



Bell Aliant Metro Soccer League Manual

Summer 2010

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Mission Statement:

The Bell Aliant Metro Soccer League is dedicated to providing young players with the best opportunity to acquire the skills and talents to take their soccer to the next level. Thanks to Bell Aliant's sponsorship, the Bell Aliant Metro Soccer League has been established to provide young, talented soccer players, across the Avalon Peninsula, with a league that fosters quality and competitive soccer, sportsmanship and fun.

I: DESCRIPTION OF PROGRAMS

1. U8 & U10

At this age children are working on the fundamentals of the game of soccer. Players are learning some of the basic rules and are beginning to truly understand the process of the game. This league is designed for children to have fun and for all teams and players to have equal opportunities. Players should be encouraged to try all positions on the field. The Bell Aliant Metro Soccer League U8 & U10 programs provide an opportunity for young players who have a knack for soccer to fall in love with the beautiful game. The environment must foster this interest with high quality instruction from coaches and an abundance of encouragement from coaches, parents, officials.

2. U12

At this age the goal is to promote fair play, team work and sportsmanship, as well as a fun atmosphere. Individuals should have as close to equal playing time as possible. Skills development and understanding of the rules of the game are of the utmost importance. High quality instruction and competition are a must. The Bell Aliant Metro Soccer League U12 Program strives to provide quality competition for highly interested and talented young players.

3. U14 & U16

At this age the goal is to promote high quality, competitive soccer. Players are now competing for playing time, while coaches are mindful of and will be abiding by the CSA Fair Play Codes. Sportsmanship and team work are integral components of the program and the highest quality instruction and competition are essential.

II: LAWS OF THE GAME

All games are governed by the Laws of the Game as defined by FIFA with the exceptions and modifications defined below. The full Laws of the Game can be obtained from the FIFA Website (<http://www.fifa.com>); or print versions from the offices of the Newfoundland and Labrador Soccer Association for a fee of \$10.

1. Modifications:

1.1 U8 & 10:

- 28 minute halves (5-minute half time)
- 4 periods (shifts) of 7 minutes each, per half
- Equal playing time
- 7-aside (including GK)
- There are NO OFFSIDES
- Nets – 6 feet x 16 feet (as near to that as possible)
- U8: Size 3 balls
- U10: Size 4 balls
- All other FIFA Laws of the Game apply

1.2 U12:

- 30 minute halves (5-minute half time break)
- Size 4 ball
- All kicks are indirect (no PKs)
- No cards
- Fair playing time
- 8-aside (including GK)
- Corner Kicks are taken from the regular corners of the playing area
- There are NO OFFSIDES
- All other FIFA Laws of the Game apply

1.3 U14 & U16:

- 40 minute halves (5 minute half time break)
- Fair playing time
- All other FIFA Laws of the Game apply

2. Other Modifications:

2.1 Coaches are NOT permitted on the field. Coaches must stay in the designated technical area, or if there is no marked technical area, they must act as though there is and stay with their bench. Pacing the length of the sidelines is not permitted.

2.2 Players Equipment:

Players are required to wear shin guards, socks that completely cover the shin guards, appropriate footwear and the jerseys that are provided by their respective clubs. Goalkeepers may also wear gloves and a baseball cap to block the sun. Pro-wrap is permitted, but no clips or claws in hair.

2.3 Determining the Result:

THIS DOES NOT APPLY TO ROUND ROBIN GAMES (only playoff games for U12-U16 during final weekend). If the score is tied at the end of regulation time, the winner will be determined by two 5 minute overtime periods. If a team scores within the first overtime period and the opposing team does not equal the goals scored then the game will end and the team having scored the most goals will be declared the winner. If the game is still tied after the first overtime then the second overtime period will be played. If a team scores within the second

overtime period and the opposing team does not equal the goals scored then the team having scored the most goals will be declared the winner. If the score remains tied at the end of both overtime periods, kicks from the penalty mark will be used to decide the winner.

- 2.4 Kicks from the penalty mark to decide a game:
If the game goes to extra time substitutions of shift changes can be made as usual. If the game ends in a tie and goes to penalty shots, only those players on the field when the final whistle goes will take part in the penalty shoot out before their teammates off the field (i.e. all players take part in taking kicks if required) – players are not supposed to leave the field following the final whistle. Coaches must remain on their respective benches during any penalty shot shoot out.

