



Milton Soccer Academy

LADIES RECREATIONAL SOCCER LEAGUE

Rules and Regulations

Updated May 4, 2009

Temporary – to be presented to BoD in July 2009

Article 1: Name

1. The name of this league shall be the LADIES RECREATIONAL SOCCER LEAGUE, hereinafter referred to as the league. The league is operated by the club and adheres to all of its By-Laws and Rules & Regulations.

Article II: General

1. The league Rules and Regulations may be modified at any time with a majority vote by Board of Directors and are subservient to the club's Rules & Regulations

Article III: Teams

1. All teams and its members are responsible to obey and enforce the Rules and Regulations as stated herein.
2. Failure to adhere to these Rules and Regulations may be punishable by loss of playing rights.
3. All teams shall be required to play in their registered colours, except goal keepers, who shall wear a distinguishing sweater from both her own and her opponent's colours, including the referee.
4. Each team shall be given sixteen (16) players at the beginning of the season, if registration permits. Individual teams may decide if they require more than sixteen players, after all other teams have acquired the required number of players. Extra players must be taken from the waiting list, if there is one.
5. Any team using non-registered league players shall forfeit the game in which such players were used. The use of a non-registered player may be subject to disciplinary

Article IV: Player Regulations

1. REGISTRATION

To qualify for registration with the league, a PLAYER must:

- A: Complete, sign and submit both the OSA league registration/waiver forms;
- B: Pay the registration fee to the Milton Soccer Academy;
- C: Provide a Uniform Deposit Cheque* (\$30 post dated September 18th, 2009). (Deposit will only be cashed if the uniform is not returned at the end of the season);
- D: No player shall be eligible to play unless fully registered.
- E: No player who has been suspended by the league can register to play.

2. AGE REQUIREMENTS

- A: Players must meet the minimum age requirement of 18 years of age as of December 31st of the year of play.
- B: Players must have a valid photo ID (driver's licence, passport, etc.) with them at all games to supply proof of age if challenged.

Rules of challenging a player's age:

- A team representative can challenge a player's age on the opposing team by approaching the referee BEFORE the start of a game.



- The player in question must then make a self declaration by showing proof of age with a valid photo ID. If the player in question does not have a valid photo ID with them, they are not permitted to play in the game. In this situation, the referee will report the player to the club director for further follow-up.

2. **PLAYER PLACEMENT:** The club will be responsible for assigning an individually registered player to a team based on past experience and league objectives. The league will attempt to accommodate any requests from individual applicants to play with a particular player and/or team.

Article V: Managers / Assistant Managers

1. Each team must appoint one team manager before the start of the season. A team assistant manager is optional, but encouraged. The assistant manager is to provide back-up in the absence of the team manager.
2. Managers are responsible for ensuring all players in his/her team are properly registered.
3. Managers are responsible for ensuring all players are aware of the Rules and Regulations.
4. Managers are responsible for all communication within the team and from the club, and must have regular access to e-mail to receive league updates.
5. Managers are responsible for submitting team issues/concerns, in a timely matter, via e-mail to seniors@miltonsoccer.com

Article VI: Referees

1. A referee decision on the field is final.
2. The decision of the referee on conduct of behaviour and the outcome of the game will stand.
3. It is the responsibility of the referee to ensure that an incident report is filled out if yellow or red cards are handed out during the game.
4. The referee's game report is considered evidence in case of discipline proceedings.

