



NEWFOUNDLAND and LABRADOR
SOCCER ASSOCIATION

www.nlsa.ca

Rules and Regulations Manual
Challenge Cup & Jubilee Trophy Leagues

May 30, 2019

SECTION 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 Youth Committee is responsible for the management and control of all youth competitions.
- 1.2.2 The NLSA Senior Committee is responsible for the management and control of all senior competitions.
- 1.2.3 The NLSA Rules and Regulations Committee is responsible for maintaining these Rules.
- 1.2.4 These rules are subject to all NLSA Policies and Bylaws; in any conflict the NLSA Policies and Bylaws take precedence.
- 1.2.5 Within the constraints of 1.2.4, the NLSA, through its Rules and Regulations Committee, may make such temporary rules governing specific situations, not otherwise provided for, as are necessary to achieve the objectives of the NLSA.
- 1.2.6 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 NLSA Representative for the competition; verbally within one hour after damage is discovered to be followed up in writing within 24 hours.

- 1.3.1.3 Damage by a team member(s) to any property, other than his/her (their) own shall be the financial responsibility of and dealt with, equally, by the member(s) of the team involved in the incident causing the damage; and their 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 Document 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. 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 not eligible for International Transfers.
- 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 REPRESENTATIVE

- 1.4.1 The Regional Director is the NLSA Representative for any competition held in his/her Region with the exception of the Final Weekend of Challenge Cup and Jubilee Trophy where the Commissioner of the League is the NLSA Representative. If s/he is unavailable s/he is responsible to designate another person.
- 1.4.2 Wherever possible the NLSA Representative should have no duties in the tournament other than acting as the NLSA Representative.
- 1.4.3 The NLSA Representative will convene a meeting, if deemed necessary, of team representatives immediately prior to the competition.
- 1.4.4 The NLSA Representative 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 NLSA Representative 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 NLSA Representative shall investigate any general complaint prior to laying

any charges of misconduct except for anything arising from a referee's report on a game sheet.

- 1.4.7 The NLSA Representative will keep track of games and standings.
- 1.4.8 The NLSA Representative 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 NLSA Representative 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 NLSA Representative will be the final authority on all procedural matters not covered in these Rules and Regulations.

1.5 NLSA OFFICE

- 1.5.1 The NLSA office must inform the host club and/or region of the teams participating in the competition.
- 1.5.2 The NLSA office will provide the host club and/or region with the name, telephone number, fax number, and email address of the contact person for each team entering the competition.
- 1.5.3 The NLSA office must provide the host club and/or region with all forms necessary for the competition (game sheets, evaluation forms, discipline report forms, etc).
- 1.5.4 The NLSA office 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.
- 1.5.5 The NLSA office will see that all credential sheets are reviewed and stamped to confirm that all players are eligible. Credential sheets will then be sent to the host convenor for distribution to the NLSA Representative.

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.
- 1.6.1.2 All complaints received from members of the NLSA under this Code will be

forwarded to the NLSA Judicial Bodies for resolution.

The NLSA Code of Conduct and Ethics can be found online at www.nlsa.ca.

1.6.2 Volunteer Screening

1.6.2.1 The NLSA has a formal policy in regards to Volunteer Screening.

1.6.2.2 The NLSA requires that any team official listed on the Team Credential Form 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 have a valid Police Record Check (PRC), including Vulnerable Sector Check (VSC). **For this purpose a PRC clearance is valid for a maximum of 12 months.**

1.6.2.3 The Association requires that any team official listed on the Team Credential Form 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 have completed Respect In Sport. For the purpose of these Rules is valid for a period of 5 years. **The link for Respect In Sport is available on the NLSA website at www.nlsa.ca**

1.6.2.4 The NLSA Volunteer Screening Policy can be found online in the Risk Management Document at www.nlsa.ca

1.6.4 Alcohol, Banned and Illegal Drugs

1.6.4.1 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 Body and may result in sanctions.