3. General Rules:

- 3.1 The league will be divided by gender and age and will consist of Under 8, 10, 12, 14 and 16 Divisions.
- 3.2 Players are NOT permitted to wear any type of jewelry, with the exception of medical jewelry, while playing. If a player has a new piercing that is not supposed to be removed, then the player will be permitted to tape/bandage over the piercing (covering the piercing). Players who do not abide by this rule will not be permitted to play that game until they remove the jewelry. Referees are to inform the players to take off any jewelry as soon as they notice it. If any player participants in a game while wearing jewelry, after being requested by the referee to remove the item, and the game is protested, then the team making the protest will be awarded a 1 - 0 default win, regardless of the actual outcome of the game and provided the protest is upheld by League officials.
- 3.3 No registered youth player will be permitted to play while wearing a cast of any kind (soft or hard).
- 3.4 Any player who is bleeding or has an open wound will not be permitted on the field. Once the bleeding has stopped and the wound is covered, then the referee will decide if the player is permitted back onto the field. Any player who has blood on their uniform will not be allowed to wear it onto the playing field.
- 3.5 Players are entitled to liquid refreshment during the stoppage of the game, but only while they are on the touch lines. Water containers are not allowed to be taken or thrown onto the field.
- 3.6 A kick off at center field will be used to start play at the beginning of the game, at the beginning of each period (shift), at the start of the second half of the game, as well as, after every goal.
- 3.7 Substitutions will occur at designated times and with permission from the referee. Unlimited substitutions are permitted and coaches are encouraged to play equal lines at every shift. If a player is hurt and leaves the field he/she may be replaced. The U12, U14 and U16 are substituted by coaches during the stoppages in play.
- 3.8 If a team is short a player before any game they are permitted to “call up” a player from the age division below them. A player called up must be treated like a regular player once the call up has been made. This means that the person is put into regular rotation and plays even if a regular player shows up during the game. Coaches are expected to rotate the players they call up from a lower division.

All call ups must be listed on the referee's time sheet and a player call up form must be completed by the coach of the team making the call up. *Call-ups may not be from a team that plays in the same metro league division (i.e.: SJ GU16 Metro may not call up from SJ GU14A if they both play in U16 Metro League)

- 3.9 The referee has authority over the field from the moment he/she enters until he/she leaves. The referee must be respected by all players, coaches and spectators and his/her decisions are final. The referee has the authority to stop, suspend or terminate play for any infringement of the rules, interference by spectators or any other reason where he/she deems it necessary. The referee also has the authority to eject any player, coach, or spectator who is not abiding by the rules or is acting in an inappropriate manner. Please refer to the "Threatening of a Match Official" form for procedure. This form is in place for use by referees to report any verbal or physical assault by a player, coach or bystander, and is to be submitted to the referee's home club within 48hrs of the incident.
- 3.10 If a referee has not arrived five (5) minutes before the start of a game only a registered certified official may be appointed to fill in. In no registered official is available the game is cancelled and will be rescheduled.
- 3.11 The referee will allow a maximum of a five (5) minute delay at the start of any game. If a team(s) is not prepared to start play after five (5) minutes they shall forfeit the game. In this situation the field may be used for an impromptu game or a practice.
- 3.12 If at any point during the game the number of players from a team becomes less than the required number needed to play, that team will lose the game by default. Such games will be recorded as a 1-0 win for the opposing team. You can play with a minimum of 9 players for U12-16 and 5 players for U8 & U10.
- 3.13 No game shall include a player who is not registered with their local club. Any team that does include an ineligible player shall forfeit the game and may be dealt with further by the Bell Aliant Metro League Committee.
- 3.14 A player may not score on the opposing team from within his/her own goal area (U8 & U10 only).
- 3.15 To ensure sportsmanship and the coherence of the True Sport Policies, players and coaches are asked to shake hands with the opposing team and game officials at the end of every game.
- 3.16 Game sheets must be completed for all games. **Coaches are required to sign the Referee's Game Sheet.**
- 3.17 Any player who is issued a second yellow card (caution) in the same game will also be shown a red card after receiving the second yellow. That player will then be ejected from the game and will be suspended from playing in his/her team's next scheduled game. If a player is issued multiple yellow cards throughout the season he/she will receive a suspension that the Bell Aliant Metro Soccer League feels is appropriate.
- 3.18 Any player who is issued a direct red card by the referee will be ejected from the game and will be suspended from playing in his/her team's next scheduled game. Depending on the nature of the infraction, the suspension may be increased by League Officials.
- 3.19 All games played under Bell Aliant Metro Soccer League are recorded in accordance with a points system. Three (3) points are awarded for a win, one (1) point for a tie and zero (0) points for a loss. Standings and results are not recorded for U8 and U10.

