



LEAGUE OPERATIONS AND GAME DAY MANUAL

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SECTION I - ORGANIZATION

League1 Ontario (L10) is a high-performance standards-based senior soccer league.

1.1 Strategic Direction

- a) L10 shall be governed by a Board of Directors. Resolution of any matter not specifically addressed within this document will be the responsibility of the L10 Board of Directors.

1.2 Technical Oversight

- a) The L10 Technical Committee shall provide guidance and advice to the L10 Board of Directors on all technical matters.

1.3 License Holder Advisory Role

- a) L10 License Holders shall have the opportunity to provide feedback to the L10 Board of Directors and the L10 Technical Committee through the L10 License Holder Advisory Group.
- b) The L10 Managing Director will Chair all meetings of the L10 License Holder Advisory Group and shall serve as the official conduit between the License Holders and both the L10 Board of Directors and the L10 Technical Committee.
- c) L10 license holders shall designate a minimum of two (2) and a maximum of three (3) representatives to the advisory group. At least one (1) representative must come from the license holder's team operations leadership group (e.g., 1Club President, Game Day Manager, etc.) and at least one (1) representative must come from the license holder's technical leadership group (e.g., Technical Director, Head Coach, etc.)
- d) Advisory Group meetings shall be called as deemed necessary by the L10 Managing Director and/or the L10 Board of Directors, but no less than two (2) times per calendar year. License Holders will be given a minimum of fifteen (15) days advance written notice for the scheduling of any official advisory group meeting.
- e) License Holders who fail to have appropriate representation at a properly scheduled Advisory Group meeting will be fined as per the L10 Discipline Code.

1.4 Establishment of Sub-Committees / Working Groups

- a) The L10 Board of Directors has the authority to establish sub-committees or working groups, as necessary.
- b) A sub-committee or working group will have clearly specified Terms of Reference delineating its mandate, role, responsibility, authority, and term limits.
- c) The L10 Board of Directors will appoint a Chairperson for each sub-committee/working group that is established.
 - i. The sub-committee/working group chairperson has the authority to nominate sub-committee/working group members, but the L10 Board of Directors has final decision-making authority on sub-committee/working group membership.
 - ii. The sub-committee/working group chairperson must report back to the Board of Directors within fourteen (14) days of the staging of any meeting. Minutes must be kept for each meeting that is conducted. The minutes shall be distributed through the L10 Managing Director.
- d) When it is determined that a specific sub-committee / working group has completed its task or mandate, the L10 Board of Directors shall dissolve that sub-committee.



1.5 League1 Ontario Discipline Committee and Discipline Code

- a) The L10 Managing Director shall oversee all matters related to Discipline, including the assembling of a pool of qualified individuals that may be selected to serve on L10 Discipline Panels.
- b) The Managing Director shall appoint a Discipline Case Manager that will be responsible for the administration of the L10 Discipline Code and all discipline related matters that arise from official L10 competition, including but not limited to discipline hearings, protests, appeals and formal complaints.
- c) Members of the L10 Board of Directors, members of L10 committees and sub-committees, L10 employees and L10 contractors are excluded from serving on an L10 Discipline Panel.
- d) L10 License Holders shall adhere to policies set out in the L10 Discipline Code.



SECTION II – LICENSE HOLDERS COMMITMENTS

2.1 Standards

- a) L10 is a Senior Level, Open Age Standards-Based High-Performance Soccer League.
- b) For the 2022 season, L10 will operate the following competitions:
 - i. Men's Premier League, Men's U21 Reserve League, and Men's U19 League
 - ii. Women's Premier League and, Women's Open-Age Reserve League.
- c) L10 License Holders have exclusive rights to enter teams in the Men's and Women's Premier League.
 - i. An L10 Men's Premier League License Holder shall also enter a "Reserve" team in either the L10 Men's U21 Reserve League or L10 Men's U19 League each season and may enter a maximum of two (2) Men's "Reserve" teams in total in each season, **unless provided an exemption by L10 Management.**
 - ii. An L10 Women's Premier League License Holder shall also enter a "Reserve" team in either the L10 Women's Open-Age Reserve League or L10 Women's U19 League each season and may enter a maximum of two (2) Women's "Reserve" teams in total in each season, **unless provided an exemption by L10 Management.**
 - iii. **An L10 License Holder may nominate an official affiliate to operate their "Reserve" team(s) in the L10 Reserve League and the L10 U19 League but teams shall operate under the name and logo of the license holder in all official L10 competition, unless provided an exemption by the L10 Board of Directors.**
 - iv. An L10 License Holder that chooses to not enter their teams in either the Reserve or U19 leagues in a season shall incur a fine as per the L10 Discipline Code.
- d) The Men's and Women's Premier Leagues shall permit the participation of both All-Amateur and Professional teams. As such, the Premier Leagues will be referred to publicly as PRO-AM Soccer Leagues.
- e) The Men's and Women's Reserve and U19 Leagues shall permit the participation of All-Amateur teams only.
- f) L10 License Holders shall adhere to Ontario Soccer's Standards for High-Performance Senior Leagues (refer to Appendix A of this document) as well as to the terms of the L10 License Agreement.
 - i. L10 License Holders that operate "All-Amateur" teams in the Men's and/or Women's Premier League(s) are exempt from section 2.14 of the Ontario Soccer Standards for High-Performance Senior Leagues.

2.2 License Agreement and Payment of Team Fees

- a) Participation in L10 is contingent on the signing of a L10 License Agreement by a binding authority of the License Holder as well as payment in full of the annual league fees established by the L10 Board of Directors.
 - i. **Failure to pay league fees in full by the established deadline will result in the Licensee's L10 team(s) being deemed ineligible to participate in L10 competition in that season.**

2.3 Scheduling

- a) All L10 teams shall participate in all matches for which they are scheduled during an L10 season. Failure to do so shall result in disciplinary measures as per the L10 Discipline Code.
- b) Pre-season, in-season and post-season exhibition matches, tournaments and other competitions that would require formal sanctioning from a governing body, but which are not included in the official L10 season schedule, may be entered into at the discretion of the L10 team. However:
 - i. Scheduled official L10 matches will always take precedence over any other match that an L10 team may seek to participate in.



- ii. It is the responsibility of the L10 team to secure the appropriate governing body permits to participate in any match not scheduled by L10 that would require such permits.

2.4 Annual Performance Review

- a) To ensure that the technical, organizational and facility standards and licensee requirements enshrined in the L10 License Holder Agreement and Ontario Soccer's Standards for High-Performance Senior Leagues are adhered to, all L10 License Holders shall be subject to ongoing evaluation and review, culminating with an annual Performance Review meeting that is conducted at the conclusion of each season.
- b) Representatives from L10 License Holders shall attend the annual review meeting, either in person, via telephone conference call or via video conference call and will provide all information requested, either in advance or during the course of the meeting.
- c) The Performance Review process may also identify opportunities for improvement that are not necessarily related to standards compliance.
- d) The Performance Review process shall also be an opportunity for participants to bring forth issues to L10 and present feedback for the continuous improvement of league operations and services.

2.5 Canada Soccer National Club Licensing

- a) Prior to the 2021 season, Canada Soccer introduced a new National Level Two Club Licensing Standard.
- b) All L10 License Holders shall be licensed to the Canada Soccer National Level Two standard prior to the kick-off the 2023 L10 season.



SECTION III - STRUCTURE

3.1 Eligibility to Participate in L10 Competition

- a) L10 License Holders have exclusive rights to enter teams in the Men's and Women's Premier Leagues. They may also enter teams in the L10 Reserve League (Men's and Women's) and the L10 U19 League (Men's and Women's). Please refer to section 2.1 (c) for details.
- b) Ontario Player Development League (OPDL) License Holders that are not L10 License Holders are entitled to enter teams in the L10 Men's and Women's Reserve League or U19 League only, as long as they meet the eligibility requirements established annually by the L10 Board of Directors, in consultation with Ontario Soccer. This entitlement is contingent upon:
 - i. The signing of an L10 Guest Team Participation Agreement by a binding authority of the OPDL License Holder.
 - ii. Provision of written confirmation that they are an OPDL license holder in good standing with Ontario Soccer.
 - iii. Payment in full of the annual league fees established by the L10 Board of Directors.

3.2 Game Format

- a) The Laws of the Game shall be those adopted by the International Football Association Board (IFB) each year and shall come into force as mandated by Canada Soccer, unless exceptions are clearly noted in this Operations Manual.
- b) Field dimensions and field surface preparation for official L10 matches shall comply with FIFA regulations (Law 1 of the FIFA Laws of the Game) and Ontario Soccer's Standards for High Performance Senior Leagues. Please refer to Appendix H of this document for more details.
- c) Goals used in official L10 matches shall comply with FIFA regulations (Law 1 of the FIFA Laws of the Game). Please refer to Appendix H of this document for more details.

3.3 Playing Season

- a) The duration of the season shall be determined annually by the L10 Board of Directors, in consultation with the L10 Technical Committee and the L10 License Holder Advisory Group.

3.4 Competition Structure

- a) The assignment of teams to the L10 Men's and Women's Premier Leagues, Men's and Women's Reserve Leagues and Men's and Women's U19 Leagues shall be determined annually by the L10 Board of Directors.
 - i. Any changes to team assignments will be communicated in writing to all License Holders and Guest Teams by January 31 of the year that such changes will take effect.
- b) The competition structure for all L10 competitions (Premier Leagues, Reserve Leagues and U19 Leagues) shall be determined by the L10 Board of Directors, in consultation with the L10 Technical Committee and the L10 License Holder Advisory Group.
 - i. The competition structure will be communicated in writing to all participating teams by January 31 of each year and published in Appendix B of this document.
- c) The L10 Board of Directors, in its sole discretion (but in consultation with the L10 Technical Committee and the L10 Advisory Group), may establish additional tiers to satisfy competitive balance or other considerations.
- d) For regular season league competition, three (3) points will be awarded for a win. One (1) point will be awarded to each team if a match ends in a draw. No point will be awarded for a loss.



