20	11V11	3	Full-Field	50	80 minutes

When/Where/Why

Mega	Date	Location	Mega	Date	Location
Under 13 Boys	August 6-8, 2021	West Coast	Under 13 Boys	August 6-8, 2021	East Coast
Under 13 Girls	August 6-8, 2021	West Coast	Under 13 Girls	August 6-8, 2021	East Coast
Under 15 Boys	August 20-22, 2021	To be determined			
Under 15 Girls	August 20-22, 2021	To be determined			
Under 18 Boys	August 13-15, 2021	To be determined			
Under 18 Girls	August 13-15, 2021	To be determined			
Senior Men Mega	To be determined	To be determined			

Senior Women Mega	To be determined	To be determined			
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The hosts for the Mega Tournaments are subject to approval by the NLSA Board of Directors and upon receipt of Tournament Host Applications. Registration for these tournaments (with the exception of the Under 13 Age groups) do not allow multiple tournaments for the same age groups on the same weekend. Should demand exist, the NLSA will consider having an Under 13 Mega Competition on both the West and East Coast.

Sample Schedule – BU13 – Game length – 90 minutes including half time

Division	Day	Date	Time	Team	Team	Field	Field #
BU13	Saturday	August 7	9:00am	St. John’s	Mount Pearl	Paradise	#1
BU13	Saturday	August 7	10:45am	FAA	Paradise	Paradise	#1
BU13	Saturday	August 7	12:30 pm	PCSP	Clarenville	Topsail	#1
BU13	Saturday	August 7	2:15pm	CBN Lightning	St. Lawrence	Topsail	#2
BU13	Saturday	August 7	4:00pm	Bay Bulls	NEUSC	Topsail	#1
BU13	Saturday	August 7	5:45pm	St. John’s	FAA	Topsail	#1
BU13	Saturday	August 7	7:30pm	Mount Pearl	Paradise	Topsail	#2
BU13	Saturday	August 7	9:15pm	PCSP	St. Lawrence	Topsail	#1

Guidelines

- Travel considerations, included in Appendix A must be strictly followed.
- A maximum of 100 participants (players, coaches, managers, officials) on the entire field at one time
- The maximum number of spectators permitted inside a venue will be the same as per Public Health guidelines. As of the date of this document (June 2021) the maximum number of spectators is 100.
- No field can host more than 10 teams during a Mega Tournament. If a club has more than one field, they can host a tournament with more than 10 teams. For example, if there are 20 teams registered for the Under 13 Boys Mega, 10 teams can play at Field 1, 10 teams can play at Field 2
 - There is to be no interaction between teams on separate fields.
- Dressing rooms may be used, but only if [Sport Guidance](#) is followed and physical distance between individuals may be maintained at all times. Individuals should wear a non-medical mask at all times when using dressing/change room facilities.
 - If the Public Health Guidelines cannot be met, then dressing rooms are to remain closed.
- Game Start times will be staggered by 15 minutes to ensure Public Health guidelines are adhered to.
- Where there are multiple soccer fields at one venue, parking will be assigned to a particular soccer field
- Absolutely no loitering

Return to Soccer-Provincial Tournaments

Preface

The Return to Soccer-Provincial Tournaments is an extension of the Return to Soccer guidelines previously approved by the Provincial Government and Sport NL. General guidelines outlined in previously approved documents must be followed unless otherwise indicated by the Provincial Government.

The Details

Start date: June 27 – October 31, 2021

What: Western – Central competition is an inter-association league between associations in the following communities:

- Grand Falls-Windsor
- Springdale
- Deer Lake
- Pasadena
- Corner Brook
- Stephenville

Competitions will take place in the following age groups:

- U7
- U9
- U11
- U13
- U15

The competitions that will take place will involve the following:

