

RULES and REGULATIONS

NSGSC – NORTH SHORE WOMEN’S LEAGUE

(SPRING/SUMMER)

PART 1: Facility & Field

Liability. Individuals using the facility do so at their own risk. The league assumes no liability for any injuries or accidents that may occur.

Personal Property. The league accepts no responsibility for lost or stolen personal property. We strongly suggest that no valuables be taken into the facility.

Damage. Any damage caused to the facility will be paid for by the teams or individuals found to be responsible. The penalty for non-compliance with this policy is permanent expulsion from the league and possible legal action. No refunds will be issued.

Behavior. Teams or individuals who do not conduct themselves in an appropriate manner will face suspension or permanent expulsion from the league.

Alcohol. Alcoholic beverages of any sort are strictly prohibited anywhere in the facility. Failure by individuals to comply with this policy may result in suspension or permanent expulsion from the league, as well as, violation fines or other action from the facility management group.

Smoking. As the facility is located on School District property, smoking of any kind is strictly prohibited anywhere inside or outside of the facility.

Illicit Drug Use. Illicit drug use is strictly prohibited anywhere in the facility. Teams or individuals found in violation of this policy will be immediately and indefinitely expelled from the league. No refunds will be issued.

Food & Beverages. No food, chewing gum or beverages (excluding water) are permitted within the facility.

Accidents & Injuries. All accidents and injuries must be reported to a referee immediately after the incident has occurred.

PART 2: Administrative

Team Representatives. Each team must declare a team representative. The team representative will be responsible for:

- the conduct of their team;
- registering their team by the applicable season's deadlines;
- ensuring that all of their team's players have registered, after the team has been registered by the applicable season's deadlines; and
- all fees/fines owed by the team or the team's players.

Drop-in Policy. In the rare instance that a team is short players, you may take advantage of our drop in policy. A player who wishes to play, MUST sign a waiver (which can be found [here](#)) and pay the \$15.00 fee to the Field Marshal. The signed waiver must be brought to the field on the day of play. A team may only use a drop-in player 5 times in a season.

Player Eligibility. A player is considered eligible to play in the league for their team(s) after completing their registration form, completing their waiver and paying the applicable fee using the league's online registration system. Only players registered with the league may participate. Each player is only permitted to play for the team(s) they have registered with. In the rare instance that a team is short players, a player within the same league may play for another team. The league reserves the right to withdraw this allowance at any time should it become subject to abuse.

Any teams found to be playing ineligible players will result in a 1-0 win for the other team, OR, in the event the other team won the game, the team representative will be subject to a one (1) game suspension. If the team representative is found playing ineligible players again, they will be subject to a two (2) game suspension and a \$50 fine and/or further penalties from the League (season suspension or expulsion), as determined by the League.

Player eligibility is a legal liability and insurance coverage issue and is consequentially taken extremely seriously.

Unregistered Players. There is zero tolerance for playing unregistered players. Any teams found to be playing unregistered players will result in a 1-0 win for the other team, OR, in the event the other team won the game, the team representative will be subject to a one (1) game suspension. If the team representative is found playing unregistered players again, they will be subject to a two (2) game suspension and a \$50 fine and/or further penalties from the League (season suspension or expulsion), as determined by the League.

Player Identification. On occasion, the referee or an administrator of the league, may check player`s identification to ensure all players are registered with the league. In the event a player does not have photo identification, or is not registered with the league, they will not be able to play.

Schedule Changes. The league is not responsible for any missed games as a result of schedule changes. Schedules are posted on the league`s website. Teams and individual players are strongly encouraged to check the website before each scheduled game as it is updated regularly.

Standings. Two points are awarded for a win. One point is awarded for a tie. No points are awarded for a loss. If two teams are tied in the standings when the championship schedule is being determined or at the conclusion of a regular season, then the method of tiebreak will be:

- most wins;
- most goals for;
- largest goals against; and
- coin toss.

Forfeits. A forfeiture of a game will result in a 1 to 0 win for the opponents. The penalty for repeated forfeitures is possible expulsion from the league (no refunds will be issued) or preclusion of the team from registering with the league for future seasons.

For greater certainty, a forfeit is considered to be when a team: (i) fails to show-up for a game, (ii) fails to produce the required minimum number of players by the start of the game, (iii) knowingly plays unregistered players, and (iv) notifies the league of its intention to forfeit.

The league is not responsible for teams that forfeit games, and will not reschedule forfeited games, or provide financial compensation in lieu of the game to the team that was forfeited on.

Team Defaults. No refunds will be issued should a team default after the start of the season. Defaults significantly impact the league's ability to manage the schedule.

Rescheduling of Games. The league will only consider a request to reschedule a game in extenuating circumstances and with at least two weeks advance notice prior to the game in question. Even if these conditions are met, the rescheduling of a game will be dependent upon the availability of the facility and the opponent.