- e) The method for determining the champions of the L10 Premier, Reserve and U19 Leagues as well as the method for the breaking of ties in the league standings, will be determined annually by the L10 Board of Directors, in consultation with the L10 Technical Committee and the L10 License Holder Advisory Group.
 - i. Please refer to Appendix B of this document for the regulations for determining the league champions and for the breaking of ties in the league standings for the 2022 season.
- f) The L10 Board of Directors, in consultation with the L10 Technical Committee and the L10 License Holder Advisory Group, shall determine annually if a League Cup competition will be staged.
 - i. If staged, the League Cup competition structure shall be determined by the L10 Board of Directors, in consultation with the L10 Technical Committee and the L10 License Holder Advisory Group and will be communicated in writing to all License Holders by January 31 of each year.
- g) The L10 Men's and Women's Premier Leagues are Open-Age competitions. There shall be no maximum age limit applied to players registered to L10 Premier League teams.
 - i. For the 2022 season, any player born after December 31, 2005 is ineligible to be registered to an L10 Premier League Team Roster for the 2022 season in the Ontario Soccer registration system.
 - ii. Over the course of the 2022 **REGULAR SEASON only**, each L10 Men's Premier League team will be required to feature U20 players (born 2002 or later) a **COLLECTIVE MINIMUM OF TWO THOUSAND (2000) MINUTES**. Failure to achieve this quota shall result in disciplinary measures as per the L10 Discipline Code.
- h) The L10 Men's Reserve League competition shall operate as a **U21 league**, but which permits limited participation of "overage" players (aged 22 and older). For the 2022 season, a U21 player must be born in the year 2001 or later.
 - i. Please refer to section 3.10 (l) of this document for the criteria for using "overage" players in official L10 Men's Reserve League matches.
- i) The L10 Women's Reserve League shall operate as an **Open Age league**. There shall be no maximum age limit applied to players registered to an L10 Women's Reserve League team.
- j) The L10 Men's and Women's U19 Leagues shall feature players born from 2003 to 2005. No overage players are permitted.

3.5 Competition Schedule

- a) The development of the official competition schedule shall be done in conjunction and consultation with the L10 License Holders and approved annually by the L10 Board of Directors.
 - i. All teams participating in official L10 competition shall provide the L10 Managing Director (or designate) with a list of home dates and match start times by January 31 of each year.
- b) Unless otherwise permitted by L10 Management, all L10 Premier League matches (Men and Women) shall be played on Friday, Saturday, and Sunday only.
 - i. L10 Management reserves the right to establish windows during the season whereby official L10 Premier League matches could be played on a Tuesday, Wednesday, or Thursday.
- c) Unless otherwise permitted by L10 Management, all L10 Reserve League and U19 matches (Men and Women) shall be played on Monday, Tuesday, Wednesday, Thursday, and Friday only.
 - i. L10 Management reserves the right to grant exemptions to the established official match-days.
- d) Official L10 matches played on Monday, Tuesday, Wednesday, Thursday, and Friday shall kickoff no earlier than 6:00pm. However, if the away team must travel more than 100km in each direction to reach the home team stadium, then the earliest permitted kickoff time is 8:00pm.



- e) Official L10 matches played on Saturday and Sunday shall not kickoff earlier than 11:00am. However, if the away team must travel more than 100km in each direction to reach the home team stadium, then the earliest permitted kickoff time is 1:00pm.
- f) L10 Management reserves the right to grant exemptions to the established kickoff time regulations established in Section 3.4 (d) and (e).
- g) Changes to the official schedule, including postponements, may only be granted in exceptional circumstances, at the sole discretion of L10 Management.
- h) **Once the official match schedule is published, any changes to it will only be considered upon presentation of a Schedule Change Agreement Form to the L10 Managing Director (or designate).**
 - i. The Schedule Change Agreement Form must be completed by the team requesting the change and must be signed by a representative of the opposing team.
 - ii. L10 Management reserves the right to reject any schedule change requests.
 - iii. To request a change to the location for a match, a minimum of forty-eight (48) hours notice is required.
 - iv. To request a change to the date and/or time for a match, a minimum of seven (7) days notice is required.
 - v. Once a change to the published schedule is approved, the league office will notify all parties and update the schedule accordingly.

3.6 Match Length

- a) All L10 matches will consist of two (2) forty-five (45) minute halves, with a fifteen (15) minute half time interval.
 - i. Refer to Appendix B of this document for regulations detailing the circumstances for when a match may require extra time or kicks from the penalty spot to determine a match winner.

3.7 Substitution Policy

- a) **A maximum of seven (7) substitutions shall be permitted for any official L10 Premier League match (Men's and Women's), with no re-entry permitted.** A substituted player must proceed immediately to his/her team's technical area or to the dressing room and may not take any further part in the match.
 - i. If an official L10 Premier League match proceeds to extra time to determine a winner, there shall be no additional substitutions granted to the participating teams.
- b) **A maximum of six (6) substitutions shall be permitted for any official L10 Reserve or U19 League match (Men's and Women's). Re-entry of a substituted player is permitted. Furthermore, unlimited substitutions are permitted during the half time interval which do not count against each team's six (6) permitted substitutions.**
 - i. If an official L10 Reserve or U19 League match proceeds to extra time to determine a winner, there shall be no additional substitutions granted to the participating teams.
- c) Teams may utilize a maximum of five (5) stoppages in play to make substitutions for any official L10 match. Substitutions that are made at Half-Time are not counted against the five (5) permitted stoppages.
 - i. If a match proceeds to extra time to determine a match winner, substitutions made during the brief intermission after the end of regulation time are not counted against the (5) permitted stoppages.
- d) Substitutions shall be permitted, at the discretion of the Referee, at any stoppage in play.
- e) During the course of a match, substitutes must report to the 4th Official (or the Assistant Referee if no 4th Official is assigned to the match) at midfield and must present a completed substitution slip to the Match Official. Substitutes may not enter the field of play without the Referee's permission.



- f) Substitutes that enter a match at half time of an official L10 Reserve or U19 match are not required to furnish a substitution slip. A team official shall provide the match officials with a Halftime Substitution Summary form in order to account for players entering and exiting the match at halftime.
- g) The player exiting the field of play during the course of a match must leave by the nearest point on the boundary line unless the Referee indicates that the player may leave directly and immediately at the halfway line or another point (for safety or injury reasons).

3.8 Incomplete Matches and Match Delays

- a) In the event that a match cannot continue through full regulation play, the match shall be considered as complete if a minimum of **seventy (70) minutes** has been played. The score at the time of abandonment will count as the final result, with points awarded accordingly.
- b) Whereby a match is abandoned for a reason other than inclement weather, the L10 Board of Directors reserves the right to review the circumstances surrounding the abandonment and will determine if:
 - i. The Final Score at the time of abandonment stand, or
 - ii. The abandoned match will be rescheduled and replayed, and/or
 - iii. Reason(s) for abandonment can be subject to discipline.
- c) If it is determined that a match must be delayed due to inclement weather or unplayable field conditions **prior to kickoff**, all parties will wait up to sixty (60) minutes after the scheduled kickoff time before abandoning the match.
- d) The Referee shall have the final decision on delaying or suspending of matches due to weather or field conditions **after kickoff**. All parties will wait up to sixty (60) minutes before fully abandoning a match that has been delayed, unless both teams, the Referee and L10 League Management agree to an alternate plan.
- e) In the event of a match delay for an L10 Premier League match, the assigned Match-Day Operations Coordinator (MDOC) shall communicate the delay by telephone or electronic message to the designated Match-Day Supervisor. The Supervisor will then communicate this information to all affected stakeholders.
- f) In the event of a match delay for an L10 Reserve or U19 League match, a representative of the home team shall communicate the delay by telephone or electronic message to the designated L10 Match Day Supervisor who will then communicate this information to all affected stakeholders.
- g) If not resumed the same day, a match abandoned prior to the completion of seventy (70) minutes of play will be considered incomplete and must be rescheduled on another date and replayed in its entirety. Any match that must be rescheduled due to abandonment must be replayed within forty-five (45) days of the original date of the game, but no later than three (3) days after the final scheduled league match of the season. Rescheduling will be organized between the L10 Management and the affected teams.

3.9 Forfeits

- a) Should any team fail to appear for a scheduled, official L10 match or cannot complete a scheduled match, a forfeit will be declared.
- b) If a forfeit is declared, a 3-0 win shall be awarded to the team not at fault and the offending team will be assessed a fine as per the L10 Discipline Code.

3.10 Match Forms

- a) Each team shall present three (3) copies of an official game sheet and one (1) copy of the Fourth Official Match Log to the Match Officials **no less than twenty (20) minutes** prior to the scheduled kickoff time.
 - i. All Match Forms must be generated from the E2E system.