1.6.4.2 The NLSA has zero tolerance in regards to the acquiring, possessing, purchasing or consumption of banned and illegal drugs for all senior players playing in any NLSA sanctioned event,

1.6.4.3 A list of banned drugs refer 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.

1.7.2 Discipline Hearings

1.7.2.1 All Discipline Hearings required at Provincial Competitions will be conducted under the guidelines set out in the NLSA Disciplinary Code.

1.7.3 Protests

1.7.2.1 For the purpose of these Rules, protests are objections of any kind related to events or matters that have a direct effect on matches, including but not limited to the state of markings on the pitch, accessory match equipment, eligibility of players, facilities and soccer balls.

1.7.2.2 Any protest arising out of any game in a NLSA tournament or league competition shall be in writing to the NLSA Representative or Commissioner within one (1) hour of the completion of the game in a tournament and within 24 hours of the completion of the game in a Provincial League. A fee of five hundred dollars (\$500.00) cash, money order or e-transfer to the NLSA, must accompany the written protest.

1.7.2.3 In all cases, the Competition Discipline Committee shall rule on the protest, including the disposition of the protest fee, prior to the commencement of the next day's games.

1.7.2.4 The Protest Committee will deal only with the matters raised in the protest. Any other issues that arise (e.g. discipline) will have to be dealt with at subsequent hearings as may be necessary.

1.7.2.5 Any decision taken by this Committee on a protest shall be final and binding as far as the competition is concerned.

1.7.2.6 The referee's decision regarding facts connected with play, including whether or not a goal is scored and the result of the match, are final. There can be no protests against a decision of the referees as outlined in the Laws of the Game.

17.2.7 Protests of challenges in respect to player eligibility not ruled upon, or requiring further investigation, will be dealt with by the appropriate NLSA Committee and may result in the overall standings being amended.

17.2.8 After the completion of the Provincial Tournament concerned, any protest in regard to player eligibility already ruled on by the NLSA Representative, will not change the results of the competition.

17.2.9 If any of the formal conditions of a protest as set out in these rules is not met,

such protests shall be disregarded by the NLSA. Once the final match in the respective tournament has ended, no further protests under this article will be received.

1.8 AFFILIATION

1.8.1 All players, team staff and officials must be registered in the NLSA database at least 72 hours before Game #1 of the league entered.

1.8.2 Players and team staff added to any team after the team's initial registration must be registered in the NLSA database at least 24 hours prior to sitting on the team bench for the player's first game.

1.8.3 All must be registered, and all membership fees must be paid to the NLSA by July 13th of the current year.

1.9 Fees and Fines

1.9.1 Current Membership Fees

	Member	Membership Fee Per Person
a	Board Members	\$10.00 + HST
b	Board Members after July 13	\$20.00 + HST
c	Staff and Volunteers	\$10.00 + HST
d	National Referee	As set by Canada Soccer
e	New Clubs-1st Year 4-14 years old	\$10.00 per player
f	New Clubs-1st Year 15 years old and up	\$10.00 per player + HST
g	New Clubs – 2nd & subsequent years	Current Player Membership Fee
h	Player – Senior	\$35.00 + HST
i	Player – Youth 4-14 years	\$21.25
j	Player – 15-17	\$21.25 + HST
k	Provincial Referee	\$65.00 + HST
l	Regional Referee	\$55.00 + HST
m	District Referee	\$47.00 + HST
n	Provincial Referee after July 13th	\$75.00 + HST
o	Regional Referee after July 13	65.00 + HST
p	District Referee after July 13th	\$57.00 + HST
q	Youth Referee (under 14 years)	\$13.00
r	Youth Referee after July 13	\$18.00
s	Referee Instructor	\$55.00 + HST
t	Referee Assessor	\$55.00 + HST
u	Senior Team Staff	\$10.00 + HST
v	Youth Team Staffs	\$10.00

