



NEWFOUNDLAND and LABRADOR SOCCER
ASSOCIATION

www.nlsa.ca

Rules and Regulations Manual
Intermediate Championships

March 29, 2020

1.0 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 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 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 with the exception of anything arising from a referee's report on a game sheet.
- 1.4.7 The NLSA Representative will keep track of scores 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 Body for resolution.

1.6.1.3 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 be Police Record Checked (PRC) cleared, including Vulnerable Sector Check. **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 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**

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

1.6.3 Alcohol, Banned and Illegal Drugs

1.6.3.1 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 Bodies and may result in sanctions.

1.6.3.2 The NLSA has zero tolerance in regards to the acquiring, possessing, purchasing or consumption of banned and illegal drugs for all senior players playing 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 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 Policy.

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.

2.0 RULES FOR INTERMEDIATE CHAMPIONSHIPS

2.1 ELIGIBILITY

2.1.1 Team

2.1.1.1 All teams must register with their recognized Regional Association or Club in order to affiliate with the NLSA.

2.1.2 Only teams affiliated with and in good standing with their Regional Association or Club will be eligible to participate in any Senior Mega Championship.

2.1.3 Provincial Championships will be held for each of the following categories:

- i) Men's Senior Tournament
- ii) Women's Senior Tournament

2.1.4 In Mega tournaments, teams must be prepared to play games against

teams in their own region prior to the official start of the tournament on Friday.

- 2.1.5 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.
- 2.1.6 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.
- 2.1.7 Youth teams will not be permitted entry into the Senior Mega Tournament unless there is no tournament at the Youth level in that age group and level and NLSA approval has been given.

2.2 Player

- 2.2.1 Only players registered with a Regional Association shall be eligible to compete in a Senior Club Provincial Championship.
- 2.2.2 Players must be registered with the NLSA office seven (7) days before taking part in a Senior Club Provincial Championship.
- 2.2.3 A player may not register or play for more than one team in the same league or tournament unless s/he has received an official transfer.
- 2.2.4 The final date for transfers is July 31st of the current year of competition.
- 2.2.5 The final deadline for registration is Aug 31st of the current year of competition.
- 2.2.6 A youth player who registers first with a senior team will not be eligible to play for a youth team.
- 2.2.7 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 unless s/he has received an official transfer.
- 2.2.8 Players playing with any intermediate team within a region cannot transfer to or play with any other intermediate team within his/her region or province after the transfer deadline.

2.3 Coaching Staff

- 2.3.1 Coaches of teams participating in a Senior Provincial Mega Tournament

must be Community Coach Certified,

- 2.3.2 All staff persons listed on a team roster that include youth aged players taking part in a Provincial Competition 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 Police Record Check (PRC) clearance, Vulnerable Sector Screening and Respect in Sport training for all club teams is the responsibility of the club; however, club or regional representatives must verify the names of the team staff who meet the criteria by completing the online Credential Form for entrance into the tournament.
- 2.3.4 A team's staff may consist of a coach, an assistant coach and a manager, one of whom must be the same gender as the team.

2.4 Exemptions

- 2.4.1 Any team registering for a Provincial Intermediate Mega tournament may register a maximum of three (3) Intermediate players from Intermediate teams not participating in the tournament.

3 ADMINISTRATION

3.1 Documentation

- 3.1.1 Teams must have their full registration for all tournaments at the NLSA office at least **three (3) weeks** prior to the start of the tournament. Full registration includes: Player Registration, Paid Levies, Team Credential Sheet, Team Information Sheet, Tournament Fee and Coaches' Registration Forms. **Late entries may be accepted no less than 17 days before the start of the tournament and only when accompanied by a late registration fee of \$100.00 and provided the schedule allows for the addition of an extra team.**
- 3.1.2 No changes will be permitted to the Team Credential Form within seventy-two hours of the scheduled start of the Provincial Tournament without permission from the appropriate NLSA Vice President.
- 3.1.3 All teams entering Provincial Tournaments must be prepared to commence play on Friday morning (Thursday evening for Mega Tournaments) and stay the extra day on long weekends, e.g. Labour Day.