- b) The official game sheet shall list a minimum of seven (7) and a maximum of twenty (20) players.
 - i. An L10 Premier League team must have no less than fourteen (14) players dressed, listed on their official game sheet and available to play at kickoff for each official L10 Premier League match.
 - ii. An L10 Reserve or U19 League team must have no less than eleven (11) players dressed, listed on their official game sheet and available to play at kickoff for each official L10 Reserve or U19 League match.
- c) Teams must clearly identify their designated starting players on the official game sheet, up to a maximum of eleven (11) players and may list and dress up to a maximum of nine (9) substitute players.
- d) Teams must clearly identify their starting goalkeeper on the official game sheet. Other position players do not need to have their position noted on the game sheet, but it is recommended.
- e) The shirt number for each player must be noted clearly and accurately on the game sheet for each official L10 match.
- f) The year of birth must be accurately noted for all players that appear on the game sheet for each official L10 match.
- g) Each player's Ontario Soccer registration number must be noted clearly and accurately on the game sheet for each official L10 match.
- h) The official game sheet shall include all team officials who will be present on the bench for an official L10 match, up to a maximum of six (6), including, but not limited to Head Coach, Assistant Coaches, Goalkeeper Coach, Fitness Coach, Team Manager, Equipment Manager, Medical Staff, etc.
 - i. Each copy of the official game sheet that is submitted to the match officials prior to kickoff must be signed by one (1) team official listed on the game sheet.
- i) A maximum of three (3) "foreign players" may be included on the game sheet for any official L10 match and shall be clearly and accurately noted on the official game sheet.
 - i. A "foreign player" is defined as a player who is not a Canadian citizen, nor do they possess a valid Canadian Permanent Resident card
 - ii. License Holders operating in a designated "border city" are permitted up to a maximum of four (4) "foreign players" on their game sheet for any official L10 match. **For 2022, Windsor TFC, Tecumseh SC and St. Catharines Roma Wolves are designated as operating in a "border city".**
- j) For a player to be included, without a permit, on the match-day roster for an official L10 match in the 2022 season, that player must have been born in 2005 or earlier.
 - i. **Players born in 2006 may be placed on a match-day roster for an official L10 match only if the player has been granted an "Exceptional Player" or "Exceptional Circumstances" permit for the 2022 season.** Please refer to Appendix N of this document for the regulations governing the issuing of such permits.
- k) **The L10 Men's Premier League is designated as an Open-Age competition. However, all teams participating in the L10 Men's Premier League shall list and dress a minimum of eight (8) U23 players on the match-day roster for all official L10 matches in the 2022 season.** For the 2022 season, a U23 player must be born in the year 1999 or later.
- l) The L10 Men's Reserve League is designated as a U21, age-restricted competition. However, **all teams participating in the L10 Men's Reserve League shall be allowed to include a maximum of three (3) "OVERAGE" players on the game sheet for each official L10 Men's Reserve League match.** For the 2022 season, an "OVERAGE" player is one that was born in 2000 or earlier.
 - i. **An "OVERAGE" player that is registered to an L10 Men's Premier League team roster may "play down" to that License Holder's Men's U21 Reserve League team for an official Reserve League match, up to a maximum of three (3) times in the 2022 season.** Please refer to Section 8.1 (b) of this document for detailed regulations governing the playing down rights for "overage" players.



- ii. If an L10 License Holder has entered two (2) teams in the L10 Men's Reserve League for the 2022 season, "OVERAGE" players may only participate in official matches for that license holder's designated "A" Reserve Team.
- m) A U21 player (born 2001 or later) that is registered to an L10 Men's Premier League team may "play down" to that L10 License Holder's Men's U21 Reserve League team, without limitation. Please refer to Section 8 (b) of this document for regulations governing playing down rights for U21 players that are registered to an L10 Men's Premier League team.
 - i. If an L10 License Holder has entered two (2) teams in the L10 Men's Reserve League for the 2022 season, a U21 player may "play down" from the L10 Men's Premier League team to either of that License Holder's Reserve Teams.
- n) There are no restrictions on players "playing down" from an L10 Women's Premier League team to that License Holder's L10 Women's Open-Age Reserve team.
 - i. Whereby an L10 License Holder operates two (2) teams in the L10 Women's Open-Age Reserve League, and a player that that is registered to that license holder's L10 Premier League team is assigned to "play down" to one of the license holder's Reserve teams, that player is effectively tied to that specific Reserve team for the remainder of the season and cannot "play down" to that license holder's other L10 Women's Open-Age Reserve Team that season.
- o) At the conclusion of an official L10 match, an official from each team shall obtain a signed copy of the match forms from the match officials, within forty-five (45) minutes of the conclusion of the match and they shall be responsible for verifying the accuracy of said forms.
 - i. The Match Officials must be permitted no less than forty-five (45) minutes after the completion of a match, uninterrupted, to complete the match forms.
 - ii. Please refer to Section 10.30 of this document for the official protocol for reporting any match form inaccuracies.
- p) L10 shall maintain information related to player suspensions and will make it available electronically. Suspended players will not be eligible to be placed on the game sheet.
- q) A team that fails to comply with the match form requirements in Section 3.10, subsections (a) to (l) will be assessed a fine as per the L10 Discipline Code.

3.11 Assignment of Match Officials

- a) The assignment of Match Officials for all official L10 matches is the responsibility of the L10 Director of Match Officials.

3.12 Reporting of Match Results

- a) For all L10 Premier League matches, the league appointed Match-Day Operations Coordinator (MDOC) will be responsible for reporting match results at the conclusion of each match.
- b) For all L10 Reserve and U19 League matches, a representative of the Home Team will be responsible for the reporting of match results to the L10 League Communication Staff within sixty (60) minutes of the conclusion of each match, via email to communications@league1.ca.



SECTION IV - PLAYER ELIGIBILITY AND TEAM ROSTERS

4.1 Player and Team Official Registration

- a) A Professional Player is paid to play soccer by an L10 License Holder at no less than the minimum annual salary stipulated in the Ontario Soccer Standards for High Performance Senior Leagues (refer to Appendix A)
 - i. A Professional player must sign an L10 registration and waiver form, as well as a professional player contract with the L10 License Holder. Copies of the contract must be provided to both the player and L10. L10 must file a copy of all professional contracts with Ontario Soccer and Canada Soccer.
 - ii. No Professional player may be registered to more than one team during that season, although a professional player may be transferred or loaned to another team upon completion of an official agreement.
 - iii. A Professional player may participate, with official permission of their team, in special events not organized by L10 (e.g., a charity match, etc.).
 - iv. The term for any L10 Professional Contract must end no later than November 30 (i.e., a contract signed in June 2022 that spans two seasons must terminate no later than November 30, 2023).
- b) An Amateur player shall sign an L10 registration and waiver form. In addition, an amateur player may sign an amateur contract with an L10 License Holder.
 - i. Amateur players may be reimbursed by their team for certain direct expenses related to participation on the team, as per FIFA and CSA regulations.
 - ii. An Amateur cannot be contracted for a term that exceeds one (1) season in length and must terminate on November 30 of the same year it was signed.
 - iii. An Amateur player cannot be sent out on loan to another organization, but an amateur player may be transferred to another team upon completion of an official agreement.
 - iv. An Amateur player registered to an L10 team roster shall not be registered to any other Ontario Soccer affiliated competitive team during that season.
- c) All players, whether Professional or Amateur, shall be registered through Ontario Soccer's official player registration system. The L10 Registrar requires the following in order to process a player's registration:
 - i. A copy of an L10 registration and waiver form, signed by the player (or legal guardian if the player is not yet 18 years of age at the time of signing the agreement).
 - ii. A copy of an Amateur player contract (if applicable), signed by both the player (or legal guardian if the player is not yet 18 years of age at the time of signing the agreement) and an officer of the L10 License Holder.
 - iii. A copy of the L10 Code of Conduct / Social Media Policy document, signed by the player (or legal guardian if the player is not yet 18 years of age at the time of signing the agreement).
 - iv. A copy of the Rowan's Law Receipt of Review of Concussion Awareness Resources, signed by the player (or legal guardian if the player is not yet 18 years of age at the time of signing the agreement).
 - v. Where applicable, proof of international clearance (ITC) from a foreign national association where a player was last registered (prior to signing to play with an L10 team). Please refer to section 4.6 of this document for more information regarding International Clearances.
 - vi. A high-quality digital image of a government-issued photo identification document (e.g., passport photo page, driver's license, health card, permanent resident card, etc.). The individual's photo and date of birth must be clearly visible on the provided ID document. If not provided together with the player's registration forms, the photo ID document shall be submitted to the L10 Registrar within ten (10) business days of the player's registration date on the official team roster generated from the Ontario Soccer registration system.



- d) At minimum, the following information shall be required to complete a player registration:
 - i. First Name, Last Name
 - ii. Email address and phone number
 - iii. Address and postal code
 - iv. Date of birth
 - v. Indicate to which team a player is to be registered.
- e) All Coaches and Team Officials that would ever sit on the bench during an official L10 match shall complete and sign an L10 Team Official registration and waiver form and be registered in Ontario Soccer's registration system.
 - i. All Team Officials that register to participate in official L10 competition shall also read and sign the L10 Code of Ethics / Social Media Policy document.
- f) A high-resolution digital head shot photo is required for every player and team official that will participate in official L10 competition each year and shall be submitted to the L10 Registrar by no later than five (5) business days after that individual participates in their first official L10 match of that year.
 - i. All head shot photos must comply with the specifications provided by L10 (please refer to Appendix L of this document for details).
- h) L10 Men's U21 Reserve League teams may register "OVERAGE" players to their official team roster in the Ontario Soccer registration system.
 - i. For the 2022 season, an "OVERAGE" player is one that was born in 2000 or earlier
 - ii. Please refer to Section 3.10 (I) of this document for detailed regulations governing the use of "OVERAGE" players in official L10 Men's U21 Reserve League matches.
- i) Failure to comply with any L10 Player and Team Official Registration regulations will result in the assessment of fines as per the L10 Discipline Code.