- 3.20 Bell Aliant Metro Soccer League, its officials and its referees hold the right to cancel any games due to weather or other unforeseeable factors. Coaches do not have the authority to cancel a game.
- 3.21 No players, coaches, officials or spectators are permitted to consume alcoholic beverages or illegal substances during or immediately before a game. If anyone is suspected to be intoxicated they will be asked to leave the field and the appropriate authorities will be notified. As well, anyone who uses profanity or acts in an inappropriate manner will be asked to leave the area immediately. Any player who chooses to smoke during a game will also be asked to leave the field.
- 3.22 If a coach wishes to protest a circumstance or event related to the game, he/she should indicate on the referee's game sheet that the game is under protest **and sign the sheet**. All details related to the protest should be brought to Bell Aliant Disciplinary Committee within 24 hours of the game in question.

4. Rules for U8 & U10

- 4.1 Teams shall consist of ten (10) to approximately fifteen (15) players and must dress a minimum of five (5) to play a game. Teams will play seven-a-side soccer, one of whom will be a goalkeeper. Minimum number of participants needed to play is 5. If at any time during the game this number becomes less, then the other team will be declared the winner by default.
- 4.2 When possible the total number of shifts played by any one person should be within one shift of that which is played by any other teammate.
- 4.3 Players will play no more than two consecutive shifts in goal and no more than four shifts in goal, per game. All players should have the opportunity to be the goalkeeper.
- 4.4 Substitutions will occur at seven (7) minute intervals, in accordance with shift changes, which will be announced by the referee.
- 4.5 If a goal keeper attempts a drop kick and kicks the ball over his/her head into his/her own net the goal will not be counted.
- 4.6 For any foul that is committed a free kick will be rewarded, but red or yellow cards will not be issued at this age. The referee may, however, ask a coach to take a player off the field. If a player is continuously guilty of fouls this will be addressed by the Bell Aliant Metro Soccer League Committee.
- 4.7 The offsides rule will not apply in this age group. However, coaches are urged to inform their players of the rule, so that they will be prepared in future years.
- 4.8 At this age there will be no penalty kicks or direct free kicks awarded. There will be goal kicks, corner kicks, indirect free kicks and throw-ins. All kicks should be started with a stationary ball.
- 4.9 If any infringements of the rules occur while a player is taking a goal kick, corner kick, free kick, throw-in or kick off the action will be retaken. The referee should inform the player of the mistake and let the play continue after the first retake.
- 4.10 All general rules will be followed as closely as possible. Referees may adapt specific rules to assist the flow of the game.

- 4.11 Size three (3) balls are used for the U8 age group and size four (4) balls are used for the U10 age group.
- 4.12 Coaches are not permitted on the field; they must stay with their benches even if there is no drawn technical area. Coaches must not pace the length of the half.

5. Rules for U12

- 5.1 Teams shall consist of twelve (12) to approximately eighteen (18) players and must dress a minimum of six (6) to play a game. Teams will play eight-a-side soccer, one of whom will be a goalkeeper. Minimum number of participants needed to play is 6. If at any time during the game this number becomes less, then the other team will be declared the winner by default.
- 5.2 If a goal keeper attempts a drop kick and kicks the ball over his/her head into his/her own net the goal will not be counted.
- 5.3 For any foul that is committed a free kick will be rewarded, but red or yellow cards will not be issued at this age. The referee may, however, ask a coach to take a player off the field. If a player is continuously guilty of fouls this will be addressed by the Bell Aliant Metro Soccer League Committee.
- 5.4 The offsides rule will not apply in this age group. However, coaches are urged to inform their players of the rule, so that they will be prepared in future years. "Cherry-picking" is strongly discouraged and coaches are expected to instruct their players accordingly.
- 5.5 At this age there will be no penalty kicks or direct free kicks awarded. There will be goal kicks, corner kicks, indirect free kicks and throw-ins. All kicks should be started with a stationary ball.
- 5.6 All general rules will be followed as closely as possible. Referees may adapt specific rules to assist the flow of the game.
- 5.7 Size four (4) balls are used with this age group.
- 5.8 Coaches are not permitted on the field; they must stay with their benches even if there is no drawn technical area. Coaches must not pace the length of the half.