- One club traveling and another club hosting.
- There will be only day trips with **no** over night stay.
- Players will travel only with parents or by relatives who are close consistent contacts of the players traveling.
- Games will take place on either day of the week if the community is within an hour driving distance of each other. Otherwise, the games will take place on Friday or Saturday or Sunday.
- No buses will be required.
- All players, coaches and parents/guardians must complete a COVID-19 self-assessment prior to travel.
- Team functions must comply with [Sport Guidance](#) and are only permitted if all individuals can maintain physical distance.
- Coordinate meals at a local restaurant. It is important to note that sharing a meal in restaurant does not equal permission to sit together. While eating, physical distance should be maintained between all individuals, unless individuals are part of each other's 'steady 20'.
- If a participant experiences and COVID-19 symptoms, contact will be made with the parent/guardian to coordinate arrangements to take the participant home. If a parent/guardian is travelling with the team, the participant will be

removed from team activities/competition immediately. Otherwise, the guardian responsible for the player, will provide the transportation home for the player. Parents/guardian should be advised to contact 811 for follow-up.

Sample Schedule

Sample Schedule Division	Day	Date	Time	Team	Team	Field
BU7	Saturday	July 3,2021	11:00am	GF-W	Deer Lake	GF-W
BU9	Saturday	July 3, 2021	5pm	Springdale	Deer Lake	Springdale
BU11	Tuesday	July 6, 2021	6:15pm	Corner Brook	Stephenville	Corner Brook
BU13	Thursday	July 8, 2021	6:15pm	Deer Lake	Corner Brook	Deer Lake
GU15	Saturday	July 10, 2021	11:00 am	Corner Brook	GF-W	Corner Brook
BU15	Saturday	July 10, 2021	9:00am	Stephenville	Pasadena	Stephenville
BU7	Saturday	July 17, 2021	1:00 PM	GF-W	Deer Lake	Deer Lake
GU9	Saturday	July 17, 2021	11:00 am	Corner Brook	Springdale	Corner Brook
BU11	Saturday	July 24, 2021	11:00 am	Springdale	Stephenville	Springdale

Who: Gender-based teams ranging in ages 7 to 15.

Division	Maximum # Coaching Staff Per Team	Maximum Roster Size/Team	Game Format	Number of Officials	Game Classification
Under 7	3	10	4 V 4	1	Small Sided
Under 9	3	10	5 V 5	1	Small Sided
Under 11	3	14	7 V 7	1	Small Sided
Under 13	3	20	11 V 11	3	Full-Sided
Under 15	3	20	11 V 11	3	Full-Sided

Note the following:

1. Small-sided games can be played on a small-sided soccer field or a FIFA Regulated full size soccer field divided into halves.
2. Full-sided soccer games must be played on a full-size soccer field.
3. The roster size per team is the maximum number of players per team, as defined by the Newfoundland and Labrador Soccer Association. This is noted in the table above.
4. Where:
 - a. Grand Falls-Windsor
 - b. Springdale
 - c. Deer Lake
 - d. Pasadena
 - e. Corner Brook
 - f. Stephenville

5. Why: These games have been played between these communities for the past 30 years. There is co-operation between the communities to improve the organization of the games and to run the competitions as leagues – where there is home – away games.

Appendix A

Travel Considerations

- Schedule a private coach for busing the players and ensuring players sit 1 per seat, physical distance themselves on the bus and wear a mask when the 6 feet distance cannot always be guaranteed.
- Coaches and/or team chaperones are responsible for ensuring players do not gather in hotel rooms
- Ensure players wear non-medical masks when not in their hotel rooms
- Ensure players and coaches complete the COVID-19 Pre-Screening Template before they travel.
- Coordinate arrival and departure protocol at the hotel
- Ensure a maximum of 2 players to a room, in 2 beds, (instead of the traditional 4). Beds should be at least 6' apart, with head to toe orientation if possible, particularly if travelling with people not in an individual's 'Steady 20'.
- Plan team functions at the hotel using a private meeting room for off-field activities. Team functions are only permitted if all individuals can maintain physical distance.
- Plan team meals at the hotel, if available. Otherwise, coordinate with a local restaurant. It is important to note that sharing a meal in a hotel or restaurant does not equal permission to sit together. While eating, physical distance should be maintained between all individuals, unless individuals are part of each other's 'steady 20'