4.2 Registration Deadlines and Roster

- a) A minimum of fourteen (14) and a maximum of twenty-five (25) players shall be registered to an official L10 team roster in Ontario Soccer's registration system.
- b) Prior to the kickoff of any season, but no later than five (5) days before a team's first scheduled league match of any season, each L10 team shall present an official team roster to the league office, including all registered players (no less than 14 players) and all Coaches and other Team Officials.
- c) For a player, coach, or other team official to be eligible to appear on a game sheet and participate in an official L10 match, they must be registered in Ontario Soccer's player registration system at least one (1) day before the match.
- d) Each year, the L10 Board of Directors shall establish a "Roster Freeze" deadline, after which, no player may be registered to an L10 team roster in the Ontario Soccer player registration system. For the 2022 season, the official roster freeze dates are as follows:
 - i. L10 Premier League (Men and Women) – June 27, 2022
 - ii. L10 Reserve League (Men and Women) – June 27, 2022
 - iii. L10 U19 League (Men and Women) – August 19, 2022
- e) Any player registered to a lower-level team after the established roster freeze date will be ineligible to participate in official L10 matches as a call-up player for the remainder of that season.



- f) If a team seeks to register a player who requires an International Transfer Certificate (ITC), L10 will only process said registration if the ITC has been approved by Canada Soccer and the approval confirmation is received by the league office on, or prior, to the established roster freeze date.

4.3. Affiliation Agreements

- a) L10 License Holders are permitted to enter into Formal Affiliation Agreements with an Ontario Soccer Affiliated Amateur Club that is not presently an L10 License Holder.
- b) A L10 License Holder is permitted no more than three (3) formal Affiliation Agreements per season.
- c) Affiliates must operate within the same Ontario Soccer Region (e.g., South Region, Central Region, etc.) as the L10 License Holder operates in, but exceptions may be considered, on a case-by-case basis, by the L10 Board of Directors.
- d) For an Affiliation Agreement to be valid, an L10 Pro-Am Player Movement Agreement form must be completed by both the L10 License Holder and the eligible Amateur Club, it must be officially recognized by Ontario Soccer and a copy must be provided to the applicable District Association(s).
- e) For an Affiliation Agreement to be recognized by L10 and Ontario Soccer for the 2022 season, all relevant paperwork must be provided to the league office no later than April 4, 2022.

4.4. Player Movement Within an Organization and Trial Players

- a) Player movement within an L10 License Holder's organization, subject to compliance with Ontario Soccer's Operational Procedures, shall be permitted from a lower-level team to an L10 team exclusively as detailed in Section VIII of this document.
 - i. Players from lower-level teams that are eligible to be called up to L10 teams may do so as long as they have been properly registered with Ontario Soccer before the Roster Freeze date.
- b) When an L10 License Holder has entered into a formal and recognized Affiliation Agreement with an Amateur Club that is affiliated to Ontario Soccer, a player registered to a lower-level team operated by the affiliate organization may be called up to play for an L10 team operated by the applicable L10 License Holder, without a permit, so long as that player has been properly registered with Ontario Soccer before the Roster Freeze date, and so long as that movement complies with the approved player movement rules set forth in Section VIII of this document.
- c) L10 permits unlimited call-ups per match and unlimited call-ups per season so long as that movement complies with the approved player movement rules set forth in Section VIII of this document.
- d) A player that is called up from a lower-level team to participate in an official L10 match must be prepared to present a valid identification document to the match officials, upon request (e.g., an Ontario Soccer approved Player Book, Government Issued Photo ID, etc.).
- e) Players that have been registered in Ontario Soccer's official registration system via any form of "Temporary Eligibility Permit" shall not be permitted to participate in official L10 matches.
 - i. Please refer to Appendix P of this document for complete details regarding the appropriate use of Short Term Registration Permits (STRP) and Trial/Tryout Permits.
- f) An amateur player who is called up to play in an official match for an L10 team shall be deemed ineligible for participation in the annual Provincial / Regional / National Club Championship competition for that season.

4.5 Ineligible Players

- a) Any L10 team using a player in any official L10 match that is not properly registered, not properly permitted or not cleared of disciplinary sanctions will be subject to disciplinary action, as per the L10 Discipline Code.



4.6 International Transfers

- a) For a player who comes to Canada on or after the player turns ten (10) years of age or who last played for any team in a foreign country, the player must request and receive an International Transfer Certificate (ITC) before being eligible to be registered to play in official L10 competition.
- b) International transfers of all professional players as well as amateur players under the age of eighteen (18) must be processed through the FIFA Transfer Matching System (TMS). International Transfers of amateur players aged eighteen (18) and older are processed through the manual ITC system.
- c) As per Article 19 (Protection of Minors) from the FIFA Regulations for the Status and Transfer of Players, any requests for the international clearance of a minor (aged 10 to 17 years) will only be accepted if:
 - i. The player's parents have moved to Canada for purposes other than playing soccer.
 - ii. The player lives no further than 50km from a national border and the maximum distance between the player's residence and the team's headquarters is no more than 100km. In such cases, the player must continue to live at home and the two Associations concerned must give their explicit consent.
 - iii. The conditions of Article 19 shall also apply to any minor player who has never previously been registered for a club and is not a national of the country in which he wishes to be registered for the first time.
 - iv. Requests for ITC's involving minor players are processed through the FIFA TMS by Canada Soccer.
 - v. Specific FIFA regulations for the processing of ITC's for minors are noted in Appendix F of this document.

4.7 Player Transfer, Player Loan and Player Release Policy

- a) All L10 teams and players shall adhere to all FIFA Regulations on the Status and Transfer of Players. Additionally, all L10 teams and players shall adhere to the league regulations governing the transfer and release of players as itemized in section 4.7 (b) through (h) of this document.
- b) A player shall not move between an L10 team and another team during a season unless the player has been:
 - i. Officially transferred to another team.
 - ii. Officially released and de-registered by their L10 team, rendering the player free to join another team.
- c) Any player transfer agreement must be approved by L10 Management prior to being made official. All the terms involved in the player's transfer or loan (financial or otherwise) must be detailed in the official transfer request.
- d) A player may request a transfer or loan, in writing, directly to their L10 team, using the official form provided by L10, with a copy submitted to the league office.
 - i. If a player's request to be released is refused by the L10 team, the player may appeal the decision to the L10 Board of Directors.
- e) No player may be registered by more than three (3) different L10 teams in any given season and shall only play official matches for a maximum of two (2) different L10 clubs in that season.
- f) Any players registered to an official L10 team roster in any season who is not bound by contractual obligation to an L10 License Holder after November 30th of any calendar year may move freely to another L10 team as of January 1st of the next calendar year.

4.8 Termination of Contracts

- a) A player contract may not be unilaterally terminated by either party during the term of that contract.



- b) Termination by a Player – In conjunction with the conditions set forth by the standard player contract, the following will be recognized as cause for termination of contract:
 - i. In the event of a material breach of the Player Contract and Agreement by a L10 team, a player may terminate a contract by notifying the accused organization and the L10 Managing Director, in writing. From the time the league and organization are notified by the player of the alleged breach of contract, the accused organization has ten (10) days to remedy the violation, release the player from the contract and registration or show written evidence to the L10 Board of Directors (with a copy provided to the player) that there has not been a breach of the contract.
 - ii. Any Amateur player that is registered to an L10 team roster who has appeared in fewer than 10% of the official matches in which their team has been involved by **June 20, 2022** may formally request their release from the team for which they are registered on the grounds of “sporting just cause”. Any such request must be made in writing by the player to the L10 team, with a copy submitted to the league office via email. Due consideration shall be given to the player’s circumstances in the appraisal of such cases. The existence of sporting just cause shall be established on a case-by-case basis. If a player’s request to be released is refused by the L10 team, the player may appeal the decision to the L10 Board of Directors.
 - iii. If a player that is signed to a professional contract has appeared in fewer than 10% of the official matches in which their L10 team has been involved, that player may terminate their contract prematurely on the grounds of sporting just cause. A professional player may only terminate their contract on this basis within 30 days of the last official match of the season involving the L10 team with which the player is registered.
- c) Termination by an L10 team – an L10 team may terminate a Player Contract provided the termination is within FIFA Player Contract regulations, including but not limited to player performance or violation of team rules. Upon written notice to the player, all rights and obligations of both the L10 team and player shall terminate, provided that the organization’s actions are in accordance with the terms of the signed Player Contract.
- d) Termination by the League – L10 may terminate a contract at any time if the L10 Board of Directors determines that a L10 team or a player has violated either the terms or the spirit of the agreement.
 - i. Such decisions may be appealed to the Canada Soccer Player Status Committee.
 - ii. The decision of the Player Status Committee may be appealed to the Canada Soccer Appeals Committee, whose decision in the matter shall be final and binding, as per Canada Soccer Regulations.

4.9 Improper Player Recruitment & Solicitation

- a) Improper Recruitment refers to the practice of deliberate and proactive persuasion or enticement of a player already registered with an L10 team by an individual or individuals associated with another L10 team, with the intent of convincing the player to leave their current team.
- b) No representative of any L10 team shall approach a player who is registered with another L10 team without the written consent of the team for which the player is registered at that time.
- c) Anyone found to be in violation of these rules will be subject to discipline as per the L10 Discipline Code.

4.10 Residency Rules

- a) No club participating in official L10 competition shall claim exclusive rights to players residing in any geographical zones, districts, regions, or municipalities in Ontario, nor will L10 enforce any effort to exercise such a claim.



