



NEWFOUNDLAND and LABRADOR
SOCCER ASSOCIATION

www.nlsa.ca

Rules and Regulations Manual
Challenge Cup, Jubilee Trophy, PYL U13-U17, PYL U12, and
Regional Masters Leagues

April 12th 2023

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.
- 1.1.2.** **For the 2023 season please refer to Section 5 of this document for regulations concerning PYL U12 Division**

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 any conflict the NLSA Policies and Bylaws take precedence.
- 1.2.4.** The 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 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 Competitions Committee 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, and followed up in writing within 24 hours.
- 1.3.1.3.** Damage by a team to any property, other than his/her (their) own shall be the financial responsibility of and dealt with by the club.
- 1.3.1.4.** 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 Chair of the Competition Committee will appoint a NLSA Representative for any competition including the Final Weekend of Challenge Cup and Jubilee Trophy.
- 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 of the teams participating in the competition.

1.5.2. The NLSA office will provide the host club with the name, telephone number, and email address of the contact person for each team entering the competition.

1.5.3. 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.

1.6. 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 should be sent to the NLSA Judicial Body ethics@nlsa.ca 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 Enhanced Police Information Check (E-PIC). **For this purpose, a E-PIC 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

Activity Leaders and Safe 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 Body 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.

1.8. AFFILIATION

1.8.1. All players, team staff and officials on any Challenge Cup, Jubilee Trophy or PYL roster must be registered in the NLSA database at least five business days 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 the player's first game.

2. ELIGIBILITY

2.1. Teams

- 2.1.1.** All teams must register with their recognized Club in order to affiliate with the NLSA.
- 2.1.2.** Only teams affiliated with and in good standing with their Clubs will be eligible to participate in any competition under the jurisdiction of the NLSA.
- 2.1.3.** Club teams are permitted at this level of soccer. A club team is defined as a team where all players are registered with one club.
- 2.1.4.** A multiple club team is defined as a team that has representatives from more than one club. Multiple club teams are permitted with the permission of the Competitions Committee. Multiple club teams will be considered in areas of the province with limited numbers.
- 2.1.5.** Provincial Competitions will be held for each of the following categories:
- a)** Challenge Cup Weekend (Men's Senior) – Open Age
 - b)** Jubilee Trophy Weekend (Women's Senior) –Open Age
 - c)** Masters Men – Over 35 Men – All players must be thirty-five (35) (and over) years of age prior to January 1 of the current year.
 - d)** Masters Women – Over 30 All players must be thirty (30) (and over) years of age prior to January 1 of the current year.
 - e)** U17 – All players under 17 years of age before January 1 of the current year.
 - f)** U15 – All players under 15 years of age before January 1 of the current year.
 - g)** U13 – All players under 13 years of age before January 1 of the current year.
 - h)** Starting in the 2024 season the U17 Tier 2 age group will be replaced with a U18 Tier 2 age group. U17 Tier 1 will still be the league that leads to the Canada Soccer Club Nationals.
- 2.1.6.** If a club team participates in a Premier Youth League, players on that club team are not eligible to participate in any Mega tournament unless an exemption has been granted. (See exemptions.)
- 2.1.7.** To be eligible to participate in a NLSA Provincial League(Tier 1) or a Canada Soccer National/Regional Club Championship a team must have a minimum of seventeen (17) registered players who are eligible.

- 2.1.7.1. For clubs with two teams in the same age division in PYL with a minimum of 30 players, the Chair Competitions Committee will have the authority to permit teams to select players from the Tier II team to the Tier I team, to meet the requirement of a minimum 17 players.
- 2.1.8. Teams must be able to field a minimum of fifteen (15) players to participate in a National/Regional Championship. Teams who fail to meet this minimum standard will be subject to sanction by Canada Soccer.
- 2.1.9. No team will be permitted to participate in two (2) tournaments leading to a National or Regional Club Competition.
- 2.1.10. No team qualifying for a National or Regional Club competition shall register previously unregistered players after the Provincial Tournament.
- 2.1.11. The decision to allow exhibition teams in any Challenge Cup, Jubilee Trophy or Premier Youth League will be at the discretion of the Competitions Committee in consultation with the NLSA technical staff. In cases where exhibition teams are entered points will count for both teams.