1.9.2 Tournament and League Fees

	Tournament or League	Registration per Team
a	U-7, 9 and 11 Jamboree	\$225.00
b	U-13	\$325.00
c	U-15 & U17 Mega	\$350.00 + HST
d	U-13 League	\$350.00
e	U-15 League	\$350.00 + HST
f	U-17 League	\$350.00 + HST
g	Senior Tournaments	\$350.00 + HST
h	Challenge Cup & Jubilee Trophy Leagues when Nationals in NL	\$400.00 + HST
i	Challenge Cup & Jubilee Trophy Leagues When Nationals are Ontario or East	\$900.00 + HST
j	Challenge Cup & Jubilee Trophy Leagues When Nationals are Manitoba or West	\$1,150.00 + HST
k	Late Registration Fee where applications are accepted no less than 17 days before the start of any tournament	\$100.00 + HST, if applicable

1.9.3 Hosting Grants

	Tournament	Grant Per Each Team in Tournament
a	U-7, 9, 11 Jamborees	\$85.00
b	Tournaments with Registration Fee \$325	\$120.00
c	Tournaments with Registration Fee \$350	\$180.00
d	Challenge Cup and Jubilee Trophy	\$500.00 for each playoff game to a maximum of \$1,500.00

Tournament reports must be submitted to the NLSA office within thirty (30) days of the conclusion of the tournament. Failure to do so will result in ½ of the hosting grant being forfeited. If the report is not received within sixty (60) days after the conclusion of the tournament, the entire hosting grant will be forfeited.

1.9.4 Coaching Clinics

	Clinic	Cost for up to 10 participants
a	Active Start	\$350.00
b	FUNDamentals	\$700.00
c	Additional Participants Active Start & FUNDamentals	\$20.00 per participant
d	Learning to Train	\$950.00 + HST
e	Soccer for Life	\$950.00 + HST
f	Additional Participants Learning to Train & Soccer for Life	\$30.00 +HST per participant
g	B License Part I	\$400.00 + HST per participant

		(includes assessment)
h	Travel and Accommodation, if needed	Actual Costs Incurred by Facilitator
i	C Licence	\$400.00 + HST per participant (includes assessment)

1.9.5 Referee Clinics

	Clinic	Cost
a	Small Sided (Age 14 & under)	\$675.00 for up to 15 participants
b	Additional Participants	\$45.00 per Participant to a maximum of 30
c	Entry Level	\$1040.00 + HST for up to 12 Participants
d	Additional Participants	\$87.00 + HST for up to a maximum of 18
e	Additional Participants	\$2080.00 + HST per participant form 19-24
f	Travel and Accommodation, if needed	Actual Costs Incurred by Facilitator

1.9.6 Other Fees / Fines

		Fee / Fine
a	Permission to travel outside province	\$50.00
b	Failure to travel to National competition	\$500.00 + any fine levied by Canada Soccer
c	Withdrawing as host (after deadline)	\$500.00
d	Withdrawing a team from a Provincial League (after deadline but before start of season)	\$2500.00 + registration fee
e	Withdrawing a team from a Youth Mega Tournament (after deadline)	\$200.00 + tournament fee
f	Forfeiting a game in Youth Mega tournament	\$300.00
g	Forfeiting a game in Provincial Tournament, including Intermediate and Masters	\$1,000.00
h	Forfeiting a game in a Provincial League	\$2,500.00
i	Player Transfer fee for non-PYL Players	\$25.00
j	Player Transfer Premier Youth Leagues	See Registration Policy
k	Transfer Violation – playing ineligible player	\$200.00
l	Club accepting a Player without a Proper transfer and final NLSA approval	\$250.00
m	Instructor Registration	\$100.00
n	Appeals	\$500.00
o	Failure to attend Pre-tournament meeting –Youth	\$200.00
p	Submitting an Incomplete Game Sheet	\$100.00
q	Association or Club assigning an unqualified	\$50.00

	or unregistered Referee or Assistant Referee to a game	
s	Region/Club player & volunteer registrations received after July 13	\$100.00 per week to a maximum of \$500.00
t	Association or Club assigning an unregistered or unqualified Coach (unless an exemption has been granted) to a game	\$50.00
u	Incomplete Coach Contact Information on the online Credential Form for Tournaments or Jamborees	\$100.00

Levies, fees, fines and other fees for services are payable when rendered. Accounts outstanding more than 30 days may result in a prorated 2% per month service charge being imposed. Accounts not paid in full by the date of any NLSA general meeting will also result in loss of membership privileges at those meetings.