SECTION V – TEAM AND MATCH OFFICIALS

5.1 Team Officials

- a) There shall be no more than six (6) team officials on the bench for any official L10 match.
- b) All team officials that are on the bench in an official L10 match must wear clothing that identifies them as an official member of the team staff.
- c) All team officials that are registered to an L10 team must possess:
 - i. The minimum professional certification for each role (please refer to Section 6.3 (d) of this document).
 - ii. Valid Respect In Soccer certification.
 - iii. Valid Making Headway certification.
 - iv. Valid Making Ethical Decisions certification.
- d) For every official L10 match, the home team is required to have, at minimum, one (1) medical staff official among the maximum six (6) team officials listed on the official Game Sheet. For L10 Men's and Women's Premier League matches, the away team must also have at minimum, one (1) medical staff official among the maximum six (6) team officials listed on the official Game Sheet.
 - i. Each team's medical staff person must possess the minimum certification/qualifications as established annually by the L10 Board of Directors, as per the recommendation of the L10 Technical Committee (please refer to Section 7.3 of this document).
- e) Failure to comply with any regulations governing L10 Team Officials for an official L10 match will result in the assessment of fines as per the L10 Discipline Code.

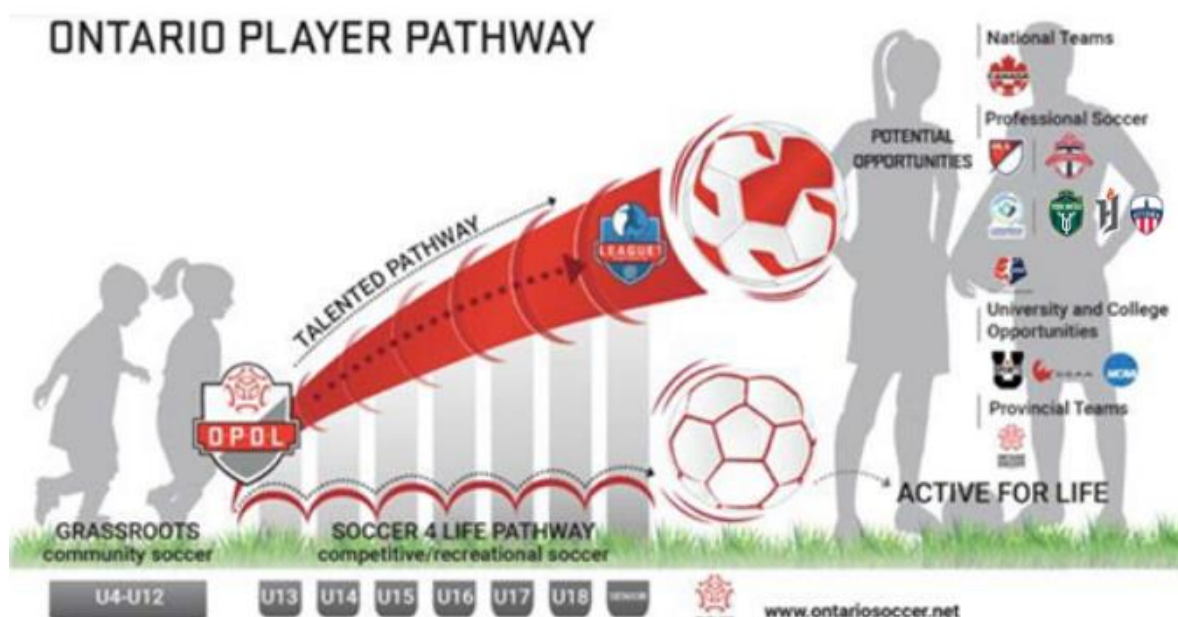
5.2 Assignment of Match Officials

- a) Match Officials for all official L10 matches are assigned by the L10 Director of Match Officials and in accordance with Appointment Protocol found in Ontario Soccer's Published Operational Procedures (Section 10.0, Procedure 5.0).
- b) In the 2022 season, there shall be a minimum of one Referee and two Assistant Referees (the Match Officials) for each official L10 match. A Fourth Official shall be assigned to all L10 Men's and Women's Premier League matches.

SECTION VI – TECHNICAL PRINCIPLES AND STANDARDS

6.1 Technical Objective

- a) League1 Ontario (L10) is a high-performance standards-based senior soccer league that emphasizes the professional execution of the technical and operational standards that define and underpin the league. L10 is positioned on the Ontario Soccer Talented Pathway and provides a platform for players of an appropriate age to continue their Long- Term Player Development journey into Stage 5 (“Train to Compete”), thus classifying L10 as a high-performance league.



- b) L10 will foster ongoing development by creating a high-performance environment for potential university/college, professional and national team players. L10 will simultaneously support the transition from youth to adult soccer for players, coaches, and match officials.

6.2 Guiding Principles

- a) L10 leadership and L10 License Holders shall be unified around these guiding principles with every action that is taken and decision that is made:
 - i. Support Canada Soccer’s Long-Term Player Development principles in the Province of Ontario.
 - ii. Provide the premier level of competition in Ontario for talented adult soccer players, below the fully professional level.
 - iii. Work cooperatively and in harmony with existing youth and adult leagues and competition structures that exist in the Province of Ontario to help present a clear pathway for all soccer players.
 - iv. Advocate for the expansion of standards-based senior soccer environments throughout Ontario.
 - v. Provide a springboard for players, coaches, and match officials to higher levels of play, either domestically or abroad.



6.3 Technical Program Standards and Responsibilities

- a) To successfully fulfill the mandate set forth in Section 6.2 above, L10 license holders shall be committed to providing a professionally run environment that allows players the best opportunity to develop and showcase their abilities.
- b) All teams participating in official L10 competition (Open-Age and Reserve Leagues) agree to appoint qualified, accredited technical staff, including (but not limited to):
 - i. Head Coach
 - ii. Assistant Coach(es)
 - iii. Goalkeeping Coach
 - iv. Team Manager / Equipment Manger
 - v. Medical Personnel
 - vi. Strength and Conditioning Coach / Sports Science Professional
- c) L10 teams shall provide proof that all appointed coaches meet or exceed the minimum certification standards required by Canada Soccer, Ontario Soccer and L10 at the time of registration.
 - i. Coaches that have earned licenses outside of Canada shall apply for equivalency with Canada Soccer.
- d) The L10 Board of Directors, in consultation with the L10 Technical Committee, has ratified the following minimum standards for coaches and medical personnel for the 2022 season:

L10 Premier League

Position	2022 Season
Head Coach	National B *
Assistant Coach	National B **
Goalkeeper Coach	Ontario Soccer Goalkeeping Diploma
Medical Staff	Please refer to Section 7.3 for Minimum Qualifications for Match Day Medical Personnel

L10 Reserve and U19 League

Position	2022 Season
Head Coach	National B **
Assistant Coach	National C ***
Goalkeeper Coach	Ontario Soccer Goalkeeping Diploma
Medical Staff	Please refer to Section 7.3 for Minimum Qualifications for Match Day Medical Personnel

* denotes that the L10 Board of Directors shall accept the appointment of a coach that has not yet been awarded the National B License so long as he/she has can demonstrate their current enrollment in a National B License course being conducted by Canada Soccer.

** denotes that the L10 Board of Directors shall, for the 2022 season only, accept the appointment of a coach that is enrolled in or is eligible to be in enrolled in the next National B License course that will be operated by Canada Soccer. Proof of such enrollment or eligibility for enrollment is required, in writing.

*** denotes that the L10 Board of Directors shall, for the 2022 season only, accept the appointment of a coach that is deemed C-License "Trained" so long as they are schedule for their C-License Assessment with Ontario Soccer at the time of registration. Proof that the assessment is scheduled is required, in writing.

Due to COVID-19, L10 recognizes that many coaches have been unable to complete their C-License evaluations. As such, the L10 Board of Directors will consider formal requests for special consideration for ASST. COACHES IN THE PREMIER LEAGUE, HEAD COACHES IN THE RESERVE/U19 LEAGUES and ASST. COACHES IN THE RESERVE/U19 LEAGUES to be exempted from the established coaching licensing standards for the 2022 season only so long as comply with exemption requires stated in 6.3 (d) Exemption Requests shall be submitted to registrar@league1.ca along with written proof that they are eligible for an exemption.



- e) Upon request, all L10 teams shall provide the L10 registrar with proof that all appointed coaches have successfully completed the following:
 - i. Vulnerable Sector Check
 - ii. Making Ethical Decisions
 - iii. Respect in Sport
 - iv. Making Headway in Soccer
- f) All teams participating in official L10 competition agree to the following Technical Standards and Responsibilities:
 - i. Allot no less than ninety (90) minutes for every training session.
 - ii. Ensure every training session involves a minimum of twelve (12) players, including at minimum two (2) goalkeepers.
 - iii. Ensure every training session is conducted on an appropriately sized pitch (either natural grass or artificial turf). For Indoor training sessions, the minimum area shall be 30x50 yards (27x45 meters). For outdoor training sessions, the minimum area shall be 50x55 yards (45x50 meters).
 - iv. Ensure that L10 teams train three (3) times per week as a minimum. Operating below the acceptable standard will negatively impact a license holder's potential for future license renewal.
 - v. Ensure that players wear team supplied training kit to every session.

6.4 Ontario Soccer Talented Pathway

- a) L10 License Holders shall consent to supporting the Ontario Soccer Talented Pathway as it relates to its programs, players, and competitions by not conflicting with any Development Programs as Ontario Soccer deems in the best interest of youth development, including Ontario Soccer Provincial Programming as well agreeing to not establish youth programming that may deviate and/or conflict from said pathway.
- b) L10 License Holders acknowledge that League1 Ontario Inc. and Ontario Soccer have shared oversight of L10 and therefore possess the authority to review and determine potential conflicts arising from actions taken by L10 License Holders (related to programs and competitions) that may deviate from the established Ontario Soccer Talented Pathway.