6. Rules for U14 & U16:

- 6.1 Ideally teams shall consist of fourteen (14) to twenty two (22) players and must dress a minimum of nine (9) players to play a game. Teams will play eleven-a-side soccer, one of whom will be a goalkeeper. If at any time during the game this number becomes less than 9, then the other team will have been declared winner by default.
- 6.2 Coaches are encouraged to utilize all players on their roster. The goalkeeper may play the entirety of the game in net.
- 6.3 Substitutions may occur at any kick off, throw-in or goal kick if acknowledged by the referee.

- 6.5 Both the offside and direct free kick rules are in play at this age range. As well, indirect free kicks, corner kicks, goal kicks, penalty kicks and throw-ins will be used. All kicks should start with a stationary ball.
- 6.6 If the kicker touches the ball a second time during a kick off, corner kick, goal kick, penalty kick, free kick or throw-in, then the other team is awarded an indirect free kick. If any other infringement of the rules takes place during the action then it is retaken.
- 6.7 If during any restart a player intentionally commits a false start to mislead opponents or gain more time he/she will be cautioned. If a player wants to adjust the ball once it is placed for a re-kick, he/she should do it with their hands.
- 6.8 If any player intentionally commits or attempts to commit any of the following fouls he/she may receive a red or yellow card and a direct free kick will be awarded to the opposing team. If the offence is committed within his/her own penalty area a penalty kick may be awarded. All yellow/red card offenses will be looked at by Bell Aliant Metro Soccer League Committee and this may lead to further suspensions, in addition to the automatic one game suspension.
- a) kicks an opponent
 - b) trips an opponent
 - c) jumps at an opponent
 - d) charges an opponent
 - e) spits at an opponent
 - f) strikes an opponent
 - g) holds an opponent
 - h) pushes an opponent
 - i) intentionally strikes the ball with a hand or arm
 - j) tackles an opponent to gain possession and makes contact with the person before the ball
 - k) violent conduct
 - l) serious foul play
 - m) deliberately handles the ball to stop the opposing team from scoring a goal, except the goal keeper
 - n) uses offensive, insulting, or abusive language or gestures
 - o) receives a second caution in one game
 - p) any other reason that the referee deems worthy
- 6.9 If any player commits one of the following offences he/she may receive a yellow card and the other team shall be awarded an indirect free kick.
- A. plays in a dangerous manner
 - B. impedes the progress of an opponent
 - C. prevents the goal keeper from releasing the ball from his/her hands
 - D. if a goal keeper: takes more than six seconds to release the ball from his/her hands, touches the ball again after it has been released from his/her possession without it first touching another player, touches the ball with his/her hands when it has been passed deliberately back to goalkeeper from a teammate, or touches the ball with his/her hands when he/she receives it directly from a throw-in taken by a teammate
 - E. unsporting behavior
 - F. shows dissent by word or action
 - G. persistently infringes the Laws of the Game
 - H. delays the restart of play
 - I. fails to respect the required distance on a corner kick, free kick or any other restart
 - J. commits an illegal substitution
- 6.10 A penalty kick is awarded for a foul committed by the defending team within the defending team's penalty area. A penalty kick is taken during the normal course of play

(at moment of foul/misconduct). If a member of the attacking team enters the penalty area before the kick is completed either a) if a goal is scored, it is discounted and the kick is retaken or b) a goal is not scored and the referee stops play and the match is restarted with an indirect free kick awarded to the defending team, from the place where the infringement occurred. If a member of the defending team enters the penalty area before the kick is complete then either a) if a goal is scored it is counted and play continues, or b) a goal is not scored and the kick is retaken. If time has been extended to conduct a penalty kick (i.e., when a foul occurs at the end of the game) then play ends when a goal is scored by the kicker, the ball is stopped by the goal keeper or the ball goes out of bounds.

- 6.11 All general rules will be followed.
- 6.12 Size five (5) balls will be used.
- 6.13 Players are not permitted to wear any type of jewelry while playing - with the exception of medical jewelry (i.e. medical alert bracelets).

7. U12-U16 Final Weekend Tournament:

7.1 The exact format and number of games played will depend on the number of teams in the division.

7.2 All rules and regulations pertaining to regular Metro League play will pertain unless specifically modified according to the following rule.