All fines for forfeiting games in any Provincial League must be paid within 10 business days of receipt of the fine or before participation in any Provincial Tournament or League Final Weekend, whichever comes first. Failure to pay by the deadline will result in all players and coaching staff registered with that team being put in bad standing with the NLSA. No player or member of the coaching staff will be eligible to participate in any NLSA activity until the fine has been paid. This fine is not appealable.

RULES FOR CHALLENGE CUP & JUBILEE TROPHY LEAGUES

2.0 ELIGIBILITY

2.1 Team

- 2.1.1 All teams must register with their recognized Regional Association in order to affiliate with the NLSA.
- 2.1.2 Only teams affiliated with and in good standing with their Regional Association will be eligible to participate in any competition under the jurisdiction of the NLSA.
- 2.1.3 Provincial Competitions will be held for each of the following categories:
 - i) Challenge Cup Weekend (Men's Senior)
 - ii) Jubilee Trophy Weekend (Women's Senior)
- 2.1.4 New teams entering Challenge Cup / Jubilee Trophy for the first time will be permitted unlimited use of Intermediate Players for the first year of play only. A team returning to Challenge Cup/Jubilee Trophy must have been out of the league more than three (3) full seasons in order to avail of this rule.
- 2.1.5 No team will be permitted to participate in two (2) tournaments leading to a National Club Competition.
- 2.1.6 No team qualifying for a National Club Competition shall register previously unregistered players after the Provincial Tournament.
- 2.1.7 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.
- 2.1.8 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
- 2.1.9 Youth teams that wish to participate in the Challenge Cup or Jubilee Trophy competition on an exhibition basis must apply to and receive approval from the NLSA Technical Committee.
- 2.1.10 Youth teams that are granted permission by the NLSA Technical Committee to participate in the Provincial Challenge Cup or Jubilee Trophy League on an exhibition basis are restricted to using only minor age players, registered with their same club, on their roster.

2.2 Player

- 2.2.1 Only players registered with a Regional Association shall be eligible to compete in the Challenge Cup or Jubilee Trophy league.
- 2.2.2 All registration for league games must be made at least twenty-four (24) hours prior to participation.
- 2.2.3 In order to participate in a Provincial League or Tournament leading to a National Club Competition each player must be:
- a) a Canadian citizen; or
 - b) a Permanent Resident as defined by the Government of Canada; or
 - c) a Protected Person as defined by the Government of Canada.
 - d) Have received an exemption from Canada Soccer for participation in the National Club Competition (See Exemptions).
- 2.2.4 In order to participate in either the Provincial Challenge Cup or Jubilee Trophy League, a player must be eligible to participate in the corresponding Provincial Tournament leading to a National Club Competition (see section 2.2.3) If an exemption is required as per 2.2.3 d, the exemption must be obtained from Canada Soccer before the player's first game with the club.
- 2.2.5 If a club decides to utilize intermediate players on their Challenge Cup/Jubilee Trophy team, those players will be considered ineligible for Provincial Competition in the Intermediate Division if they have played eight (8) games of the Challenge Cup/Jubilee Trophy regular season games. Medical exemptions will be dealt with on an individual basis and medical documentation must be provided.
- 2.2.6 Regions that have local Intermediate Leagues will retain the right to set limits on the number of games a player can play in Challenge Cup or Jubilee Trophy and still be eligible to continue to play in Intermediate in that region.
- 2.2.7 Premier Youth League players may be called up for an unlimited number of games with a team in the club where they are registered.
- 2.2.8 The final deadline for player registration and transfers is July 31st of the current year of competition. To be eligible for National Competition all players must be entered in the NLSA database by July 31st of the current year of competition.
- 2.2.9 A youth player who wins the right to go to the National/Regional Club Competition at his/her age group is not eligible to play in any senior tournament leading to a National (e.g. Jubilee Trophy or Challenge Cup Weekend).