PART 3: Game Play

*All games are to be played under the recognized FIFA Laws of the Game, which can be found at www.fifa.com/worldfootball/lawsofthegame.html. The North Shore Women's League (the "League") considers it your responsibility to familiarize yourself with these rules before you participate in the League.

*The League rules listed hereunder are additions to FIFA's Laws of the Game and have been specifically adapted for this league.

Equipment. Players are required to wear shin-guards at all times. Sweat pants / track pants may be worn instead of shorts, as long as they do not expose any metal or sharp objects, such as zippers, buttons or snaps. All jewellery / piercings must be removed or taped. Referees have sole discretion to make the final call on the appropriateness of a player's clothing and / or equipment.

Jerseys / T-Shirts. Each team must have a jersey or t-shirt of the same colour for each player on their team. It is strongly recommended that all teams carry a second colour with them, because if there is a conflict in jersey / t-shirt colour, it is the responsibility of the designated away to team to change.

Footwear. All soccer footwear and running shoes are permitted **with the exception of six stud soccer cleats**.

Number of Players- Each team will have a maximum of 7 players on the field during game play, which includes the goalie. A team must have a minimum of five players at the official start time of the game in order to be considered in attendance.

Length of Game. The game consists of two thirty-five minute halves, which is a total of 70 minutes of playing time. Half time is two minutes long. Pre-game warm up is up to

each team to organize and will happen on the side of the field. No warm-up time is provide on the field.

Off sides: Off-side rules apply at the 2/3 mark (rather than the half mark). Referees will strictly enforce this rule. The 2/3 line will be marked out.

Substitutions. Substitutions are unlimited and on the fly. Any player who is leaving the field must be within two metres of their team's bench before their team mate can enter the field, or an illegal substitution will be declared and the player leaving the bench will face a three minute penalty. If the opposing team scores during the three minute penalty, the penalized player can return to the field.

Goal Keepers. A goal keeper cannot punt, drop kick or throw the ball over the centre line without it first touching the ground or a player to re-start play. An indirect free kick will be awarded at centre; the referee may also award advantage and "play-on" if the opposition intercepts the ball. Once the goal keeper places the ball at his/her feet the ball is considered live. If the goal keeper advances the ball outside of the designated goal area, he/she can play the ball like a regular player (including kicking it over the centre line in the air).

Goals. After a goal has been scored, play begins from the centre line.

PART 4: Penalties, Violations & Suspensions

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Red Cards. Players receiving one red card or two yellow cards in a single game will be promptly ejected from the game in play and suspended for a minimum of one further game. Referees will provide a report to the Women's Director at North Shore Girls Soccer Club in all instances in which a red card is handed out. The report will outline the circumstances/actions that led to the handing out of the red card (or two yellows), and their recommendation as to whether or not the gravity of the red carded player's actions warrants more than the minimum one game suspension. The Director will review the

referee's report and make a final decision as to how many additional games the red carded player will be suspended for. The Team Representative and Assistant Team Representative of the team the red carded player plays for will be notified via email or telephone call if the player must serve additional game(s) suspension.

Appeals. A player who receives **more** than a single game suspension is able to appeal the disciplinary action; however, not the call itself. A written appeal from the player must be received by email at womenssoccer@nsgsc.ca no fewer than five days prior to the player's next scheduled game directly after the incident.

Player Identification. All players who receive a yellow or red card must accurately and truthfully identify themselves to the referee. If the player refuses to do so, they will no longer be allowed to participate in the game and the team representative will then be asked/required to identify the player. If the team representative refuses to identify the player, or mis-identifies the player, the team representative will personally serve the full suspension in place of the player who was not identified.

Playing Suspended Players. Teams that allow players who they know are under suspension to play will be penalized with the forfeiture of all games the suspended individual participated in. The individual who was under suspension and knowingly played anyways will be penalized with the doubling of their original suspension.

No Going to Ground to Play the Ball / Slide Tackling. Players are not permitted to go to ground to play the ball at any time. The goal keeper is the only person permitted to go to the ground in the process of making a save and only in their designated goal area. Players should try and stay on their feet at all times. The penalty for going to the ground to play the ball is the awarding of a free kick to the non-offending team.

Slide tackling is an automatic yellow card. A slide tackle is when a player attempts to take the ball away from an opposing player by deliberately leaving his/her feet and sliding along the ground with one leg extended to push the ball away from the opposing player.

Spitting. Spitting on the field is not permitted, upon penalty of a yellow card.

Penalties and Violent Conduct. There is **zero tolerance** for violent conduct in the North Shore Women's League. Any player/team/participant found to be conducting themselves in a violent manner may be subject to permanent suspension and/or expulsion from the League.