



Updated April 27, 2016

YKASL Rules & Regulations

1. THE LEAGUE

The Yellowknife Adult Soccer League (YKASL) is a volunteer run organization that provides an opportunity for adults to develop their skills, stay in shape and play soccer in an enjoyable environment. The League abides by the FIFA Laws of the Game as outlined and approved by International Football Association Board (IFAB), insofar as they may apply, and expects its members to exhibit good sportsmanship and fair play at all times.

2. BOARD OF DIRECTORS

Each year the YKASL depends on ambitious, organized and motivated individuals to volunteer their skills to help run the League. The YKASL Board of Directors is comprised of a President, Vice President, Treasurer, Secretary, and a maximum of three (3) additional Directors. The general responsibilities of these positions are outlined in Articles 11.12-11.16 of the YKASL *Bylaws*. Members interested in contributing their specific skill-set or experience to the YKASL are more than welcome to put their name forward for a position which reflects their interest.

The Board of Directors will meet at minimum:

- once prior to the YKASL's Annual General Meeting (AGM) to prepare discussion topics;
- during the YKASL AGM with the rest of the membership;
- at least once throughout each season in order to stay on top of issues and suggestions that may arise; and
- once following the end of each season to evaluate the season and plan for the following year.

3. REGISTRATION

Deadlines for the submission of team fees for both the indoor and outdoor seasons will be established at the YKASL AGM and communicated to the Membership. Any teams that miss the deadline will not be included on the schedule for the remainder of the season.

All teams are required to have all of their players registered online with the NWT Soccer Association and they must appear on the YKASL game sheet prior to playing their first regular season game.

Performance Bond

A portion of each team's fee goes towards their performance bond. The purpose of the performance bond is to encourage teams to take an active role in the YKASL. The performance bond is currently \$250 for each season and any portion remaining at the end of that season will be returned.

Teams will lose \$50.00 from their performance bond when:

- a Team Captain or representative from the team (who is not already on the Board of Directors) fails to show up for a Team Captain's meeting;
- a team doesn't have two (2) representatives present for any pre- and mid-season Rules Clinic;
- a team cancels a game without giving the other team's captain(s) **and** the Referee Coordinator 48 hours' notice; and



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- the Board of Directors imposes a fine due to inappropriate conduct. Please note that in such a case the Team's entire performance bond may be surrendered.

Teams that forfeit their entire performance bond will be required to post an additional \$250.00 prior to their next scheduled game. The team in question will forfeit every scheduled game until they have re-posted \$250.00 with the League.

4. ROLE OF THE COACH

Any teams with 5 players under the age of 21 on their roster require a coach who has been approved by the Board, and whom must be at least 21 years of age. The role of the coach is as follows:

1. to ensure all players on the team conduct themselves in an appropriate manner that respects the principles, *Bylaws*, the *Rules and Regulations*, and policies of the YKASL;
2. to respect the decision of the match official and to always act in a respectful and courteous manner; and
3. to encourage the enjoyment of the sport of soccer and support for the YKASL.

5. COACH RESPONSIBILITIES

Any individual may apply to the Board to be a coach for a team, including players of the team in question. The Board may approve an individual as a coach for a single or for multiple seasons. At least one of the approved coaches must be present in order for the team to be eligible to play.

If a coach fails to conduct himself in an appropriate manner which encourages fair play, good sportsmanship, and proper conduct, the coach may receive a written warning from the League or be removed that position immediately by receiving written notice from the League.

6. TEAM RESPONSIBILITIES

In order for the YKASL to operate successfully, each team is expected to contribute to the operations of the league so that the work is shared equally amongst all teams. Each team is required to identify at least three (3) individuals on their roster as team captains. This ensures that when meetings are called a team representative is available to attend, and when communications are circulated to teams, information can be disseminated efficiently.

Each team is required to put forth the name of two (2) representatives to attend all Rules Clinics to ensure that our teams are knowledgeable about the *Laws of the Game*. Team captains and coaches are expected to act as role models on and off the field, to support the referee's decisions, and enforce suspensions of teammates.

If a team allows a player to play during a game when they are under suspension from the YKASL or the NWTSA, or if a team plays using a player who is not on the game-sheet at the time of the match, or a team who requires a coach does not have a coach present, the game in question will be rendered a 3-0 forfeit against the team who committed the offense and be required to pay any applicable fines (see Table #2).