2.2. Players

- 2.2.1. Only players registered with a Club shall be eligible to compete in any Provincial League.
- 2.2.2. In order to participate in a Challenge Cup, Jubilee Trophy, Premier Youth or Masters League or Tournament leading to a National/Regional 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; or
 - d) Have received an exemption from Canada Soccer for participation in the National Club Competition (See Exemptions)
- 2.2.3. In order to participate in an U13 League leading to a Regional Club Competition each player must have met all requirements for registration with the NLSA to be a registered member of the club they are representing.
- 2.2.4. In order to participate in the Challenge Cup, Jubilee Trophy, Masters or Premier Youth League, a player must be eligible to participate in the corresponding Provincial

Tournament leading to a National/Regional Club Competition. Any exemption must be obtained from Canada Soccer annually before the player's first game with the club.

- 2.2.5.** A player may not register or play for more than one team in the same league in the same year.
- 2.2.6.** Once a player's name has appeared on a game sheet for a youth or senior team, in any regular season game, s/he is cup-tied to that team. S/he shall not be allowed to play for any other team in that league in the current year,
- 2.2.7.** Youth players may be called up to a Challenge Cup or a Jubilee Trophy team for an unlimited number of games in the club where they are registered.
- 2.2.8.** Youth players from a lower level of competition may be called up to a PYL team for a maximum of 5 games. The first call-up (tier 1 or tier 2) renders you now cup tied to that team. You can only have an AP on the game sheet if you have less than 15 players available on the roster. No special permission will be given. It is the coaches/manager's responsibility to keep track of how many games an AP player plays. Sanctions may apply if a player is called up for more than 5 games.
- 2.2.9.** Call-ups in all Premier Youth Leagues must be identified with the notation (AP) on the game sheet. Failure to comply will result in an incomplete game sheet and will be subject to fines.
- 2.2.10.** A youth player may not play in more than one Provincial Youth Competition in the current season except as outlined in exemptions. (See exemptions).
- 2.2.11.** Youth players playing at the Challenge Cup or Jubilee Trophy level must play a minimum of 50% of their youth team's league games to be eligible to play in the PYL Final Weekend.
- 2.2.12.** A youth player who wins the right to go to the National Club competitions at his/her age group is not eligible to play in any senior tournament leading to a National, (Challenge Cup or Jubilee Trophy Final Weekend). A youth 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 competition, i.e. Jubilee Trophy or Challenge Cup Weekend provided they have met the 25% eligibility criteria.
- 2.2.13.** 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.
- 2.2.14.** 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 1/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.

- 2.2.15. The final deadline for player registration and inter-provincial 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. No transfers are permitted between teams in any Provincial League.
- 2.2.16. No person may participate as an official and a player in the same league. Once a person plays in a league, s/he is tied as a player. Once a person officiates in a league, s/he is tied as an official. Whichever comes first will dictate his/her role for the remainder of the season.
- 2.2.17. Clubs at the U13 level may request permission to use underage or overage players when a club's technical director has deemed it is in the player's best interest to play at a higher or lower level than his/her age group. This could be deemed appropriate based on the player's date of birth, physical size, technical ability, etc. Application must be made to the NLSA Technical Department.

2.3. Coaching Staff

2.3.1. Minimum Coaching qualifications for 2023

Challenge Cup and Jubilee Trophy		
Year	Head Coach	Assistant Coach(es)
2023	C License Trained	C License Trained
Premier Youth Leagues Tier 1		
Year	Head Coach	Assistant Coach
2023	C License Trained	C License Trained
Premier Youth Leagues Tier 2		
Year	Head Coach	Assistant Coach
2023	Soccer for Life	Soccer for Life

- 2.3.2. The minimum coaching requirements for any NLSA tournament or league that leads to a Canada Soccer event is at minimum the coaching requirements set for that Canada Soccer event.
- 2.3.3. All staff persons listed on the team roster of a Challenge Cup, Jubilee Trophy, Masters or Premier Youth League must be E-PIC cleared (valid for 12 months) and have completed Respect in Sport for Activity Leaders and Safe Sport Training (available online on the NLSA website www.nlsa.ca). E-PIC must be renewed by March 14 of the current year and submitted to the NLSA with the team registration for the league.
- 2.3.4. 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 Challenge Cup, Jubilee Trophy or PYL team; this may not be a player. Teams may have a maximum of five (5) staff.

- 2.3.5.** For the requirement that a team official be the same gender as the team, at the Masters level this may be a player/coach.