- 2.2.10 A youth player may play for both a youth team and a senior team only if s/he has first registered with the youth team. A youth player who registers first with a senior team will not be eligible to play for a youth team.
- 2.2.11 A youth player who has played for a senior club team during the regular season is cup-tied to that club for any senior competition.
- 2.2.12 A youth or Masters player who has not won the right to go to the National Club Competition at his/her age group is eligible to play in a senior tournament leading to a National, i.e. Jubilee Trophy or Challenge Cup Weekend provided he/she is on the player list on July 31 of the current year of competition and has met the 25% eligibility criteria.
- 2.2.13 Once a player's name has appeared on a game sheet for a team, in any regular season Challenge Cup or Jubilee Trophy game, s/he is cup-tied. S/he shall not be allowed to play for any other Challenge Cup or Jubilee Trophy team in the current year of competition.
- 2.2.14 In order for a player to be eligible to compete for the Challenge Cup / Jubilee Trophy final weekend that player must have been in uniform and prepared to play in at least 25% of his/her team's regular round robin games. Should a Tier I / Tier II format be used it will be 25% of the total games in round 1 and round 2 combined. Medical exemptions will be dealt with on an individual basis. Supporting documentation must be provided. **The 25% eligibility rule does not apply to youth players playing on a Canada Games team in the Challenge Cup or Jubilee Trophy leagues on an exhibition basis.**

2.3 Coaching Staff

- 2.3.1 One of the coaches of teams participating in the Challenge Cup or Jubilee Trophy league must have a C License, unless an exemption has been granted. (See Exemptions). The Assistant Coach must be Soccer For Life trained.
- 2.3.2 All staff persons listed on the team roster of a Challenge Cup or Jubilee Trophy team participating in league or tournament play must be Police Record Check (PRC) cleared, including Vulnerable Sector Screening (both valid for 12 months) and have completed Respect In Sport (available online on the NLSA web site, www.nlsa.ca).
- 2.3.3 All staff persons listed on the team roster of a Provincial Club Team going to a Canada Soccer National Championship must be PRC cleared, including Vulnerable Sector Screening (both valid for 12 months) and have completed

Respect in Sport (available online on the NLSA web site, www.nlsa.ca).

2.3.4 PRC clearance, Vulnerable Sector Screening and Respect in Sport for all club teams is the responsibility of the club; however, clubs should send notification to the NLSA office verifying the names of the team staff who meet the criteria.

2.3.5 A team's staff should consist of a minimum of a coach, an assistant coach and a manager, one of whom must be the same gender as the team. Teams may have a maximum of five (5) staff.

2.3.6 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 A youth player playing soccer with a given club or region may play Challenge Cup or Jubilee Trophy with a different club or region only when the higher level of competition is not available in his or her own club or region and the approval of the appropriate NLSA Vice-President has been given;

2.4.2 Any player not meeting the required eligibility may apply via the NLSA to the Canada Soccer competitions Committee Eligibility Panel for an exemption. The decision of the Competitions Committee Eligibility Panel is final and binding and not subject to appeal. The deadline for submitting the exemption is July 31st of the current year.

2.4.3 On behalf of teams qualifying for National Club Competitions, where exceptional circumstances exist, the NLSA Business Manager may request, in writing to the Canada Soccer Competitions Manager, special permission to allow players to participate who might not otherwise be eligible.

2.4.4 Any coach not meeting the coaching qualification for Challenge Cup or Jubilee Trophy may request an exemption from the NLSA Technical Director. If granted, this exemption will be valid for one year. This exemption does not entitle the coach to attend the Canada Soccer National Club Championship where an exemption from the Canada Soccer Director of Coaching is required.

3.0 ADMINISTRATION

3.1 Documentation

3.1.1 Regional Directors are responsible for ensuring that any team representing his/her Region in Provincial Competition is properly registered with the NLSA.

3.1.2 All players and team staff must be registered with the NLSA at least 24 hours

before the start of the Challenge Cup or Jubilee Trophy Leagues.