- 3.1.4 Regional Directors are responsible for ensuring that any team representing his/her Region in Provincial Competition (or a qualifying game to determine a regional representative) is properly registered with the NLSA.
- 3.1.5 All teams entering Provincial Tournaments must provide the NLSA office with an appropriate contact name, telephone number, fax 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 Attendance at Meetings

- 3.3.1 All teams must have a representative at any pre-tournament meeting scheduled by the NLSA Vice President, if s/he deems it necessary. Any team not represented at scheduled meetings will be fined \$200.00. (See NLSA Fees and Fines)

3.4 Awards

- 3.4.1 The NLSA will provide a championship plaque or trophy and individual awards to the winning team of each championship.
- 3.4.2 At all senior tournaments sponsored by the NLSA, the host is responsible for a Most Valuable Player (Overall) and a Most Sports minded Player (Overall) for each championship.
- 3.4.3 All awards may be plaques, trophies or some other appropriate item and are to be presented at the completion of the tournament.

4 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 during competition.
- 4.1.2 Only players listed on the team Credential Form will be deemed eligible to play in any given 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 In Senior Mega tournaments the total number registered with the team for the season will be permitted to register for the Provincial Tournament.
- 4.1.5 A maximum of twenty (20) players may be written on each game sheet.
- 4.1.6 Teams must have a minimum of thirteen (13) players to register for a tournament.
- 4.1.7 Teams must have a minimum of nine (9) players to start a game.
- 4.1.8 Teams must have a minimum of seven (7) players on the field of play or the game will cease.

4.2 Duration of Play

Age Group	Regular Time	Extra Time	Ball Size
Senior/Open	2 x 40 min. halves	2 x 10 min. halves	5

- 4.2.1 In regular round robin play ties stand. If a winner is required all games will go directly to shots from the penalty mark in accordance with FIFA Laws of the Game.
- 4.2.2 In the championship game, 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 When the colours of the competing teams are similar, home teams (**the team listed first on the schedule**) shall use alternate colours.
- 4.3.2 Goalkeepers shall wear colours that plainly distinguish them from all other players and game officials.
- 4.3.3 All jerseys must be clearly numbered as per FIFA Rules. The number of the player's jersey must correspond to the number listed with the player's name on the game sheet.
- 4.3.4 Players are not permitted to wear anything that is dangerous to themselves or other players. **NO jewellery:** that includes rings, bracelets (except medical alert bracelets – which 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 jewellery is not

acceptable.

- 4.3.5** Undershirts must be the same colour of the main colour of the shirt sleeve; or the same pattern as the 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.
- 4.3.6** Where tape or similar material is applied externally to a sock it shall be clear or the the same colour as the part of the sock to which it is applied.
- 4.3.7** The wearing of shin guards is mandatory for all players in all competitions governed by the NLSA.
- 4.3.8** Appropriate soccer socks, which completely cover the shin guards, must be worn. Socks cannot be cut.
- 4.3.9** All shirts must have sleeves.
- 4.3.10** No player will be permitted to play while wearing a hard, plastic or fibre glass cast. Soft casts (gel or sponge) will be permitted provided the cast is properly and adequately padded and referee approval is obtained.
- 4.3.11** 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 tournaments will have unlimited substitutions per game.
- 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** Please refer to the NLSA Discipline Policy

4.6 Format

- 4.6.1 Regions shall be seeded based on the previous year's results.
- 4.6.2 Regions that did not participate in the previous year's Provincial Tournament will be placed as low seeds as determined by the appropriate NLSA Vice President.
- 4.6.3 At all senior mega tournaments the appropriate NLSA Vice President, in consultation with the host committee, will draw up the schedule.
- 4.6.4 When drawing up the schedule the NLSA office will ensure that each team has at least the equivalent of one game rest period between the end of one game and the start of another.

4.7 Tie Breaking Procedures

- 4.7.1 In senior tournaments or parts of a senior tournament organized on a knock-out basis, competing teams shall play a game until a winner is declared. In the event that a game has not been decided by goals 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 a regular round-robin tournament all games shall be played to regulation time only, except as specified in 4.7.3.
- 4.7.3 In any three (3) team round robin, whether part or whole of the competition, the third game shall be played to a decision if the team **not** participating has zero points, has been suspended or has withdrawn.
- 4.7.4 Three points shall be awarded for a win and one point for a tie.
- 4.7.5 The following criteria shall be used to determine the 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.

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