7. PLAYER RESPONSIBILITIES

All players must respect the decision of the referee and conduct themselves according to the principles of sportsmanship and fair play according to the NWTSA and YKASL *Bylaws*, the *Rules and Regulations*, and policies. Players are only permitted to play in one Division and for one team within a single season.

8. REFEREE RESPONSIBILITIES

Referees will be paid \$45 per game and linesmen and assistant referees will be paid \$22.50 per game. Referees must show up at the field prior to the game and conduct a safety check and ensure that all players adhere to the NWTSA's *Player Equipment Policy*. Referees must confirm that only eligible players are involved with the match (i.e., they appear on the game-sheet and are not suspended).

Following each match, the referee must input the game scores and any carded offenses into the website within 12 hours so that any automatic suspensions can take effect prior to that team's next game. Should a serious injury occur during a match, the referee shall inform the affected individual or nearest relative to complete the NWT Soccer Injury Report Form http://nwtsoccer.ca/files/nwt_soccer_injury_report_form.pdf.

It is the responsibility of each referee to be familiar with and follow the NWTSA's *Weather Policy*.

The referee has the authority to cancel a match if one or both of the teams are not on the pitch and ready to play within 15 minutes from the scheduled start time. The referee must notify the Referee Coordinator which team(s) failed to field the minimum number of players within 18 hours, as they will lose a portion of their performance bond (see Table #2). The Referee Coordinator shall inform the League Treasurer immediately upon receipt. The referee shall input a score of 3-0 for the team who was able to field a team, however, if both teams fail to field enough players the referee should not enter a score in the website as the game shall be considered 'nill-nill' and no points awarded to either team (as entering a score of 0-0 would result in each team receiving 1pt).

9. REGULAR SEASON AND PLAYOFF FORMAT

The structure of a season will be determined prior to the beginning of each season. Any new teams to the YKASL or teams wishing to change divisions from the previous season in which they played, must notify the League at the appropriate meeting. Prior to or during a season, the Boards of Directors may place or move teams into a specific division in order to promote fair play and sportsmanship.

For the indoor season, teams will field six (6) players, including the goal-keeper, and no more than four (4) of which must be from any one gender. No teams may play with less than four (4) players at any one time and teams that cannot fulfill the minimum gender requirement must play short. For the outdoor season Teams will field nine players, including the goalkeeper, and no more than six (6) of which must be from any one gender, excluding those teams in Division A, in accordance with article 16.2. No team may play with less than six (6) players at any time and teams that cannot fulfill the minimum gender requirement will play short.



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A regulation game in the indoor season will consist of two halves of twenty-five (25) minutes with a maximum of a five (5) minute half-time interval. A regulation game in the outdoor season will consist of two halves of forty (40) minutes with a maximum of a five (5) minute half-time interval. The duration of each half or the half-time interval may be shortened at the discretion of the referee.

Players may not play for more than one team in a season and any transfer between teams must be in accordance with the YKASL's *Player Transfer Policy*. Teams may add new players to their roster (someone who has not played on another YKASL team in that same season), up until the end of their final regular season game.

The winner of each division will be determined by the team that has earned the most points throughout the season (3 pts for a win, 1 pt. for a tie). In the event of a tie, the team with the fewest goals against will prevail, and so on according to the FIFA Laws of the Game as outlined and approved by International Football Association Board (IFAB).

Defaults

If a team cannot field a team for a scheduled game according to the YKASL website, their team will forfeit the game 3-0. If the team that cannot make a scheduled game contacts the other team's captain and the Referee Coordinator more than 24 hours in advance of that game, they will not be required to forfeit a portion of their performance bond (see Table #2).

Playoff Format

The playoff format will be determined each season based on the number of teams. The Board may solicit input from Team Captains to determine the most desirable format.

Cancellations

If the League chooses to cancel one or several games, due to heavy rain or for another reason, a notice will be circulated and posted on the website by 3:00pm of that day.

10. DISCIPLINE

Team captains have the responsibility to track suspensions of players on their team to ensure that suspended players don't play while suspended. Any teams found playing with suspended players or players who were not on the game sheet at the time of the game in question, will forfeit and the match will be recorded as a 3-0 loss.

During regular season play in the indoor season, for each player suspension (3 single cautions or a straight ejection) a team receives, it will accumulate towards the team's total number of suspensions. When a team collectively receives five (5) suspensions that team shall be penalized 3pts from the standings and required to pay any applicable fines (see Table #2). Each additional suspension shall result in an additional 3pt deduction for the team.