2.4. Exemptions

- 2.4.1.** A youth player playing soccer with a given club may play Challenge Cup or Jubilee Trophy with a different club only when the higher level of competition is not available in his or her own club and the approval of the Competitions Committee has been given.
- 2.4.2.** Any player not meeting the required eligibility may apply via the NLSA to the Canada Soccer Competitions Eligibility Panel for an exemption. The decision of the Canada Soccer 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 and must be applied for annually.
- 2.4.3.** On behalf of teams qualifying for National club competitions, where exceptional circumstances exist, the NLSA Executive Director may request, in writing to the Canada Soccer Events Coordinator for National Championships, special permission to allow players to participate who might not otherwise be eligible.
- 2.4.4.** Provincial team youth players who are not playing in the Premier Youth League may participate in the Mega tournament with their home club.
- 2.4.5.** Clubs must apply to the Chair of the Competitions Committee who will forward the request to the NLSA technical staff for evaluation and approval to use any other PYL player (including Provincial team players) in a Mega tournament. In evaluation this request the Technical Staff will consider the following:
- a) The number of PYL players requested.
 - b) The residence of the PYL players requested.
 - c) The total number of age eligible players registered with the club.
 - d) The number of players in the region available to the club who are not PYL players.
 - e) No player playing in or called up to the Challenge cup or Jubilee Trophy league will be eligible to play in any Youth mega Tournament.
- 2.4.6.** A player may play in more than one Provincial tournament if the player has been

approved by the Competitions Committee through the Chair as an emergency “call-up” as defined by the specific 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 of competition. Call-ups must meet the eligibility requirements specified in these rules and cannot increase the roster beyond the number of players as of July 31st.**

- 2.4.7. Any player in a club without a PYL team for his/her age group may register in another region for a PYL team and may apply to the Chair of the Competitions Committee for an exemption to return to his/her club to play for a senior level team. The decision of the NLSA is final and not appealable.

3. ADMINISTRATION

3.1. Documentation

- 3.1.1. Teams in the Challenge Cup, Jubilee Trophy and Premier Youth Leagues must pay their full league registration fee by March 14th of the current year. Masters teams must have their Credential Form and registration fee into the NLSA office 3 weeks before the start of the qualifying tournament for the Regional Masters.
- 3.1.2. All teams in the Challenge Cup, Jubilee Trophy and Premier Youth Leagues must have a start-up roster registered in the NLSA database 5 business days prior to the start of Game #1 of the appropriate league. **Note: this may be before the team’s first game of the season. Players added after Game #1 must be registered 24 hours before they can play in the league.**
- 3.1.3. If a club makes changes to a team’s online registration form, the club is responsible to send an updated registration form to the NLSA office.
- 3.1.4. All teams entering the Challenge Cup, Jubilee Trophy or Premier Youth Leagues must provide names, cell phone numbers and email addresses of all team staff in the registration platform 5 business days prior to the start of the season.
- 3.1.5. Each team entering the Challenge Cup, Jubilee Trophy, or PYL Final Weekend must submit a registration form with a maximum of 20 players to the NLSA office on a date determined by the Competitions Committee.
- 3.1.6. No changes will be permitted to the online Team Credential Form within seventy-two hours of the scheduled start of the Provincial Tournament without the permission of the Competitions Committee.

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 minimum of one representative per team at any meeting (in person or virtual) called by the Competitions Committee for the league in which they are participating. Failure to do so will result in a fine. In the case of special circumstances, exemptions may apply, provided approval has been given prior to the meeting. Team coaches, club Technical Directors will be notified of the time and location of the meeting.

3.4. Awards

3.4.1. The NLSA will ensure that a championship plaque or trophy is provided for each competition level. Individual awards will be provided for the first place team at the Challenge Cup and Jubilee Trophy levels. Prize money will be awarded following the Championship weekend as follows:

- a) First Place winners \$1000.00
- b) Second Place \$500.00
- c) Third \$250.00

Gold, Silver and Bronze medals will be provided at each age group in PYL

3.4.2. All awards may be plaques, trophies or some other appropriate item and are to be presented at the completion of the tournament.

3.4.3. In the Challenge Cup League, the team that finishes first in regular season play will be awarded the “Bobby Breen Memorial Trophy” plus two hundred dollars (\$200). Jubilee Trophy first place finishers will receive the “Jean Thompson Award: plus two hundred dollars (\$200).

3.4.4. 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.

3.4.5. Players in Challenge Cup and Jubilee Trophy must participate in a minimum 55% of their team’s schedule to be considered for All-Star or individual awards.

3.4.6. MVP Medals will be presented after the Championship games in U13, U15 and U17 divisions

4.0 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.

