

Oshawa N.A.S.C. Soccer

RULES AND REGULATIONS 2013

We, the Soccer Club should set examples on the field for the players to follow. It is the responsibility of all Coaches, Managers, and Referees to read and learn the following rules.

Any violation of the following rules shall be referred to the Discipline Committee.

RULE #1

AGE CATEGORIES FOR BOYS AND GIRLS

No children born after June 30, 2010 will be eligible to play soccer in the 2013 season.

Under 4 Micro Soccer (Mixed) Born 2009 – June 30, 2010

Under 6 Mini Soccer (Mixed) Born 2007 – 2008

Under 8 Boys Born 2005 - 2006

Under 10 Boys Born 2003 - 2004

Under 12 Boys Born 2001 - 2002

Under 14 Boys Born 1999 - 2000

Under 16 Boys Born 1997 - 1998

Under 19 Boys Born 1994 - 1995 - 1996

Under 8 Girls Born 2005 -2006

Under 10 Girls Born 2003 - 2004

Under 12 Girls Born 2001 - 2002

Under 14 Girls Born 1999 - 2000

Under 16 Girls Born 1997 - 1998

Under 19 Girls Born 1994 - 1995 – 1996

RULE #2

- a. *Every player* in the N.A.S.C. Soccer League must be properly registered with his/her Neighbourhood Association or Team Fill-In Committee before he/she can participate in any game within the N.A.S.C. Soccer League or N.A.S.C. All-Star Teams.
- b. *Every player* must submit a fully completed General Information and OSA Waiver Form to his/her Neighbourhood Association or Team Fill-In Committee before he/she can participate in any game within the N.A.S.C. Soccer League or N.A.S.C. All-Star Teams.
- c. Failure to follow this rule will be brought to the attention of the Discipline Committee, and could result in disciplinary action, including forfeiture of the game.

RULE #3

- a. It is the responsibility of the coaching staff to ensure that *all players* are given a balanced amount of playing time in each game except due to allergies and/or illness.
- b. All players must be changed as frequently as possible.

RULE #4

- a. Team registration for the current playing season will be made on a form provided by the Registrar.
- b. The Registrar shall handle all team registrations and records of players. All team registrations will be made in duplicate
- c. All participants of N.A.S.C Soccer League or All Star Program shall comply with the Rules of the N.A.S.C. Soccer League.
- d. All player registrations must be verified by proof of age, such as birth certificate, and proof of residence, such as their legal guardian's driver's license. Note: The legal residence is the family's main residence address at which the player legally resides.
- e. A complete team roster, with all pertinent information, must be in the hands of the Registrar at the end of the Pooling Meeting.
- f. It is the responsibility of the Soccer Chairperson to ensure that the Governor has an up-to-date team list by May 1, 2013.
- g. All players (except pool or team fill-in players) must play for the Neighbourhood Association area in which they reside as of Final Team Registration.
- h. Late registration cheques will be handed out at our soccer meeting in July. Remaining monies will be handed out at our soccer meeting in September.

RULE #5

- a. All teams will be ready for play at the scheduled field and time, **regardless of weather conditions**, unless each team has been previously advised of postponements by a member of the League Executive or the Divisional Governor.
- b. All games will be played as scheduled unless cancelled:
 - i) At the discretion of the referee. (Postponement is necessary due to bad weather or ground conditions)
 - ii) At the discretion of the respective League Governor.
- c. *Fifteen minutes* grace from scheduled kick-off time shall be allowed before a default. A team with less than seven (7) players at the end of this grace period shall forfeit the game and the points will be awarded to their opponent. Teams shall not be allowed to participate in a league game with less than seven (7) players. The score and points will be awarded according to Rule #30.
- d. If a player arrives late - with the referees' approval, that player can be played as soon as the coach wishes when there is a stoppage of play.
- e. If the appointed referee does not show up, the opposing coaches have the following options:
 - 1. Cancel the game and inform the appropriate Governor.
 - 2. Both coaches can agree to appoint a substitute referee; be it a parent, a spectator, or a member of the N.A.S.C. Soccer Board until the appointed referee show up.
 - 3. Both coaches may opt for a parent from each team to referee each half of the game.

4. If both coaches agree to either 2) or 3) above, then NO PROTEST REGARDING REFEREE DECISIONS WILL BE ACCEPTED

If the appointed referee shows up, they must take charge of the game at the first convenient stoppage in play.