8.2.1. Standings will be based on the end-of-year results. The NLSA formula for breaking a tie between two (or more) teams will be followed:

a) Previous Match Results

The winner of the match between two teams tied in points shall be awarded the higher positions (not applicable if three (3) or more are tied).

b) Goal Difference

Goal difference shall be calculated by subtracting goals conceded from goals scored. A maximum difference of five goals shall be awarded in each game. The team having the greater goal difference will be awarded the higher position.

c) Least Goals Scored

The team having the least goals against will be awarded the higher position.

d) Most Goals Scored

The team having scored the most goals will be awarded the higher position. A maximum of five (5) goals difference per game will be used.

e) Penalty Kicks

It two or more teams are still tied under criteria (A)-(D), then the higher standings shall be decided by kicks from the penalty spot, as follows:

- Two teams tied: as per FIFA Laws of the Game, at a time and place decided by an Aliant Metro League Representative.
- Three teams tied: each team is designated A, B, or C. Three mini-games shall be played (A vs B, B vs C, C vs A) consisting of five (5) kicks at a time and place decided by Aliant Metro League Representative. The standing after these three mini-games shall be ranked according to the criteria (A)-(D).
- Four teams tied: each team is designated as A, B, C, or D. Six mini games shall be played (A vs B, C vs D, A vs C, B vs D, D vs A, C vs B), to decide the final ranking as in the three team case.

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

- 7.2.2. This does not apply to round robin games (only playoff games where a winner is required). If the score is tied at the end of regulation time, the winner will be determined by two five (5) minute overtime periods. If a team scores within the first overtime period and the opposing team does not equal the goals scored then it will end with the team scoring the most goals being declared the winner. If no goals are scored or if the game is tied after the first overtime then the second overtime period will be permitted. If a team scores within the second overtime period and the opposing team does not equal the goals scored then it will end with the team scoring the most goals being declared the winner. (Sliver goal) If the score remains tied at the end of both overtime periods, kicks from the penalty mark will be used to decide the winner.

8. Round Robin Final Weekend Tournament Tie Breaking Procedure:

- 8.1 In a regular round-robin final weekend tournament all games shall be played to regulation time only.
- 8.2 Three (3) points awarded for a win and one (1) point for a tie.
- 8.3 If two (2) or more teams have an equal number of points on completion of the round robin, the following criteria shall be used to determine the standings.
- A. Previous Match Results
The winner of the match between two teams tied in points shall be awarded the higher positions (not applicable if three (3) or more are tied).
- B. Goal Difference
Goal difference shall be calculated by subtracting goals conceded from goals scored. A maximum difference of give goals shall be awarded in each game. The team having the greater goal difference will be awarded the higher position.
- C. Most Goals Scored
The team having scored the most goals will be awarded the higher position. A maximum of five (5) goal difference per game.
- D. Least Goals Scored
The team having the least goals against will be awarded the higher position.
- E. Penalty Kicks
If two or more teams are still tied under criteria (A)-(D), then the higher standings shall be decided by kicks from the penalty spot, as follows:
- Two teams tied: as per FIFA Laws of the Game, at a time and place decided by a Bell Aliant Metro Soccer League Representative.
 - Three teams tied: each team is designated A, B, or C. Three mini-games shall be played (A vs B, B vs C, C vs A) consisting of five (5) kicks at a time and place decided by Bell Aliant Metro Soccer League Representative. The standing after these three mini-games shall be ranked according to the criteria (A)-(D).
 - Four teams tied: each team is designated as A, B, C, or D. Six mini games shall be played (A vs B, C vs D, A vs C, B vs D, D vs A, C vs B), to decide the final ranking as in the three team case.

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

III: PLAYERS

1. Players Code of Conduct:

As a youth player in the Bell Aliant Metro Soccer League I promise to respect the code of conduct and follow it to the best of my ability. I understand that my teammates and I are bound by this code and any deviance from it may result in disciplinary action and possibly removal from the league.

I will follow all rules of the game laid forth by Bell Aliant Metro Soccer League.

I will promote a positive attitude and refrain from using abusive language or gestures and violent actions.

I will support and encourage my teammates while practicing and playing the game of soccer.

I will show respect towards all of my opponents because I recognize that without them I would not be able to play the game.

I will respect and obey all coaches, referees and officials associated with the league.

I will do my best to have fun and improve my skills at every game.

I will place the team's success before my own personal gratifications.

I will play the sport of soccer for my own enjoyment and not because of encouragement from any other party.

I will show responsibility by taking care of my own equipment and knowing my game schedule. This includes showing up for games on time and notifying my coach if I will be missing a game.

I will show dignity and grace whether I win or lose.

IV: COACHES

1. Coaches Code of Conduct:

As an official coach within the Bell Aliant Metro Soccer League I promise to respect the code of conduct and follow it to the best of my ability. I have read and understand my responsibilities as a coach and am aware that failure to comply may result in disciplinary action and removal as a coach.