- 3.1.3 Teams must have their Team Credential form at the NLSA office at least 5 days prior to the start of the Challenge Cup or Jubilee Trophy final Weekend.
- 3.1.4 No changes will be permitted to the Team Credential Form within seventy-two hours of the scheduled start of the Provincial Final Weekend without permission from the appropriate NLSA Vice President.
- 3.1.5 All teams entering Provincial Tournaments must be prepared to commence play on Friday and stay the extra day on long weekends, e.g. Labour Day.
- 3.1.6 All teams entering Provincial Tournaments must provide the NLSA office with an appropriate contact name, cell number, and email address.

3.2 Travel and Hotels

- 3.2.1 All teams must make their own arrangements for travel and accommodations.

3.3 Medals and Plaques

- 3.3.1 The NLSA will ensure that a championship plaque or trophy and individual awards for the first place team are provided.
- 3.3.2 All awards may be plaques, trophies or some other appropriate item and are to be presented at the completion of the tournament.
- 3.3.3 In the Challenge Cup League, the team which finishes first in regular season play will be awarded the "Bobby Breen Memorial Trophy" plus two hundred dollars (\$200.00). Jubilee Trophy first place finishers will receive the "Jean Thompson Award" plus two hundred dollars (\$200.00).
- 3.3.4 Players competing as members of youth entries in Challenge Cup and Jubilee Trophy are not eligible to receive individual awards (except the Golden Boot) or All-Star selections as may be presented for league play.
- 3.3.5 Players in Challenge Cup and Jubilee Trophy must participate in a minimum of 70% of their team's schedule to be considered for All-Star or individual awards.

4.0 TECHNICAL

4.1 Administration

- 4.1.1 Only team staff and players listed on the credential form shall be permitted to sit

on the players' bench and play in the Final Weekend.

- 4.1.2 Only players listed on the team Credential Form will be deemed eligible to sit on the players' bench and play in any league game.
- 4.1.3 Any team that submits an incomplete game sheet (not listing eligible players who are on the Team Credential Form) will be subject to disciplinary sanctions. See fines.
- 4.1.4 A maximum of twenty registered players, all of whom may dress, will be permitted on a team in Challenge Cup and Jubilee Trophy Final Weekends.
- 4.1.5 Each team in Challenge Cup is permitted to register a maximum of 25 senior players.
- 4.1.6 Each team in Jubilee Trophy is permitted to use a maximum of 30 players (including call-ups) throughout the season.
- 4.1.7 All clubs in Challenge Cup and JT will be permitted to add senior players registered in any senior league in the province to a maximum of team limits.

4.2 Duration of Play

Age Group	Regular Time	Extra Time	Ball Size
Senior/Open	2 x 45 min. halves	2 x 15 min. halves	5

- 4.2.1 Where specified in these Rules, when the score is tied at the end of regulation time, extra time shall be played as noted in 4.2. If the score is still tied at the end of extra time, the winner shall be decided by taking kicks from the penalty mark, in accordance with FIFA Laws of the Game.

4.3 Team Uniforms and Equipment

- 4.3.1 All players of 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.
- 4.3.2 The higher placed club in the Final Weekend will have first choice of colours
- 4.3.3 All teams shall have two (2) sets of numbered playing uniforms (one light and one dark). A player shall be identified by the same number on both sets of uniforms.
- 4.3.4 Goalkeepers must wear colours (jerseys and socks) that plainly distinguish them from all other players and game officials. Each team goalkeeper must have three

(3) sets of separate and different colour socks. Both the goalkeeper and the substitute goalkeeper must wear the same colour jersey and socks. Goalkeepers who are outfield players must draw the same as their team's players but still wear the same number as on the team roster.

If a team has only 1 keeper the team must bring an additional goalkeeper jersey with a number that is not allocated to any player in the event that an outfield player has to go in net.

All teams must bring an additional light/dark jersey that has no number or a jersey with a number that is not allocated to any player in case blood cannot be removed from a jersey.