SECTION VII – STANDARDS FOR MEDICAL PERSONNEL ON MATCHDAY

7.1 Objective

- a) League1 Ontario (L1O) shall provide clear and detailed information to all L1O clubs as to the required standards for the provision of medical support and services for all official L1O matches.

7.2 Standard

- a) For every official L1O match, the home team is required to have, at minimum, one (1) medical staff official among the maximum six (6) team officials listed on the official Game Sheet.
- b) For every official L1O Men's and Women's Premier League matches, the Away Team shall also have at minimum, one (1) medical staff official among the maximum six (6) team officials listed on the official Game Sheet.
 - i. For every official L1O Reserve and U19 League match, it is recommended that the Away Team has, at minimum, one (1) medical staff official among the maximum of six (6) team officials listed on the official Game Sheet.
- c) For official L1O Reserve and U19 League matches, the Home Team medical staff person must be prepared to offer emergency first aid support to Away Team players and team officials if the Away Team does not have their own medical staff.
 - i. The Home Team medical staff person must also be prepared to provide emergency first aid support to the match officials, if required.
- d) The Team Medical official listed on the official Game Sheet for all official L1O matches must possess the minimum certification/qualifications as set out in Section 7.3 of this document.

7.3 Minimum Qualifications for Match-Day Medical Staff

- a) The following list has been approved by the L1O Board of Directors as the minimum certification/qualifications required for Team Medical Staff to be eligible to work an official L1O Match for the 2022 season:
 - i. Canadian Academy of Sport and Exercise Medicine (CASEM) Sports Medicine Physician
 - ii. Medical Doctor (M.D.) with Standard First Aid / CPR-HCP certification
 - iii. Athletic Therapist certified by the Canadian Athletic Therapists Association (C.A.T.A)
 - iv. Athletic Therapist Certification Candidate who has completed First Responder Certification
 - v. Doctor of Chiropractic (D.C.) FRCCSS(C)
 - vi. Doctor of Chiropractic (D.C.) Sports Residency who has completed First Responder Certification
 - vii. Sport Physiotherapist Diploma
 - viii. Sport Physiotherapist Certificate
 - ix. Registered Physiotherapist
 - x. Registered Nurse
 - xi. Registered Massage Therapist who has completed First Responder Certification



SECTION VIII – PLAYER MOVEMENT WITHIN AN ORGANIZATION FOR 2022 SEASON

8.1 Approved Player Movement

- a) The L10 Board of Directors has ratified a series of regulations governing Player Movement within an organization, for the 2022 season.
- b) **Downward Movement from L10 Premier Team to L10 Reserve or U19 Team is permitted as follows:**
 - i. All players born 2001-2005 that are registered to an L10 Men's Premier League team may "play down" to that License Holder's L10 Men's U21 Reserve Team. There are no limits on the number of matches a U21 player may play down from the Premier League team to the U21 Reserve League team during Regular Season play but players registered to an L10 Premier League team may not play down to an L10 Reserve League team for any playoff matches.
 - ii. All players born in 2000 or earlier that are registered to an L10 Men's Premier League team may "play down" to that License Holder's L10 Men's U21 Reserve Team, up to a maximum of three (3) times per year. No more than three (3) "overage" players shall be allowed to be dressed and included on the game sheet for an official L10 Men's U21 Reserve League match. If an L10 License Holder operates two (2) L10 Men's U21 Reserve League teams, overage players may only play down to the designated "A" Reserve Team. The intent of granting overage players the right to play down to the U21 Reserve team is to facilitate recovery from injury or to maintain/regain match fitness. The intent is NOT to give a Reserve team a competitive advantage. Overage players may not play down in L10 Reserve League playoff matches.
 - iii. All players born 2003-2005 that are registered to an L10 Men's Premier League team may "play down" to that License Holder's L10 Men's U19 Team. There are no limits on the number of matches a U19 player may play down from the Premier League team to the U19 League team during Regular Season play but Premier League players may not play down in L10 U19 League playoff matches.
 - iv. All players, regardless of age, that are registered to an L10 Women's Premier League team may "play down" to that License Holder's L10 Women's Open-Age Reserve Team. There are no limits on the number of matches a player may play down from the L10 Women's Premier League team to their L10 Women's Reserve League team during Regular Season play but players registered to an L10 Premier League team may not play down to an L10 Reserve League team for any playoff matches.
 - v. Whereby an L10 License Holder operates two (2) teams in the L10 Women's Open-Age Reserve League, and a player that that is registered to that license holder's L10 Premier League team is assigned to "play down" to one of the license holder's Women's Open-Age Reserve teams, that player is effectively tied to that specific team for the remainder of the season and cannot "play down" to that license holder's other L10 Women's Open-Age Reserve Team that season.
- c) **Upward Movement from L10 Reserve or U19 Team to L10 Premier Team is permitted as follows:**
 - i. Any player born 2005 or earlier that is registered to an L10 Reserve or U19 Team (Men's or Women's) is permitted to be called up to that License Holder's L10 Premier League team. There are no limits on this upward movement and NO PERMITS ARE REQUIRED FOR SUCH UPWARD MOVEMENT.
 - ii. A player born in 2006 that has been granted an "Exceptional Player" or "Exceptional Circumstances" permit and is registered to an L10 Reserve League or U19 League team may be called up to that License Holder's L10 Premier League team (Men's or Women's) only after they have successfully completed the Interim Permit Review process and have received formal authorization from L10. Please refer to Appendix N of this document for Exceptional Player Permit criteria.



d) Upward movement from an OPDL U17 Team to an L10 Premier, Reserve or U19 Team is permitted as follows:

- i. Any player born in 2005 that is registered to an L10 License Holder's OPDL U17 team is eligible to be called up to that License Holder's L10 Premier, Reserve or U19 Team (Men's or Women's). There are no limits on this upward movement and NO PERMITS ARE REQUIRED FOR SUCH UPWARD MOVEMENT.
- ii. A player born in 2006 that has been granted an "Exceptional Player" or "Exceptional Circumstances" permit and that is registered to an L10 License Holder's OPDL U17 team may be called up to that License Holder's L10 Reserve or U19 Team (Men's or Women's). In order to be eligible to be called up to that License Holder's L10 Premier League Team (Men's or Women's), the player must also have successfully completed the Interim Permit Review process and have received formal authorization from L10. Please refer to Appendix N of this document for Exceptional Player Permit criteria.
- iii. L10 reserves the right to permit upward movement of 2005-born players from a youth team that participates in a league other than OPDL to a License Holder's L10 Premier, Reserve or U19 Team (Men's or Women's) on a case-by-case basis, at its discretion.

e) Downward Movement from an L10 Premier, Reserve or U19 Team to a Youth Team is permitted as follows:

- i. Any player born in 2005 that is registered to an L10 License Holder's Premier, Reserve or U19 Team (Men's or Women's) may play down to that License Holder's OPDL U17 team as an OPDL Development Player, assigned to the OPDL Development Roster. An OPDL Development Player is entitled to participate in a maximum of ten (10) official OPDL matches per season. A player is considered to have participated in a match when they have been listed on an official game sheet and rostered for an official OPDL match. OPDL Development Players are not eligible to participate in the OPDL Cup, Playoff or Charity Shield matches. NO PERMITS ARE REQUIRED FOR SUCH DOWNWARD MOVEMENT.
- ii. This playing down permission does not extend to U17 teams participating in other amateur leagues in Ontario.

f) Upward movement from a "Soccer For Life" Amateur Adult Team to an L10 Premier, Reserve or U19 Team is permitted as follows:

- i. L10 License Holders are permitted to include a maximum of seven (7) players that are registered to an Amateur Adult "Soccer For Life" team that is operated by that License Holder to their L10 Supplemental Roster.
- ii. Players named to the L10 Supplemental Roster are eligible to play up to a License Holder's Reserve or U19 Team (Men's or Women's) only. NO PERMITS ARE REQUIRED FOR SUCH UPWARD MOVEMENT.
- iii. Players named to the L10 Supplemental Roster are not eligible to play up to an L10 Premier League team in official L10 competition.
- iv. Players named to an L10 Supplemental Roster player are entitled to participate in a maximum of ten (10) official L10 Reserve or U19 League matches per calendar year. A player is considered to have participated in a match when they have been listed on an official game sheet and rostered for an official L10 Reserve or U19 League match. L10 Supplemental Roster players are not eligible to participate in L10 Reserve or U19 League Playoff matches.
- v. L10 License Holders shall declare their L10 Supplemental Roster on the first Monday of each month to the league office, via email, to admin@league1.ca. Players can be added to or subtracted from the L10 Supplemental Roster from month to month.



g) Upward movement from Amateur teams operated by a recognized Affiliate Organization to an L10 Premier, Reserve or U19 Team is permitted as follows:

- i. L10 License Holders may enter into affiliation agreements with Ontario Soccer affiliated clubs/academies (please refer to Section 4.3 of this document for details).
- ii. Any player born in 2005 that is registered to an OPDL U17 team operated by an official affiliate club is eligible to be called up to the L10 License Holder's Premier, Reserve or U19 Team (Men's or Women's). There are no limits on this upward movement and NO PERMITS ARE REQUIRED FOR SUCH UPWARD MOVEMENT.
- iii. A player born in 2006 that is registered to an OPDL U17 team operated by an official affiliate club and that has been granted an "Exceptional Player" or "Exceptional Circumstances" permit by L10 may be called up that License Holder's L10 Reserve or U19 Team (Men's or Women's). In order to be eligible to be called up to that License Holder's L10 Premier League Team (Men's or Women's), the player must also have successfully completed the Interim Permit Review process and have received formal authorization from L10. Please refer to Appendix N of this document for Exceptional Player Permit criteria.
- iv. Any player born in 2005 or earlier may be called up from an Amateur Adult "Soccer For Life" team operated by an official affiliate club to the L10 License Holder's Reserve or U19 Team (Men's or Women's) so long as that player is named to that License Holder's L10 Supplemental Roster at the time of the call up. They are not eligible to play up to an L10 Premier League team. NO PERMITS ARE REQUIRED FOR SUCH UPWARD MOVEMENT. However, an L10 Supplemental Roster player is entitled to participate in a maximum of ten (10) official L10 Reserve or U19 League matches per calendar year. A player is considered to have participated in a match when they have been listed on an official game sheet and rostered for an official L10 Reserve or U19 League match. L10 Supplemental Roster players are not eligible to participate in L10 Reserve or U19 League Playoff matches.
- v. Any other players registered to Amateur teams operated by an affiliate organization seeking to play up to an L10 Team must be deregistered by the affiliate organization and subsequently registered to the L10 License Holder's Premier, Reserve or U19 Team.