- 4.1.2** Any team that submits an incomplete game sheet will be subject to disciplinary sanctions. See fines.
- 4.1.3** A maximum of twenty (20) registered players are permitted on a game sheet for any game.
- 4.1.4** Maximum number of players registered per team

League	Maximum Number Registered	Maximum Number of any Game sheet
Challenge Cup	25*	20
Jubilee Trophy	25	20
Masters	25	20
PYL	20 + call-ups	20

*Challenge Cup and Jubilee Trophy teams may have a maximum of 25 individual players on their roster, including call-ups. However, teams can call up intermediate players who are U23 without any limit. These players will not be counted towards the 25 roster spots.

U23 - All players under 23 years of age before January 1 of the current year. For the 2023 season this would be a player born in 2000 or later.

4.2 Duration of Play

4.2.1 Duration of Play for Regular season games

League	Regular Time	Extra Time	Ball Size
Challenge Cup	2 x 45 min. halves	None	5
Jubilee Trophy	2 x 45 min. halves	None	5
Masters	2 x 40 min. halves	None	5
U17	2 x 45 min. halves	None	5
U15	2 x 40 min. halves	None	5
U13	2 x 35 min. halves	None	4

4.2.2 Duration of Senior Playoff Games and Youth Medal Games

League	Regular Time	Extra Time	Ball Size
Challenge Cup	2 x 45 min. halves	2 x 15 min. halves	5
Jubilee Trophy	2 x 45 min. halves	2 x 15 min. halves	5
Masters	2 x 40 min. halves	None	5
U17	2 x 45 min. halves	2 x 15 min. halves	5

U15	2 x 40 min. halves	2 x 10 min. halves	5
U13	2 x 35 min. halves	2 x 10 min halves	4

4.2.3 On Final Weekend, in all Challenge Cup and Jubilee Trophy games and in all Youth medal games, when the score is tied at the end of regulation time, extra time shall be played as noted in 4.2.2. If the score is still tied at the end of extra time, the winner shall be decided by the taking of kicks from the penalty mark, in accordance with FIFA Laws of the Game.

4.2.4 In Masters and in Youth 1 vs. 4 and 2 vs. 3 games on Final Weekend, if the score is tied at the end of regulation time and a winner is necessary, the game will go directly to kicks from the penalty mark.

4.3 Field Size for U13 PYL

	Recommended	Minimum	Maximum
Width	65-70 yards	60 yards	75 yards
Length	100-110 yards	100 yards	115 yards

4.4 Team Uniforms

4.4.1 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.

4.4.2 All teams must have two (2) sets of numbered playing uniforms (one light and one dark). A player must be identified by the same number on both sets of uniforms.

4.4.3 Goalkeepers must wear colors (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.

4.4.4 No purple team uniforms can be used.

4.4.5 All players, including called up players (AP) , must wear a uniquely numbered uniform. No two players can wear the same jersey number in any given game.

4.4.6 Goalkeepers who are outfield players must dress the same as their team's players but still wear the same number as on the team roster.

4.4.7 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.

- 4.4.8** All teams must bring an additional light/dark jersey that has no number of a jersey with a number that is not allocated to any player in case blood cannot be removed from a jersey.
- 4.4.9** The Provincial Youth League and Tournament Coordinator will inform the teams of the colors that they shall wear for each match. Teams who fail to wear the assigned colors, without the permission of the Provincial Youth League and Tournament Coordinator, will be subject to sanction.
- 4.4.10** Players are not permitted to wear anything that is dangerous to themselves or other players. **NO jewelry:** that includes rings, bracelets (except medic alert bracelets that must be either made of Velcro or similar soft material or covered with a sweatband), earrings, necklaces, other visible body piercing, etc. The practice of taping jewelry is not acceptable.
- 4.4.11** Undershirts must be the same colour of the main colour of the shirtsleeve; undershorts/tights must be the same colour as the main 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.
- 4.4.12** Where tape or similar material is applied externally to a sock it shall be clear or the same colour as the part of the sock to which it is applied.
- 4.4.13** The wearing of shin guards is mandatory for all players in all competitions governed by the NLSA.
- 4.4.14** Appropriate soccer socks, which completely cover the shin guards, must be worn.
- 4.4.15** All shirts must have sleeves.
- 4.4.16** At the referee's discretion, goalkeepers are permitted to wear baseball caps if the sun is directly in the keeper's eyes.
- 4.4.17** No player will be permitted to play while wearing a hard, plastic or fiberglass cast. Soft casts (gel or sponge) will be permitted provided the cast is properly and adequately padded and referee approval is obtained.
- 4.4.18** In all league games, all splints, braces, etc. must be checked by the head official in attendance. Canada Soccer Guidelines will be used in determining the acceptance or rejection of the equipment. It is the responsibility of the coach to ensure that all equipment is presented for inspection.