- f. Referees will be paid at the start of the game the sum of:
- | | | | |
|----------------|----------|-------------------------|----------|
| Under 8 | \$ 18.00 | Under 14 | \$ 26.00 |
| Under 10 | \$ 20.00 | Under 16/17/18/19 | \$ 30.00 |
| Under 12 | \$ 22.00 | | |

Assistant referees for games in Under 16 Boys will be paid \$18.00

Assistant referees for games in Under 19 Boys will be paid \$20.00

Assistant referees for games in Under 19 Girls will be paid \$20.00

It is the policy of N.A.S.C. Soccer to use N.A.S.C. registered referees in all league games. Furthermore N.A.S.C. Soccer will work towards all referees (except Micro, Mini and U8) attaining a minimum level district/youth referee designation. Each team shall pay one half of the referee's fee outlined in the above schedule. A game official must only accept the payment for the specific position (either assistant referee or referee) which they performed in the game. Under no circumstances shall two referees accept or demand payment as though three officials were present at the game.

- g. All teams shall furnish a complete printed list on the game sheet (Form 5029) showing the full name and shirt # of all players participating in the game. , players not participating must be crossed out. This form must be available to the referee at any time during the game, and must be signed by the home team coach, the visiting team coach, and the referee at the conclusion of the game.
- h. The game sheets must be taken to the Governor by the winning team or by the home team in case of a tie. The game sheets must be in the hands of the Governor within 24 hours of the game, or the game may be awarded to the opposing team as a forfeiture (Points and score awarded as per Rule #30)
- i. Coaches shall carry the N.A.S.C. Player Registration Forms to all games. If requested by the opposing coach, the coach will line up all players for identification prior to the start of either half of the game. Any protest concerning invalid players will not be entertained unless the above process has been followed and recorded by the referee.
- j. Any decision regarding field conditions is at the sole discretion of the Executive or Governor and cannot be protested.
- k. Teams must provide each player with identical team sweaters (in their proper Neighbourhood Association park colours) with numbers on their back. The player's name and number on the game sheet must correspond with the number on their sweater. The goalkeeper must wear a sweater or bib, which differs in colour from the players of both teams, but may be the same colour as that of the opposing goalkeeper. In the event of a colour clash in team sweaters, the designated home team is responsible to change sweaters or wear bibs. Players must wear full uniform as provided by parks. Multi coloured shorts and socks will not be permitted.
- l. Any neutral executive attending a game can appoint a referee or referee the game themselves if they feel it is necessary.

- m. In the event of a team playing an *ineligible player(s)*, the game shall be awarded to the opposing team. The coaching staff will be subject to disciplinary action by the N.A.S.C. Soccer Discipline Committee.
- n. The coaching staff must inform the referee and the opposing coach, before the start of the game, of any players who have been called up. (refer to Rule #13)
- o. Appointed assistant referees will be provided for all games for the U16/U19 boys and the U19 girl's age divisions. It will be the responsibility of each team to pay ½ of each assistant referee's scheduled fee for each game except for tournament and championship games.
- p. Each U8/U10/U12/U14/U16/U19 team must provide a goal net and two corner flags for all games except tournament and championship games. The U19 Championship teams must also provide a goal net and two corner flags.
- q. Governors are not to communicate strictly by electronic means. i.e.: email, voicemail. This is to avoid confusion.

RULE #6

- a. Coaching staff are responsible for their players, accompanying relatives and team supporters at all times and shall conduct themselves in a professional manner in accordance with the laws of the game.
- b. Coaching staff and players shall confine themselves to the team sideline at all times. The players' and coaches' areas shall be deemed to be a ten (10) yard wide box, starting ten (10) yards from the centre line, on each side of centre, and one (1) yard back from the sideline on the same side of the field (centre line divides teams). The coaching staff and substitute players shall be restricted to that area.
- c. Coaches may only enter the field of play with permission from the referee when an injury occurs.

RULE #7

Any player, coaching staff, club official, or any other member of the team's support party, who impedes, harasses, or otherwise intimidates the referee, players, or coaches shall be subject to severe disciplinary action. Any member of the team's support party, who refuses the referee's request for that individual to leave the park/field area, will cause the game to be abandoned, forfeited by that team and disciplinary action to follow.

RULE #8

- a. At all games, no more than three (3) coaching staff will be allowed on the team sideline and cannot coach from the sideline as a flag person or from parent sidelines.
- b. No spectators are allowed behind either goal and must be on the opposite side of the playing field from the teams. Coaching staff are also not allowed behind either goal.
- c. That all spectators' feet (as well as chairs and bodies) must be no closer than 1 metre from the spectator's side of the field.
- d. All pets must be kept back a minimum of 5 metres from the field of play; they also must be kept on a leash.