SECTION IX – CONCUSSION POLICY AND ROWAN’S LAW

9.1 Policy Objective and Origin

- a) Canada Soccer developed a comprehensive national Concussion Policy, which the Ontario Soccer Board of Directors adopted as of March 2019.
- b) All L10 teams are required to educate players and technical staff on the requirements and implications of this new policy.
 - i. The policy is based on current evidence and examples of best practice taken from soccer organizations around the world including the Football Association and the Scottish FA, as well as other organizations such as World Rugby, and the Canadian Concussion Collaborative.
 - ii. The Policy has been reviewed and is approved by Canada Soccer’s Sports Medicine Committee.
- c) While this policy aims to reflect ‘best practice’, it must be recognized that there is a current lack of evidence with respect to their effectiveness in preventing long-term harm.
 - i. Canada Soccer’s Sports Medicine Committee will continue to monitor research and consensus in the area of concussion and update its policies accordingly.
- d) This section of the L10 Operations Manual provides highlights from the Canada Soccer Concussion Policy. The complete Canada Soccer Concussion Policy Document is available on the L10 website.

9.2 What is a Concussion?

- a) A concussion is a brain injury.
 - i. All concussions should be regarded as potentially serious.
 - ii. Most concussions recover completely with correct management.
 - iii. Incorrect management of a concussion can result in further injury.
 - iv. Concussions should be managed according to current guidelines.

9.3 What To Do in the Event of a Suspected Concussion?

- a) Anyone with suspected concussion following an injury must be immediately removed from playing or training and receive a prompt assessment by a medical doctor or nurse practitioner.
- b) Concussions are managed by licensed health care professionals working within their scope of practice and expertise.
- c) Concussions are managed by a limited period of rest followed by avoiding physical and brain activities that make concussive symptoms worse, and once concussion related symptoms have resolved, a step-by-step return to school, work and sports-related activities.
 - i. Return to education or work must take priority over return to playing soccer.
- d) Concussion symptoms must have completely resolved and documented medical clearance completed by a medical doctor or nurse practitioner must be received before resuming full contact practice or game play.
- e) The recurrence of concussion symptoms after the return to full contact practice or game play requires removal from training or playing and reassessment.

9.4 Recognition and Management of a Concussion

- a) Concussion is an injury to the brain resulting in a disturbance of brain function involving thinking and behavior.
- b) Concussion can be caused by a direct blow to the head or an impact to the body causing rapid movement of the head.
- c) Symptoms of concussion typically appear immediately but may evolve within the first 24-48 hours.
- d) All of our sport's participants (players, team staff and match officials) can be at risk of concussion. Some soccer participants are at increased risk of concussion:
 - i. Children and adolescents (18 years and under) are more susceptible to brain injury, take longer to recover, and are susceptible to rare dangerous brain complications, which may include death.
 - ii. Female soccer players have higher rates of concussion.
 - iii. Participants with previous concussion are at increased risk of further concussions - which may take longer to recover.
- e) Failure to recognize and report concussive symptoms or returning to activity with ongoing concussion symptoms sets the stage for Cumulative Concussive Injury and Second Impact Syndrome
 - i. Second impact syndrome is a rare occurrence whereby a participant sustains a brain injury and while still experiencing symptoms (not fully recovered), sustains a second brain injury, which is associated with brain swelling and permanent brain injury or death. Brain swelling may also occur without previous trauma.
 - ii. Recurrent brain injury is currently implicated in the development of Chronic Traumatic Encephalopathy (CTE), which is a progressive, degenerative brain disease seen in people with a history of brain trauma. For athletes, the brain trauma has been repetitive. Originally described in deceased boxers, it now has been recognized in many sports. Symptoms include difficulty thinking, explosive and aggressive behavior, mood disorder (depression), and movement disorder (parkinsonism).
- f) Everyone involved in the game (including side-line staff, coaches, officials, players, parents and guardians of children and adolescents) should be aware of the signs, symptoms, and dangers of concussion. If any of the signs or symptoms are present following an injury the player should be suspected of having concussion and immediately removed from play or training.
- g) Any one or more of the following visual clues can indicate a concussion:
 - i. Dazed, blank or vacant look.
 - ii. Lying motionless on ground / slow to get up.
 - iii. Unsteady on feet / balance problems / falling over / poor coordination.
 - iv. Loss of consciousness or responsiveness.
 - v. Confused or not aware of play or events.
 - vi. Grabbing, clutching, or shaking of the head.
 - vii. Seizure.
 - viii. More emotional or irritable than normal for that person.
 - ix. Injury event that could have caused a concussion.

The presence of any one or more of the following symptoms may suggest a concussion:

- x. Headache or “Pressure in head”
- xi. Dizziness or balance problems
- xii. Mental clouding, confusion, or feeling slowed down.
- xiii. Trouble seeing.
- xiv. Nausea or vomiting.
- xv. Fatigue.
- xvi. Drowsiness or feeling “in a fog” or difficulty concentrating.
- xvii. Sensitivity to light or noise.
- xviii. Difficulty with reading, learning or work.
- xix. Sleep problems, such as trouble falling asleep, sleeping too much or sleeping too little.
- xx. Emotional (angry / sad / anxious).

9.5 Taking Action in the Event of a Suspected Concussion

- a) If a player or other participant (team official, match official) has suffered a suspected concussion, they must be removed from activity immediately.
- b) Teammates, team staff, event staff, coaches, opposing players or parents and guardians who suspect that a player may have concussion **MUST** work together to ensure that the player is removed from play in a safe manner.
- c) If **ANY** of the following are observed or reported within 48 hours of an injury, then the player should be transported for urgent medical assessment at the nearest hospital (symptoms below). **Call 911**. Activate your emergency action plan.
 - i. Neck pain or tenderness.
 - ii. Deteriorating consciousness (more drowsy).
 - iii. Increasing confusion or irritability.
 - iv. Severe or increasing headache.
 - v. Repeated vomiting.
 - vi. Unusual behavior change.
 - vii. Seizure.
 - viii. Double vision.
 - ix. Weakness or tingling / burning in arms or legs.
- d) Anyone with a suspected concussion should not:
 - i. be left alone until they have been assessed medically.
 - ii. consume alcohol or recreational drugs in the first 24 hours, and thereafter should avoid alcohol or recreational drugs until free of all concussion symptoms.
 - iii. drive a motor vehicle until cleared to do so by a medical doctor or nurse practitioner.

9.6 Re-Entry of a Player/Participant with a Suspected Concussion

- a) A Licensed Healthcare Professional, with expertise in the evaluation and management of head injury and concussions may review a player (or other participant) with a suspected concussion at field side.
- b) A player (or other participant) who has been removed from play who reports NO concussion symptoms and NO visual clues of a concussion can be returned to play. Any such person should be monitored for delayed symptoms, which may appear over the next 24-48 hours.
- c) If there is any doubt whether a player (or other participant) has sustained a concussion, they should be removed from play and undergo medical assessment by a medical doctor or nurse practitioner.
- d) Once removed from play, a player (or other participant) with a suspected concussion must be referred to a medical doctor or nurse practitioner with training in the evaluation and management of head injury and concussions, even if the symptoms resolve.
- e) Players (or other participants), parents and guardians must disclose the nature of, and status of all active injuries, including concussions, to coaches and team staff.
- f) Players (or other participant) need to be responsible for one another and encourage the disclosure of concussion symptoms.
- g) For children and adolescents with suspected concussion who have not been directly transferred for medical management, coaches must communicate their concerns directly with the parents or guardians.

9.7 Recovery and Return to Play for a Player/Participant with a Suspected Concussion

- a) Avoiding activities that make concussive symptoms worse is the cornerstone of concussion management,
- b) The management of a concussion involves an initial limited period (<24-48 hours) of physical and brain rest.
- c) Stage 1 of the Return-to-Soccer Strategy involves avoiding or limiting physical and brain activities that make concussive symptoms worse.
- d) Once concussion related symptoms have resolved, the player (or other participant) may start Stage 2 and continue to proceed to the next level when he/she completes the stage without a recurrence of concussion-related symptoms.
- e) In conjunction with your school and educational professionals and health care provider, recommendations will be made about whether it is appropriate to take time away from school, or whether returning to school should be done in a graded fashion, this is called "return to learn".
- f) The injured party's health care provider will also make recommendations about whether it is appropriate to take time away from work, or whether returning to work should be done in a graded fashion, this is called "return to work".
- g) Players (or other participant) who have been removed from play and referred for medical assessment for a suspected concussion who provide a completed Concussion Assessment Medical Report that is signed by a medical doctor or nurse practitioner which documents NO active concussion may participate in training sessions and game play.
- h) Players (or other participant) who have been removed from play and referred for assessment for a suspected concussion who provide a completed Concussion Assessment Medical Report that is signed by a medical doctor or nurse practitioner which documents a concussion diagnosis may participate in training sessions within the Return-to- Soccer Strategy, once they or their parents/guardians report NO concussion symptoms and are able to successfully complete 15 minutes of light aerobic activity.
- i) Players (or other participant) who have concluded a Return-to-Soccer Strategy who provide a second completed Concussion Assessment Medical Report that is signed by a medical doctor or nurse practitioner which documents recovered concussion may participate in full contact training sessions and subsequently, game play within the Return-to-Soccer Strategy if they remain clear of concussion symptoms.