4.5 Substitutions

- 4.5.1** All games and tournaments leading to a National/Regional Club Competition shall have

substitutions as listed in the chart below. This shall include regular and extra time periods; however, unlimited substitutions will be permitted at half time and at the end of regulation time prior to extra time. No substitutions between end of extra time and kicks from the penalty mark. Players who are substituted out are permitted to re-enter.

League	Regulation and Extra Time Substitutions	At half time	Before Extra Time
Challenge Cup	5	Unlimited	Unlimited
Jubilee Trophy	5	Unlimited	Unlimited
Masters	Unlimited	Unlimited	NA
U17	5	Unlimited	Unlimited
U15	5	Unlimited	Unlimited
U13	7	Unlimited	Unlimited

4.5.2 In **Challenge Cup, Jubilee Trophy and Premier Youth Leagues**, if any of the starting 11 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.

4.5.2.1 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 substituted 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 a match.

4.5.2.2 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 eligible for doping control selection.

4.5.3 Only the players 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 Competitions Committee.

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

4.6 Discipline

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

4.7 Format

- 4.7.1** The format for Challenge Cup, Jubilee Trophy and Premier Youth Leagues will be a round robin. The number of teams entered in the league will determine the number of games played.
- 4.7.2** The format for the qualifying tournament for the Eastern Canadian Masters Competition will be determined by the number of teams entered.
- 4.7.3** Seedings for teams in the Final Weekend of the Challenge Cup, Jubilee Trophy and Premier Youth Leagues shall be based on the standings at the end of regular season play.
- 4.7.4** Final Weekend Formats for Challenge Cup, Jubilee Trophy and Premier Youth Leagues are as follows:

Number of Teams	Format
2	Best 4 out of 7 games to be completed by July 31 st of the year of competition
3	Game 1 – 2 nd v 3 rd Game 2 – 1 st v Winner Game 1 {Gold Medal}
4 or more	Game 1 – 1 st v 4 th Game 2 – 2 nd v 3 rd Game 3 – Loser Game 1 v Loser Game 2 {Bronze Medal} Game 4 – Winner Game 1 v Winner Game 2 {Gold Medal}

4.8 Tie Breaking Procedure

- 4.8.1** In regular league play all games shall be played to regulation time only.
- 4.8.2** Three points shall be awarded for a win and one point for a tie.
- 4.8.3** The following criteria shall be used to determine final standings:
- a)** Most points in all group matches.
- 4.8.4** If two (2) teams are tied in points in all group matches:
- a)** Greater number of points in matches between the teams concerned (head to head competition);
 - b)** Greater goal difference in all group matches;
 - c)** Greater number of goals scored in all group matches.

- d) Kicks from the penalty mark as per the Laws of the Game, at a time and place decided by the Competitions Committee.
- e) Where kicks from the penalty mark are used for tie breaking players under suspension are not eligible to participate; however, this does not constitute the serving of any disciplinary suspension already awarded.

4.8.5 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) Greater number of goals scored in all matches between the teams concerned.
- c) Greater goal difference in all group matches.
- d) Greater number of goals scored in all group matches.
- e) Drawing of lots to determine ranking at a time and place decided by the Competitions Committee.
- f) In each situation above, the decision of the Competitions Committee is final and binding.

5.0 Premier Youth League U12 (2023 Season)

5.1 Eligibility

5.1.1 Team

- 5.1.1.1** All teams must be registered members of clubs within the NLSA membership.
- 5.1.1.2** Only teams in good standing within their club and the NLSA will be eligible to participate in the U12 PYL.
- 5.1.1.3** Clubs may enter any number of teams in the U12 PYL.
- 5.1.1.4** Clubs may register for either Tier 1 or Tier 2.

5.1.2 Player

- 5.1.2.1** Only players registered with a club and entered in the NLSA database shall be eligible to participate in the U12 PYL.
- 5.1.2.2** All players must be under 12 years of age prior to the start of the current year. Ideally this league should be a single age year competition. Call ups are permitted.