I will follow all rules laid forth by the Bell Aliant Metro Soccer League. As well, I will keep up to date with coaching techniques and responsibilities.

I will refrain from using abusive language or gestures and violent actions.

I will treat all players with dignity and help them be part of the team.

I will only provide positive and constructive feedback to the players.

I will encourage a fun atmosphere and remember that winning is only a small part of the game.

I will teach soccer skills, rules and the spirit of the game.

I will do what is best for the team as a whole, and not put any one player before another.

I will do my best to help the players grow on a personal level and become responsible individuals.

I will do my best to ensure that all players and parents follow their code of conduct.

I will treat players, parents, other coaches and officials with respect.

I will refrain from arguing with the referee and will show respect for his/her authority at all times.

I will place the safety of the players before all other things.

I will be a positive role model for all of the youth of the program.

2. Coaches Regulations:

2.1 All coaches are required to stay inside their clearly marked 'coaches box'. If no such area is marked, the coaches are required to stay on the sidelines in the area nearest to their team bench.

2.2 Any instruction which is given to players should be positive and not critical.

2.3 All players should be encouraged to make their own decisions while handling the ball. The best way to learn is by trial and error and no child should be discouraged if a play does not work the first time.

2.4 Coaches should provide some instruction on the rules of the game. It is the coach's responsibility to teach the children the basics that they need to play the sport.

2.5 Coaches are responsible for ensuring that all players have equal opportunity to prove themselves on the field and in the younger age group (U10) that they have the opportunity to play all positions. Fair play must be exercised at the U12 age group. At the older age groups, players must compete for their playing time; coaches must abide by the CSA's Fair Play Code.

- 2.6 All substitutions should be made efficiently and with consent from the referee. Referees should not be addressed for any reason other than a substitution.
- 2.7 Coaches are expected to keep track of all red/yellow cards issued to players on his/her team. Coaches must ensure that they do not permit suspended players into a game. Coaches should address all players who are issued cards and discourage their unwanted behavior.
- 2.8 At least one (1) coach per team must be educated in injury and first aid. A coach is responsible for ensuring that any injured player on his/her team receives the proper medical attention. All coaches must complete a RNC Criminal Records Screening Certificate (CPIC clearance) form and submit it to their respective Clubs prior to the beginning of the season.
- 2.9 If a coach wishes to protest a circumstance or event related to the game, he/she should indicate on the referee's time sheet that the game is under protest and sign the sheet. All details related to the protest should be brought to the Bell Aliant Metro Soccer League Disciplinary Committee within 24 hours of the game in question.

V: REFEREES

1. Referees Code of Conduct

As an official referee with the Bell Aliant Metro Soccer League I promise to respect and follow the code of conduct. I will become aware of and respect the Canadian Soccer Association's code of conduct. I understand that I am bound by these codes and any deviation from them may result in disciplinary action.

I will follow all rules set forth by Bell Aliant Metro Soccer League.

I will promote a positive attitude and refrain from using abusive language or gestures and violent actions.

I will co-operate with and assist all fellow referees.

I will respect all players, coaches, parents and officials associated with this program.

I will conduct myself with dignity and be a model of fairness for the players.

I will promote a fun atmosphere, while enforcing the rules of the game.

I will treat all players and team equally and fairly.

I will ensure that all players, coaches and parents follow the code of conduct set forth by Bell Aliant Metro Soccer League.

I will be a role model for all those associated with the game.

I will place the safety of the players before all other things.

2. Referees Regulations

2.1 Every game shall have a referee appointed to officiate the play. He/she is the sole authority on the field from the moment he/she enters the area until the game has ended. This includes when the game is in progress and when it is stopped. The referee will make all decisions concerning the game and every decision is final. Players, coaches and parents shall refrain from arguing with the referee.

2.2 Referees responsibilities are to:

- a) enforce the rules of the game
- b) stop, suspend or terminate play for any offense of the rules or disrespect of the game
- c) report any misconduct by players, officials or spectators during the game
- d) send from the field and its vicinity any player or team official who is guilty of violent conduct, serious foul play, or foul/abusive language
- e) issue yellow or red cards to any player who is outside of the boundaries of the game and dismiss any official who is outside of these boundaries
- f) report to Aliant Metro Soccer League officials all players who were issued red or yellow cards
- g) explain all infractions to the players at the time of the incident and explain the reason for disallowed goals to both coaches simultaneously at the earliest opportunity
- h) decide if the field of play, ball and other equipment are suitable
- i) disallow any player from participating due to unsafe equipment