During regular season play in the outdoor season, each player suspension (3 single cautions or a straight ejection) a team receives will accumulate towards the team's total suspensions. When a team collectively receives three (3) suspensions that team shall be penalized 3pts from the standings and be required to pay any applicable fines (see Table #2). Each additional suspension shall result in an additional 3pt deduction for the team.

For both the indoor and outdoor season, if a player receives two (2) yellow cards and/or a red card acquired in a single game, those cards shall not count towards the cumulative total. Should a player receive a third yellow on the final regular season game, the suspension shall carry over into the playoffs or cup championships. Any penalty that a player receives during the playoffs that isn't completely fulfilled (a red card or a third yellow) will carry over to the next YKASL season in which that player is registered.

The following tables will be used as a guideline for determining the appropriate sanctions and/or fines, and are not subject to appeal. It should be noted that these sanctions are when a report has been filed by a referee or Team Captain, with the exception of sanctions related to the accumulation of cards. If the misconduct isn't clearly defined by the following table, a Disciplinary Committee may be struck.

Table 1: Offences and Sanctions

Accumulation of Cards		
Offence	# Offence	Suspension (games)
Each accumulation of three (3) individual yellow cards by a player, each received in a different match in a single season	Each time	1
Being ejected from a game, either by receiving two yellow cards or a straight red card.	Each time	2
Offences Directed at Game Officials		
Offence	# Offence	Suspension (games)
Offensive or insulting or abusive language and/or gestures (as so deemed by the game official) directed at the game official and/or continued dissent (as so deemed by the game official) after being ejected from a game and/or returning to field after dismissal.	1 st	4
	2 nd	8
	Repeat	16
	1 st	5
	2 nd	10

Serious indecent gestures, i.e. "mooning" or grabbing genital area directed at a game official.	Repeat	20
Threats of harm or violence, either actual or implied, aimed at an official or people close to the official; attempts to intimate or intimidation of an official.	1 st	Suspension for the Remainder of the Season (and may be reviewed by the Board)
	2 nd	Expulsion from YKASL
Deliberate physical contact (i.e., striking, kicking, spitting, pushing) with game official.	1 st	Expulsion from YKASL
Offences Directed at Opponents, Teammates, & Spectators		
Offence	# Offence	Suspension
Attempting to incite opponents, teammates, and spectators.	1 st	2
	2 nd	5
	Repeat	10
Threatening or attempting to kick or punch (with no physical contact), or attempting to strike a participant or spectator deliberately with the ball.	1 st	2
	2 nd	5
	Repeat	10
Pushing.	1 st	5
	2 nd	10
	Repeat	20+
Fighting, including: one punch or more thrown, slapping, head-locking, choking, throwing a player to the ground, hair pulling, kicking, kneeing, elbowing. Consideration to be given for a decrease in suspension if the player is not the instigator.	1 st	Suspension for the Remainder of the Season (and may be reviewed by the Board)
	2 nd	Expulsion from YKASL
Charging, tackling or boarding in a dangerous manner with intent to injure.	1 st	Suspension for the Remainder of the Season (and may be reviewed by the Board)
	2 nd	Expulsion from YKASL
Other Offences		
Offence	# Offence	Suspension
Failure of an individual to leave the field or field area in a timely	1 st	2
	2 nd	4
	Repeat	8

manner after being ejected by the official.		
Third-man-in altercation or leaving the bench or technical area (No blows).	1 st	2
	2 nd	4
	Repeat	8

The fines outlined below will be applied in the following circumstances:

Table 2: Fines Table

Infringement:	Fine:	
Team's 5th suspension and any subsequent one	\$50	
Team playing ineligible player	\$50	
Forfeit without notification (prior to 24 hours)	1 st offence	\$70 (50 + \$20 for referee fee)
	2 nd and subsequent offence	\$130 (50 + \$20 for referee fee + \$60 for field rental)
*Player receiving 6 cautions in the season	\$50	
*Player receiving 3 suspensions in the season	\$50	
*Violent Conduct	\$50-\$1000	
*Offenses directed towards game official	\$50-\$1000	
*Other infringements deemed inappropriate by the board	Will be determined as appropriate.	

* Meeting with the discipline committee will also be required.

DISCIPLINE PANEL

When an offense occurs which is not covered in the offenses listed above or when the situation requires further investigation or consideration, a discipline panel will be struck within ten (10) days of the receipt of the incident from the referee or Team Captain to review the incident(s) in question. The panel will be comprised of three (3) members, none of whom may have been involved in the match in question, and ideally, one must have no affiliation with YKASL.