RULE #9

- a. The coaching staff is responsible for the conduct of players and supporters before, during, and after every game. SMOKING by the coaching staff, players, referees, and the Soccer Club members before, during and after the game, will be discouraged and is banned from the team sidelines during the game or within 100 feet of the field. All NASC committee members, executive and referees in or out of uniform are banned from smoking on player's sidelines.
- b. Volunteers, players and officials will refrain from alcohol consumption, prescription and/or non-prescription narcotic usage during any game.

RULE #10

SHIN GUARDS must be worn BY ALL PLAYERS UNDER THEIR SOCKS during games and practices. Soccer boots must be worn by all players except Micro & Tots during games and practices.

RULE #11

- a. All Injured players must leave the field of play if the coach has been summoned to the field by the referee. Any player with visible blood must leave the game field. The exception is the goal keeper.
- b. Any injury which requires medical attention must be reported to the appropriate Governor by the coach within 48 hours, with a completed Injury Form. (N.A.S.C. Form 5026; O.S.A. Insurance Claim Form). Governors are to hand in the Injury Form to the Registrar within one week.

RULE #12

- a. Players with casts or braces on any part of the body cannot participate in any N.A.S.C. soccer game or practice. The exception to this is if the support is OSA approved and is accompanied by a doctor letter. Multiple copies must be available and player is to carry a copy at all times and be provided to appropriate League Executive, Coach etc.
- b. All items of jewellery (necklaces, rings, bracelets, earrings, leather bands, rubber bands, head bands/bobby pins etc.) are strictly prohibited and must be removed. M-tape is allowed as it is tear away. The only exception is a Medic- Alert bracelet/necklace/watch. The chain portion must be taped down in order to secure the medic-alert. The symbol cannot be taped down. Using tape to cover any jewellery (except medic-alert) is not acceptable.

RULE #13

- a. A player may be allowed to play up one age level within their own Neighbourhood Association, or a team provided by the Governor, for a maximum of three (3) league games **only**. This must be indicated on the game sheet - see also RULE #5 (n). No player can be called up for Tournament or Play-off or Finals games.
- b. A player may be allowed to play for an N.A.S.C. All-Star team if the dates and times do not conflict with their Neighbourhood Association tournament or league game.

- c. Rule# 13 a) and b) above, will only be allowed if proposed movement of players does not affect the player's Neighbourhood Association team, does not conflict with the original posted schedule and does not displace a player on the team calling up.

RULE #14

Sleeveless uniforms are not allowed. Uniforms must be standard soccer style. Basketball style shirts with extended sleeve holes will not be acceptable.

RULE #15

All games shall be played in accordance with the laws of the game under jurisdiction of F.I.F.A., unless superseded by the N.A.S.C. Soccer League's Rules, the Micro Soccer Rules, the Tots Mini Soccer Rules, the Under 8 Soccer Rules or the Under 10 Soccer Rules.

RULE #16

The duration of the game will be as follows:

Under 10	2 Periods of 30 minutes
Under 12	2 Periods of 35 minutes
Under 14	2 Periods of 40 minutes
Under 16 and up	2 Periods of 45 minutes

RULE #17

- a. All teams must have an adult coach or manager, 18 years of age or over. This person may be a parent and must be with the team at all games. The referee is to be advised of the person in charge.
- b. i) All coaching staff or any other individual who works with the team must be screened by their Neighbourhood Association before the start of the season.
ii) All Head Coaches must complete the Respect In Soccer (R.I.S.) certification by June 30th. *Certificate # must be provided to the Registrar upon completion.*
iii) If required screening and/or R.I.S. certification is incomplete, person will not be permitted on the team sideline- practice, scrimmage or game field.
- c. All coaching staff, committee members, soccer chairpersons and any other individual volunteering with N.A.S.C. Soccer must complete and submit the N.A.S.C. Soccer Insurance Registration Form to the Registrar before the start of the season.

RULE #18

Each team shall be responsible for half the playing area. Two Corner flags and one net shall be set up by each team. Corner flags must be a height of 1.52 metres (5 feet) above ground of plastic/vinyl material meeting N.A.S.C. Soccer approved standards. A streamer or flag must be attached to the top of all corner flags. These requirements are mandatory or the home offending team will forfeit the game.