- j) stop the game if a player is injured or bleeding and ensure that they get medical attention
 - k) control who may leave and enter the field
 - l) administer the coin toss at the beginning of each game
 - m) signal the start of the game or restart of the game after stoppage
 - n) keep the game clock which includes starting and ending on time, as well as announcing the half time and substitutions
 - o) keep record of the game and submit it to Bell Aliant Metro Soccer League within one week of the game.
- 2.3 If any field or other equipment is not suitable for use the referee should let Bell Aliant Metro Soccer League officials know immediately.
- 2.4 Referees must arrive at all games fifteen (15) minutes before the assigned kick off time. If they are more than five (5) minutes late they may be replaced.
- 2.5 The referee will allow for a maximum of a five (5) minute delay at the start of the game. If a team is not prepared at this time they shall forfeit the game.
- 2.6 Referees must start all games on time and ensure that games flow as smoothly as possible.
- 2.7 Referees in consultation with a field marshall have the authority to cancel a game due to weather or other unforeseeable factors. All cancellations must be immediately reported to Bell Aliant Metro Soccer League.
- 2.8 All referees and assistant referees must complete the appropriate referee courses and be registered with the NLSA. All referees are expected to be familiar with the rules and regulations of Bell Aliant Metro Soccer League. Adaptations for various age groups must be followed.
- 2.9 Referees are required to wear proper attire (black is preferred) and be prepared with all necessary equipment. Referees must appear different from players on the field.
- 2.10 Referees will not tolerate any harassment or disrespect from coaches, players or spectators. If this happens the referee is permitted to suspend or terminate the game or demand that the person leaves for the game to continue. Please refer to the "Threatening of a Match Official" form and become aware of the procedures.
- 2.11 Referees should report, in writing, any misconduct or incidents involving players, coaches or spectators during or immediately after a game. Reports should be submitted to Bell Aliant Metro Soccer League within two days (48 hrs) of the games end.

VI: PARENTS/GUARDIANS CODE OF CONDUCT

As a parent/guardian associated with Bell Aliant Metro Soccer League I promise to respect and follow the code of conduct. I understand that I am bound to follow this code and any deviation from it may result in disciplinary action.

I will help my child follow all rules set forth by Bell Aliant Metro Soccer League, and I will personally respect the rules.

I will control my temper and refrain from using abusive language or gestures and violent actions.

I will respect all players, coaches, referees, officials and other parents associated with the game. Any problems that I have with these individuals I will resolve privately and in a dignified manner.

I will help my child remember that having fun is the most important part of the game.

I will encourage my child in a positive manner and always have his/her best interest in mind.

I will cheer for all good plays made by both teams and will have a positive attitude towards all players and coaches.

I will refrain from providing instructions at any game.

I will remain in the areas designated for spectators (NOT behind the goals).

I will lead by example and be a good role model for my child and all the children in this league.

VII: CLUBS

1. Clubs Code of Conduct

As an official Club participating in the Bell Aliant Metro Soccer League I promise to respect the code of conduct and follow it to the best of my ability. I have read and understand my responsibilities as a Club and am aware that failure to comply may result in disciplinary action and removal my Club's teams from the League.

I will follow all rules laid forth by the Bell Aliant Metro Soccer League.

I will do my best to ensure that all coaches, players and parents follow their code of conduct.

I will encourage a fun atmosphere and remember that winning is only a small part of the game.

I will teach soccer skills, rules and the spirit of the game.

I will do my best to foster an environment which helps the players grow on a personal level and become responsible individuals.

I will treat players, parents, coaches, officials and the League with respect.

I will respect that this League is being run by volunteers and that communication and understanding are key to its efficient operation.

I will do my best to make sure my coaches and teams are aware of scheduled games and will contact St. John's Senior Soccer Club office at least 24 hrs before the start of a scheduled match to cancel, realizing that failing to do so will result in penalties.

2. Club Expectations

2.1 Clubs are expected to volunteer to host equal numbers of Metro League weekends per season.

2.2 Clubs are expected to provide a minimum of 1 weeks notice if for some unforeseeable reason they are unable to host on their scheduled weekend.

2.3 Clubs are expected to have their teams' present at ALL scheduled matches. Failure to do so, without sufficient notification (minimum 48 hours), will result in penalties. Three unexcused forfeits will result in their team being released from the league.