- 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 medical 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 Undershirts must be the same colour of the main colour of the shirt sleeve; undershorts/tights must be the same 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.
- 4.3.7 Where tape or similar material is applied externally to a sock it shall be the same colour as the part of the sock to which it is applied.
- 4.3.8 The wearing of shin guards is mandatory for all players in all competitions governed by the NLSA.
- 4.3.9 Appropriate soccer socks, which completely cover the shin guards, must be worn.
- 4.3.10 All shirts must have sleeves.
- 4.3.11 No senior 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.
- 4.3.12 At all provincial tournaments, all splints, braces, etc. must be checked by the Referee-in-Chief. 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.

4.4 Substitutions

- 4.4.1 All games and tournaments leading to a National Club Competition will have a maximum of five (5) substitutions per game as per Canada Soccer Rules and Regulations. 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.
- 4.4.2 If any of the 11 starting players submitted on the start list are not able to begin the match due to injury or illness, they may be replaced by any of the eligible substitutes as long as the referee is officially informed prior to kick-off. The referee will advise the opponents.

Further to the above any injured or ill player who is removed from the start list will no longer be eligible to take part in the match, and thus cannot be selected as a substitute player at any time during the game. Such a change to the start list will not reduce the number of official substitutions that may be made by a team during the match.

Although no longer eligible to play as a substitute, the injured or ill player who was removed from the start list may be seated on the substitutes' bench, and if so, would then be subject to the referee's authority and also be eligible for doping control selection.

Only the players who were identified on the official start list submitted to the referee, or were confirmed as a warm-up injury/illness replacement player, may start the match. In the case of any discrepancies of players on the pitch at the beginning of the match, the matter will be submitted to the League Commissioner.

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

4.5 Discipline

- 4.5.1 Any team which includes an ineligible player (either non-registered, under suspension, etc.) shall forfeit the games/tournament in which the player appears on the line-up and the player in question and/or the coach (es) of the team may be subject to disciplinary action by the NLSA.
- 4.5.2 Any team not showing up for a game in a Provincial/Regional Tournament, without just cause, will lose the game by default with a 3-0 score.
- 4.5.3 Any team withdrawing from a National Competition after declaring their intention to enter will pay a fine of \$500 to the NLSA. This will be in addition to any fines imposed by Canada Soccer.

4.5.4 Any team in Challenge Cup or Jubilee Trophy League or Tournament play that fails to show up for a game without just cause will be fined \$2500 and the final score would be listed as 3-0.

4.6 Format

4.6.1 Seeding for teams entering the Challenge Cup and Jubilee trophy Final Weekends shall be based on the standings at the end of regular season play.

4.6.2 Final weekend playoffs format for Challenge Cup and Jubilee Trophy Leagues shall be as follows:

When four (4) or more senior teams participate in the league

Game 1: 1st place team vs 2nd place team
Game 2: 3rd place team vs 4th place team
Game 3: Loser of Game 1 vs Winner of Game 2
Game 4: Winner of Game 1 vs Winner of Game 3

When three (3) senior teams participate in the league

Game 1: Semi-final 2nd place team vs 3rd place team
Game 2: Championship Game: 1st place team vs Winner Game 1

4.7 Tie Breaking Procedures

4.7.1 In regular round robin league play all games shall be played to regulation time only.

4.7.2 Three points shall be awarded for a win and one point for a tie.

4.7.3 The following criteria shall be used to determine final standings:

(a) Most points in all group matches.

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

(i) Greater number of points in matches between the teams concerned (head to head competition).

(ii) Results for all group matches.

(a) Greater goal difference in all group matches.

(b) Greater number of goals scored in all group matches.

(iii) Kicks from the penalty mark as per FIFA Laws of the Game, at a time

and place decided by the NLSA Rep.

Suspended players cannot participate in the tie-breaking procedure (penalty kicks) and the tie-breaking procedure does not count as time served for a suspension.

- (c) The following must be used to completion if three (3) teams are tied in points in all group matches:
 - (i) Greater goal difference in matches between the teams concerned.
 - (ii) Greater number of goals scored in matches between the teams concerned.
 - (iii) Greater goal difference in all group matches.
 - (iv) Greater number of goals scored in all group matches.
 - (v) Drawing of lots to determine ranking at a time and place decided by the NLSA Rep.

4.7.4 In each situation above, the decision of the NLSA Representative in attendance will be final and binding.