RULE #19

The home team shall provide the game ball of which the entire external covering shall be constructed of reinforced nylon or leather. The ball must be properly inflated and conform to size. The inflated pressure should be eight (8) pounds per square inch. Boys and girls in the under 4 and under 6 age division must use a size 3 ball. Boys and girls in the under 8, under 10, and under 12 age divisions must use a size 4 ball. Boys and girls in the under 14, under 16, and the under 19 age divisions must use a size 5 ball. Game ball must be in good condition. A replacement ball maybe requested at the discretion of the referee.

RULE #20

The referee is the sole timekeeper. Each participating team shall appoint an assistant referee, age 10 or over, subject to the referee's consent for all games, *except* for playoffs, finals, and under U16 and U19 divisions. The assistant referee shall carry out any duties specified by the Referee. Games will not proceed until a linesman over the age of 10 is provided.

RULE #21

Postponed games will be played within a reasonable amount of time of the postponed game upon availability of fields. Whenever a game is cancelled by the referee or any official(s), full details must be given on the back of the game sheet that is handed to the Governor by the home team. If the game reaches half-time and is stopped by weather conditions, the score stands. If more than 50% of the games in a given division/age group needs to be re-scheduled, then all games are cancelled in that division/age group.

RULE #22

All teams will carry no more than 10 players for under 4. All teams will carry no more than 12 players for under 6. All teams will carry no more than 12 players for under 8. All teams will carry no more than 14 players for under 10. All teams will carry no more than 18 players for age groups under 12 and up. When all teams are full, extra players can be distributed to teams by the Registrar and Division Governor.

RULE #23

Substitution will be allowed at all age divisions under the following instances at the referee's discretion:

- a. at kick-offs
- b. when any goal is scored
- c. at all goal kicks
- d. at all corner kicks
- e. through injury (only the injured player may be substituted)
- f. at all throw-ins
- g. The coach does must not have to advise the referee of a goalkeeper change.

RULE #24

- a. Discipline will be handled by the N.A.S.C. Soccer Discipline Committee at the next scheduled meeting. N.A.S.C. Soccer Discipline Committee reserves the right to call a special meeting before the next scheduled meeting.
- b. The player(s), Governors and appropriate Soccer Chairperson will be informed of the N.A.S.C. Soccer Discipline Committee's decision verbally and in writing by the Discipline Chairperson or Designated Person.
- c. All ejection's or cautions must be noted on the game sheet by the referee at the end of the game. The referee is required to note the player's name, number, and reason for ejection or caution. The referee must prepare and submit a written report within 24 hours of the game completion to the appropriate Governor. The referee must prepare and submit a written report of each ejection within 48 hours of completion of game to the Referee in Chief. The referee is to print their name and phone number on the game sheet and on the report.
- d. Mandatory minimum disciplinary action will be taken against players, team officials, and/or team support parties for misconduct and/or violence directed towards game officials.
- e. All ejection's and cautions used by referees during pre-season or exhibition games will carry over into regular season statistics/standings being recorded by the Governors. No protests regarding these ejections or cautions will be reviewed by the Discipline Committee unless additional action is required.
- f. *Red Card:*
The player will be removed from the field and the players sideline for the remainder of that game, and will then serve a 1(one) game suspension during the next regularly scheduled OR tournament game. If this red card has been issued for physical violence towards another player or referee, the Discipline Committee may issue an additional suspension. Red Card Dismissal forms must be filled out by the referee and be submitted to the Referee-In-Chief within 48 hours of the game.
- g. *Yellow Card:*
If 2 (two) yellows are given to an individual player within 1(one) game, that player will be removed from the field and the players sideline for the remainder of that game and will then serve a 1(one) game suspension during the next regularly scheduled OR tournament games. An accumulation of 3(three) yellow cards at any point within the season, the player will be suspended for the next regularly scheduled game. Yellow Card Caution Summary forms must be filled out by the referee and be handed in with the game sheet to the Governor. Governors must submit to the Referee-in-Chief all Caution Summary forms on a bi-weekly basis.
- h. All original incident reports must be handed in to the Referee-in-Chief within 48 hours.
- i. All parties involved in a disciplinary meeting will be given appropriate notice (+24 hour notice wherever possible) by the discipline Chairperson or designated person.
- j. The Referee-in-Chief must supply an original copy of all red cards to the Discipline Committee.
- k. Disciplinary matters carry from season to season and club to club. **Any suspensions that have not been served will be carried over to the next playing season.**

RULE #25

- a. A player may play for a competitive team for a maximum of three (3) league games or for one (1) tournament, provided there is no conflict with N.A.S.C. league, tournament, or playoff games.
- b. Any player who is registered for an N.A.S.C. recreational team, and is also registered for a competitive team, shall not be allowed to play for an N.A.S.C. All-Star team.
- c. Any coach who is registered for a competitive team as coach, trainer or manager, shall not be allowed to coach, train or manage an NASC All Star Team.