2.4 Clubs are expected to have Field Marshalls present on their hosting weekends to collect game sheets, provide support to referees and assistant referees and to answer questions and concerns from players, coaches and parents. Field Marshalls must be over the age of 18. Field Marshalls must be present and visible, wearing the orange or yellow uniform provided to by the Bell Aliant Metro Soccer League.

2.5 Field Marshalls must submit a tournament report (provided by the Metro League) at the end of every weekend.

2.6 Clubs are expected to collect all game sheets from their hosting weekend and have them to Bell Aliant Metro Soccer League officials within 48hrs of the final game.

VIII: FIFA LAWS OF THE GAME

All rules follow the guide lines set forth by FIFA officials unless otherwise stated in this manual. Some rules may also be adapted to suit younger players. (www.fifa.com)

Game Schedule

The Bell Aliant Metro Soccer League operates its elite soccer league on alternating weekends. For specific weekend dates for Summer 2010 check the Bell Aliant Metro Soccer League website (<http://bellaliantssoccer.sport.ca>). The detailed game schedule, with field locations and times of games will be posted on the website approximately a week in advance of the weekend in question.

Weather

The play should be cancelled for any one of the following weather conditions:

- Heavy rain
- Thunder and lightning
- Snow
- Freezing rain

For other weather conditions the referee should use his/her best judgments. This may include light rain or fog, or poor field conditions.

Bell Aliant Metro Soccer League will make every effort to decide on cancellations as early on the game day as possible. There are times however that the weather changes quickly and therefore some late cancellations will occur. Cancellations will be posted on the Bell Aliant Metro League website as well as broadcasted on local radio stations.

Threatening A Match Official

An assault on a match official form (Appendix A) must be filled out for any incident which involves a referee during or immediately after a game. The form is appropriate for confrontations with any player, coach, parent or other person involved with the team. The form should be completed in full and forwarded to the referee's home Club within two days (48 hrs) of the incident. All referees should keep a personal copy of any form which is submitted.

Incident Reports

An incident report form (Appendix B) must be filled out for any confrontation that a referee witnesses between two players, coaches, parents or other individuals involved with the league. This incident may have happened during or immediately after the game. The form should be completed in full and forwarded to the referee's home Club within two days (48hrs) of the incident. All referees should keep a personal copy of any form which is submitted.

Misconduct Reports

A misconduct report form (Appendix C) must be completed for any player or coach who is cautioned or sent off the field. The form should be completed in full and forwarded to the St. John's Senior Soccer office within two days (48hrs) of the incident. All referees should keep a personal copy of any form which is submitted.

Reports of a Referee

Coaches can use the form in Appendix D to report any issue, concern, or compliment regarding a referee.

APPENDICES

Appendix A

**Bell Aliant Metro Soccer League
Referee's Report Regarding
Threatening a Match Official**

Please ensure all information is filled out correctly and clearly and then fax/mail/drop off the form to your home Club (within 48 hours).

Referee's Name: _____ Date of Game: _____

Teams: _____ vs. _____

Venue: _____ League/Competition: _____

Attention Aliant Metro Soccer League:

Arising from the above noted game, I am reporting an instance of 'Threatening a match official'.

This action was a cause of (check one): Verbal Abuse: _____ Physical Abuse: _____

Offender's Name (print): _____

Jersey #: _____ of team: _____

The incident occurred as follows:

_____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____

Submitted By (Referee's Signature): _____

Home Telephone: _____ Other: _____ Fax: _____

Appendix B
Bell Aliant Metro Soccer League
Misconduct Report Form

Name and position of person cautioned: _____
Ex. Player or Coach

Name of Person's team: _____

Division: _____ **Location:** _____

Date and Time: _____ **Type of Incident:** _____
Ex. Caution or dismissal from game

Description of Incident: _____ _____ _____ _____ _____

Description of Referee's Actions: _____ _____ _____

Referee's Name (printed): _____

Referee's Signature: _____ **Date:** _____

Appendix D
Bell Aliant Metro Soccer League
Report of a Referee Form

Please ensure all information is filled out correctly and clearly.

Referee's Name (if known): _____ Date of Game: _____

Teams: _____ vs. _____

Venue: _____ League/Competition: _____

Attention Aliant Metro Soccer League:

- Arising from the above noted game, I am reporting an issue/concern regarding a referee.
- Arising from the above noted game, I am reporting a compliment/job well done regarding a referee.

DESCRIBE:

_____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____

Submitted By (Printed): _____

Submitted By (Signature): _____ Date: _____

Home Telephone: _____ Other: _____ Fax: _____