- 5.1.2.3** Clubs at the U12 level may request permission to use underage or overage players when a club's technical director has deemed it is in the player's best interest to play at a higher or lower level than his/her age group. This could be deemed appropriate based on the player's date of birth, physical size, technical ability, etc. Application must be made to the NLSA Technical Department through the Competitions Committee..

5.2 Coaching Staff

- 5.2.1** All coaches and assistant coaches of teams participating in the U12 PYL must have completed Learning to Train. If one of them is not available 24 hours before a game, notification of a replacement coach must be sent to the NLSA Technical Department for approval.
- 5.2.2** A team's staff may consist of a maximum of three members, one of whom must be the same gender as the team and must be on the bench for all games. If one of them is not available 24 hours before a game, notification of a replacement coach must be sent to the NLSA Technical Department for approval.
- 5.2.3** All staff persons listed on a Team registration form for U12 PYL must be Enhanced Police Information Check (E-PIC) (valid for 12 months) and Completed Respect in Sport for Activity Leaders and Safe Sport (available on the NLSA website www.nlsa.ca), Making Ethical Decisions, Making Headway and EAP
- 5.2.4** Coaches should not be shouting directions to players. There will be 2 stoppages of play in each playing half plus 6 minutes between playing halves for coaches to make substitutions and give instructions.

6.0 Administration

- 6.1** In order to facilitate all clubs within the Province there will be 2 Entry points for the U12 PYL.
 - 6.1.1** League Phase – early to mid-May start date
 - 6.1.2** Final Identification Tournament Phase – All clubs in the province may enter the Final tournament even if they have not been able to participate in the League Phase.
- 6.2** Entry Rules
 - 6.2.1** Clubs may rebalance rosters during each phase.
 - 6.2.2** At the discretion of the NLSA Technical Department, teams may be moved between tiers during each phase if the team is clearly misplaced.
- 6.3** Attendance at Meetings
 - 6.3.1** The NLSA will hold mandatory coach meetings at the start of each entry phase, midway through the season and at the end of each phase. Discipline action may be taken against any coach who does not attend.

6.4 Awards

6.4.1 Scores and standings will be kept throughout each session.

6.4.2 The Identification Tournament will be a competitive tournament with standings, medals and awards.

7.0 Technical

7.1 Administration

7.1.1 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.

7.1.2 Team Uniforms

7.1.2.1 For the 2023 season all teams will be required to have one set of jerseys with matching socks and a set of different color pinnies. In the case of a conflict in colors, the team listed as the away team in the schedule must wear their pinnies.

7.1.2.2 Goalkeepers shall wear colours that plainly distinguish them from all other players and game officials.

7.1.2.3 No purple team uniforms can be used.

7.1.2.4 All players, including called up players, must wear uniquely numbered uniforms.

7.1.2.5 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.

Socks: if tape or similar material is applied externally it must be the same colour as the part of the sock it is applied to or clear.

7.1.3 The wearing of shin guards is mandatory for all players in all jamborees governed by the NLSA.

7.1.4 Appropriate soccer socks, which completely cover the shin guards, must be worn.

7.1.5 No player registered as a youth will be permitted to play while wearing a cast of any kind – hard or soft.

8.0 Format

The number of games in each session will be determined by the number of teams entered.

8.1 Technical Chart

Retreat Line	None.
Ball Size	4
Penalty Kick	For a deliberate handball, that clearly denies an obvious goal scoring opportunity.
Assistant Referee	None
Offsides	None
Game Format	9 x 9
Squad Size	12-18
Game Duration	2x30 mins 10 min shifts
Stoppages	1 min. stoppages at 10 min and 20 min for the coach to give instructions and make substitutions
Time between Playing Halves	6 minutes for coaches to give instruction.
Field Size (Min/Max Width)	42 – 55 m
Field Size (Min/Max Length)	60 – 75 m
Goal Size – Goal Area and Penalty area	6 ft x 18 ft 5m from post and goal line 13m from post and goal line. Penalty Mark 10 m from goal line
Substitutions	Unlimited during stoppages as noted above and between playing halves.
Free Kicks	All free kicks are indirect, opponents of the team taking the kick are at least 6 referee steps from the ball until it is in play.
Playing Time	Each player should get at least 30 mins of playing time.
Start and Restart of Play	As per FIFA
Corner Kicks	As per FIFA
Fouls and Misconduct	As per FIFA, Misconduct must be dealt with by the coach. The referee will blow the whistle and a substitution must be made for the player concerned.