RULE #26

- a. Any team which, due to an odd number of teams in the division, receives a “bye” will receive points and goals as outlined in Rule #30.
- b. In case of a tie for first place at the end of regular season play, the division winner will be determined by:
 - 1. Best goal difference (goals scored minus goals allowed) . . .
if still tied, then
 - 2. Least goals scored against...
if still tied, then
 - 3. Result of head to head play (excluding exhibition games). . .
if still tied, then
 - 4. Most goals scored . . .
if still tied, then
 - 5. A playoff game will be arranged by the respective Governor.

In the event more than two (2) teams are tied, then start with point 2) above.

RULE #27

In any special event or other game where penalty kicks are required to decide a winner, the following will apply:

- a. Players on the field at the end of the playing time only are eligible to take penalty kicks.
- b. Teams will pick five (5) players to kick alternately.
- c. If the teams are still tied, each team picks a subsequent player to take one penalty kick per round as sudden death finish. (When one team scores and the other does not during any sudden death round, the game is over).
- d. A player cannot be selected for a second penalty kick until all players on the field at the end of the game have taken a penalty kick.
- e. The goalkeeper in goal at the end of the game must be in goal for at least the first penalty kick.
- f. Players who are on the sidelines must remain on the sidelines unless a committee member or executive allows them to enter the field of play during the penalty kicks.

RULE #28

Any team wishing to play in any games outside of N.A.S.C. jurisdiction must have the President's approval in advance of the game. If the team is traveling outside of Durham Region, the coaching staff must go through the All-Star Interview process and complete all DRSA required documentation.

RULE #29

In any protest, a game must be played. All protests must be put in writing on the back of the team sheet and brought to the attention of the opposing coach and referee at the first stoppage of play. A fee of \$100.00 and their parks approval must accompany the protest, or the protest will not be entertained. The Governor will arrange a hearing within seven (7) days of the game protest. If the protest is upheld, the fee will be refunded. If the protest is rejected, the fee will be deposited to the Soccer Club's Central Fund. The Discipline Committee will consist of five (5) neutral board members of the N.A.S.C. Soccer Club. Any decision can be appealed to the N.A.S.C. Sports Committee accompanied by an additional \$100.00 and their parks approval. All protests must be submitted within 48 hours but not before 24 hours after the game has been completed in order to be valid.

No protests will be accepted relating to calls and decisions made by the referee with relation to the playing of the game.

RULE #30

For all N.A.S.C. games, the team with the following result will receive the corresponding score and points as shown below, for statistical purposes:

<u>Result</u>	<u>Score</u>	<u>Points</u>
Win	Score of Game	3
Bye	3 - 0	3
Forfeiture	3 - 0	3
Draw (Tie)	Score of Game	1
Loss	Score of Game	0

In all regular season games (with the exclusion of mini games) no final score will exceed a seven (7) goal spread.

RULE #31

A Code of Conduct that outlines expectations of behaviour and repercussion of non-compliance will be the basis of disciplinary action not covered by FIFA or N.A.S.C. Soccer.

RULE #32

- a. Regular season games will conclude on the Friday before Labour Day.
- b. The season will commence on the first Friday of the first full week of May or as per City Field Permits allow.

- c. The Championship play-offs will commence on Labour Day. NASC Soccer reserves the right to start some divisions before this date.
- d. All division/age groups will have scheduled games on their designated night of play every week from the start of the season.
- e. Exceptions to the above:
 - i) U19 Divisions will play their championship game on the last night of their schedule. Therefore their play-offs will commence prior to that date according to the play-off format the governor has chosen. (See Play-Off Rules)
 - ii) No games will be scheduled for teams whose night of play lands on Canada Day (July 1st)
 - iii) Mini (Tots) Soccer ends on the Monday prior to their Festival.
 - iv) U8Girls Soccer ends on the Tuesday prior to their Festival.
 - v) Micro Soccer ends on the Wednesday prior to their Festival.
 - vi) U8 Boys Soccer ends on the Thursday prior to their Festival.
 - vii) Cancelled games may or may not be re-scheduled based on field availability.

RULE # 33

All players, coaches, park officials and NASC representatives should conduct themselves in a sportsmanlike manner on and off the field of play.