The President or his/her delegate will request a one-page summary of the incident in question from both team captains and the referee assigned to the game. This information will be forwarded on to the discipline panel for review. The discipline panel will provide a decision in writing, along with supporting rationale, within fourteen (14) days of the panel being struck.

The discipline panel has the authority to assign suspensions and fines and shall make recommendations to the Board of Directors in cases where they believe suspension for longer than one year, expulsion, or fines greater than \$1000 are warranted. Any disciplinary decisions taken with regard to the YKASL where a serious injury has occurred, there is alleged or actual physical abuse towards an official, or the YKASL believes that suspension from NWTSA activities are necessary, must be reported to the NWTSA and may also result in further disciplinary sanctions being imposed, including but not limited to:

- a member's status of being considered 'in good standing' with the YKASL and/or NWTSA being revoked
- temporary or permanent suspension from soccer activities within the NWT
- temporary or permanent suspension from soccer in Canada
- criminal charges being laid

APPLICATION AND REVIEW

These Rules and Regulations are in effect and apply during the entirety of each YKASL season during all League activities. This includes all meetings of the Board and team representatives (pre and post season as well), teams practicing during YKASL reserved field times, exhibition matches, regular season and playoff games, and any league events (e.g., year-end tournament, BBQ, etc.)

These Rules and Regulations may be modified by resolution of a majority of the Board of Directors.

Appendix 1

Responsibilities of the Yellowknife Adult Soccer League (YKASL) Board of Directors

- to establish the league's mission, vision, direction and purpose;
- to develop, implement and ensure compliance with a constitution, bylaws, policies and limitations;
- to select, evaluate, support and guide the President;
- to ensure the financial health of the league by ensuring there are adequate resources to carry out its work and by monitoring the budget and expenditures;
- to enhance the league's public image through coordinated networking, public relations and promotional activities;
- to determine and monitor the league's operations;
- to oversee the operations of the Board by determining its role, evaluating its operations, and by recruiting, training, capacity building and evaluating individual board members;
- to maintain ties to the membership and to ensure that the needs of the members are considered in key league decisions and communicated effectively to the membership.

Role of Individual Board Members

Direction:

- understand and support the league's mission, vision and purpose;
- establish goals, objectives and priorities for the league in meeting the needs of the community;
- assist in the establishment of league policies.

Compliance:

- ensure the league is in compliance with its legal obligations;
- ensure the league is in full compliance with any parent body/territorial body which provides it with its mandate to operate.

Personal Commitment:

- commit to the work of the league;
- attend and participate in Board meetings, committee meetings and other functions where Board attendance is expected;
- prepare for and participate in the discussion and deliberations of the Board;
- monitor and evaluate the effectiveness of the league's operations;

Financial Management and Oversight:

- understand and scrutinize all financial matters;
- approve the annual budget and/or spending plan;
- ensure that the league operates in a fiscally prudent manner;
- assist with any fund raising or resource development initiatives which may require Board support and involvement.

Public Relations:

- work to enhance the public image of the league;
- promote membership in the league and on the Board;
- maintain ongoing relationships and communication with members;
- assist in the coordinated public relations activities of the league as appropriate.

Personal Conduct:

- keep Board discussions confidential;
- be aware and abstain from any conflict of interest;
- be mindful of the membership's needs and wants when participating in all discussion and deliberations of the Board;
- avoid any interference in the day-to-day operations of the league.

Role of Individual Team Captains

Direction:

- understand and support the league's mission, vision and purpose;
- provide leadership and manage her/his team's participation the league;

- assist in the establishment of league policies.

Compliance:

- ensure her/his team is in compliance with the league's general spirit, policies, Rules and Regulations;

Personal Commitment:

- commit to the work of her/his team and of the league;
- attend and participate in Board meetings, committee meetings and other functions where Team Captain attendance is expected;
- prepare for and participate in the discussion and deliberations of the Board and Team Captains;

Financial Management and Oversight:

- ensure that the her/his team fulfills its financial obligations to the league;
- assist with any fund raising or resource development initiatives which may require Board and Team Captain support and involvement.

Public Relations:

- work to enhance the public image of the league;
- promote membership in her/his team, as appropriate, and in the league;

Personal Conduct:

- keep Board discussions confidential;
- be aware and abstain from any conflict of interest;
- be mindful of her/his team's needs and wants when participating in all discussion and deliberations of the Board;
- ensure her/his team's conduct reflects positively on the league;
- avoid any interference in the day-to-day operations of the league.