Article VII: Game

1. The game rules for the end of season tournament are different than the regular season league rules. A set of tournament rules and regulations will be made available before the tournament.
2. The league follows the FIFA Laws of the Game, unless stated otherwise.
3. A team will be allowed up to fifteen (15) minutes after the game starting time to produce seven (7) players on a the field, and if at the end of this time, the team cannot produce 7 players, the game is forfeited, resulting in a 1-0 loss by default.
4. If a game is abandoned because a team cannot field enough players, it will default with a 1-0 loss regardless of the actual score.
5. Each Team Captain is required to produce a completed Game Sheet before the start of the game to the referee. Completed game sheets include the full name of each registered player on the team who will be playing in the game, their corresponding uniform number and initials, the date, time, location of the game and the signature of a representative of the team.
6. SUBSTITUTIONS Teams can substitute without limits at:
 - A: Any offensive throw-in (defending team can substitute only if offensive team does)
 - B: At a goal kick (both teams can change)
 - C: Beginning of half
 - D: When game has been stopped due to an injured player (at the discretion of the referee and only the injured player can be substituted)
 - E: After a goal is scored



7. There will be two 45 minute halves. A shorter time may be decided upon by the 2 teams and referee prior to the start of the game.
8. **No slide tackling is permitted at any time.**
9. If one team is short players (but not less than 7), the opposing team may play up to 2 more players (but not more than 11).
10. In the absence of a referee the teams may appoint a referee. The score and decisions of the appointed referee will stand. If no referee can be appointed, the game will be rescheduled.
11. Any game terminated in the second half, after playing half of the half, shall be deemed to be a complete game and the present score will prevail, unless the game is abandoned because of article VI.3 or VI.4. In the referee's opinion a game may be abandoned if:
 - A: Conditions of play are unsafe.
 - B: A serious injury has occurred resulting in a player or spectator's need for medical assistance.
 - C: Disruptive conduct on part of players, coaches, managers or spectators.
12. At any time, if a team "walks-off" or withdraws from the field of play *without consent of the referee*, the game will count and the present score recorded. In the case of a tie, the team that has chosen to terminate the game will concede a loss 1-0. If the team is ahead and chooses to leave the game prematurely, without consent of the referee, the game will be recorded as a 1-0 loss for that team.

Article VIII: Discipline

1. Players or team officials reported for misconduct shall be dealt with through a Disciplinary Hearing. Please see Rule 10 of the club's Rules & Regulations.
2. Two (2) red cards accumulated during the season (including the end of season tournament) will result in a review of the player's status for the remainder of the season as well as any other future involvement within the league.
3. Cautions/Dismissals – PLAYER FINES / DISCIPLINE: If a player is issued two (2) or more yellow cards or one (1) red card anytime during the Regular season and/or end of season tournament, she will be required to;
 - A. Appear before a Disciplinary Committee Hearing within the club and/or higher-level governing bodies.
 - B. Pay a \$25 fine to the club prior to returning to a league game
 - C. Be suspended for a minimum of (1) game

Spectators / team helpers are seated across the field opposite from the team benches

Article IX: Protests and Appeals:

All protests and matters of dispute in the jurisdiction of the club shall be dealt with by the disciplinary committee.

1. All protests and matters of dispute must be submitted to the club's Director of Senior soccer in writing within forty-eight (48) hours of the game played

Article X: Points

1. Each win 3 points; each tie 1 point
2. Tie breaking Priority for League Championship
 - A: Most wins
 - B: Goal differential
 - C: Most goals
 - D: Most wins head to head
 - E: Goal differential head to head
 - F: Most goals head to head
 - G: Drawing of lots



3. **Game scores** will be reported by the referee to the club's Director of Senior Soccer. The score will then be posted on the club's website. If a referee does not show up to a game, the team managers are responsible for reporting this to the Director of Senior Soccer no later than the following day.

Article XI: Equipment

1. Players will wear team uniform, soccer shoes and shin pads. Shirt must be of same colour & numbered. Sleeves must be down at all times.
2. No player will be permitted to play wearing footwear other than soccer cleats (Metal/Aluminum studs are not permitted).
3. It is mandatory for players to remove ALL jewellery before playing (this includes rings, earrings, necklaces, bracelets, watches)
4. Home team is responsible for providing a game ball to Official before kick-off.
5. Each team is responsible to provide a game sheet to the referee before the start of the game (See Article VII 5).