9.8 Reassessment of a Player/Participant with a Suspected Concussion

- a) A player (or other participant) with prolonged concussion recovery (more than 4 weeks for youth, more than 2 weeks for adults), or recurrent or complicated concussions, should be assessed and managed by a medical doctor with experience in sports-related concussions, working within a multidisciplinary team.

9.9 Rowan's Law

- a) The Province of Ontario has enacted Concussion Safety legislation throughout its entire sport system.
- b) "Rowan's Law" (Concussion Safety) received Royal Assent on March 7, 2018, and Section 5 of the Act, proclaiming a "Rowan's Law Day" was the only section that came into effect at that time. However, in 2019, the remaining parts of the Act and the regulation came into effect.
- c) Rowan's Law (Concussion Safety), 2018 makes it mandatory for sports organizations to:
 - i. Effective July 1, 2019, ensure that athletes under 26 years of age, parents of athletes under 18, Coaches, Team Trainers and Team Officials confirm every year that they have reviewed **Ontario's Concussion Awareness Resources**. The Concussion Awareness Resources can be accessed free of charge at the following [web location](#). A **Confirmation Receipt** for review of Concussion Awareness Resources must be provided by the team and completed by each registered participant and managed by the community sport organization for athletes under 26 years of age, parents of athletes under 18, Coaches, Team Trainers and Team Officials before participating in their sport.
 - ii. Effective July 1, 2019, establish a **Concussion Code of Conduct** that sets out rules of behavior to support concussion prevention. Each year, Athletes, Coaches and Team Trainers must review and sign off on their applicable Codes of Conduct. Included with this Bulletin you will find **Code of Conduct Templates** that can be used or adopted within existing community sport organization codes of conduct.
 - iii. Effective July 1, 2021, establish a **Removal-from-Sport and Return-to-Sport** protocol. Further information and sample templates produced by the Province of Ontario are available [online here](#).
- d) The purpose of Rowan's Law legislation is to promote culture change and make participation in amateur competitive sport safer. There are no enforcement or monitoring provisions in Rowan's Law. It is up to entities and individuals to ensure that they comply with the laws of Ontario. If an organization does not comply with the laws of Ontario, then the organization assumes any liability risk associated with non-compliance.
- e) **For a full review of the Rowan's Law legislation, please visit:** <https://www.ontario.ca/page/rowans-law-concussion-safety>



SECTION X – L10 PREMIER LEAGUE MATCHDAY OPERATIONS/FACILITY STANDARDS

10.1 Match-Day Facility

- a) The Ontario Soccer Standards for High Performance Senior Leagues (Appendix A of this document) serves as the foundation for the minimum facility standards for all official L10 matches.
- b) L10 reserves the right to reject any facility chosen by an L10 License Holder to host their Premier League home matches if they are deemed to not meet the standards established herein.

10.2 Match-Day Staffing

- a) With the exception of matches hosted by L10, the Home Team will be responsible for employing sufficient staff for all official L10 Match-Days to ensure the delivery of all required home field operations, as stipulated in the Ontario Soccer Standards for High Performance Senior Leagues (Appendix A of this document).
- b) Match Day Operations staff must be clearly identifiable, via a distinctive uniform or some other identification device.
- c) At minimum, Home Team Match-Day staff must consist of individuals who will execute the following roles:
 - i. Game Day Manager
 - ii. Referee Liaison
 - iii. Ticketing Staff
 - iv. Media and Broadcast Liaison
 - v. Public Address Announcer
 - vi. Timekeeper
 - vii. Dressing Room Attendant(s)
 - viii. Security staff (at least one security officer but quantity should be based on anticipated attendance).
 - ix. Youth Programme Supervisor
 - x. Ball Retrievers (no less than six per game, each not younger than 12 years of age)
- d) The Home Team / Host Organization must ensure that municipal / regional emergency services are available for each official L10 Reserve League Match Day and can reach the stadium field in no less than fifteen (15) minutes. If emergency services are unable to arrive at the facility within 15 minutes, an ambulance and qualified emergency staff must be available on site for the duration of each match.

10.3 Field of Play Preparation

- a) With the exception of matches hosted by L10, the Home Team Game Day Manager is responsible for:
 - i. all Field of Play preparation requirements for all official L10 matches.
 - ii. Ensuring the field of play is properly marked, as per Law 1 of FIFA's Laws of the Game (Refer to Appendix H of this document for mandatory Field of Play marking guidelines).
 - iii. Ensuring that four (4) corner flags of the correct height (not less than 1.5meters / 5 feet tall) are in place prior to pre-match warmups and in good condition. Specifically, there can be no rips or tears in the flag.
 - iv. Ensuring that the field of play is in the best possible condition for each official L10 match.
 - v. The Canadian flag must be displayed at all official L10 matches.

10.4 Soccer Goals

- a) With the exception of matches hosted by L10, the Home Team Game Day Manager is responsible for ensuring that there are, at minimum, two (2) goals that measure 8 feet tall x 24 feet wide available on site at the stadium facility at least sixty (60) minutes prior to the scheduled kickoff of an official L10 match.
- b) The goals shall be in good structural condition and properly secured
 - i. If the Match Officials are not satisfied that the goals are properly and safely secured in place, the Home Team Game Day Manager will be required, at minimum, to place weights on the goal frame.
- c) The goals shall have goal netting that is in good condition, properly affixed to the goal frame and free of inordinately large holes that a ball could pass through.
 - i. If the Match Officials are not satisfied that the goal netting is in sufficiently good condition, they will point out the identified problems to the Home Team Game Day Manager, who will be required to repair those deficiencies by any means available prior to the schedule kickoff time.
- d) **Wheels/Tires shall not be installed on goals used in official L10 matches, with some exceptions. Please refer to Appendix H, Section 8 for more details on what type of wheels are and are not acceptable.**
 - i. **L10 teams require express written permission from the L10 Managing Director to use a soccer goal in an official match that is equipped with wheels/tires that are permanent and cannot be removed.**
 - ii. If the wheels/tires installed on the soccer goals are deemed to be a safety hazard to players, the non-compliant goal shall be replaced with a compliant goal, or the Home Team shall remove the wheels from the goals. The match will not kickoff until such wheels have been removed or the goal is replaced.

10.5 Advertising Signage

- a) With the exception of matches hosted by L10, the Home Team Game Day Manager will ensure that any signage provided by L10 is in place at least thirty (30) minutes prior to kickoff and that all signage is oriented as per the provided marketing and sponsor guidelines.

10.6 Game Balls

- a) With the exception of matches hosted by L10, the Home Team is responsible for delivering a minimum of four (4) Game Balls, fully inflated, to the Match Officials dressing room no later than sixty (60) minutes prior to scheduled kickoff for an official L10 Premier League match.
 - i. Although four (4) Game Balls is the minimum required for an official L10 Premier League match, it is recommended that the Home Team supplies one (1) game ball specifically for kickoff and one (1) Game Ball for each ball retriever. Please note that a minimum of six (6) ball retrievers are required per match.
- b) All Game Balls provided to the Match Official must be identical to each other in make and model.
- c) Any game ball used in an official L10 match must meet all requirements of Law 2 of the FIFA Laws of the Game. Additionally, to be approved for use in an official L10 match, a game ball must bear one of the following marks:
 - i. the official "FIFA QUALITY PRO" logo
 - ii. the official "FIFA QUALITY" logo
 - iii. the "INTERNATIONAL MATCHBALL STANDARD" logo
- d) If a specific ball has been designated as the "Official Game Ball" for use in official L10 matches and are provided by L10 to its teams, the Home Team will be required to use that mandated ball in all official L10 matches, without exception. In the absence of an officially designated Game Ball, the Home Team may use any ball that meets the required game ball standard, as per Section 10.6 (b) and (c) for official L10 matches.





10.7 Match Official Services

- a) With the exception of matches hosted by L10, the Home Team's Referee Liaison shall be on site on match day no later than seventy-five (75) minutes prior to the scheduled kickoff time and is expected to meet the match officials upon their arrival at the facility and provide for their needs while they are on site.
- b) The Match Officials shall be provided a clean and comfortable dressing room for each official L10 match, equipped with hot water shower(s) that are separate from those assigned to the home and away teams.
- c) The Home Team shall provide the match officials twelve (12) 500ml bottles of water (in a cooler, with ice) and place them in the match officials' dressing room no later than sixty (60) minutes prior to the scheduled kickoff.
- d) The Home Team's Referee Liaison is responsible for ensuring the safety and security of the match officials while they are on site for an official L10 match.
 - i. An identifiable security guard must escort the Match Officials to and from their dressing room and field of play at half time and full time.
- e) No person may enter the match officials' dressing room without permission. The Home Team must ensure the dressing room is locked when the match officials are not using it.
- f) The Home Team's Referee Liaison shall place a Substitution Board in the Match Officials' dressing room for each official L10 match, no later than sixty (60) minutes prior to the scheduled kickoff.
- g) The Match Officials shall be provided up to forty-five (45) minutes of uninterrupted access to their dressing room following the completion of a match in order to complete their paperwork, meet with assessors, shower and dress.

10.8 Team Dressing Rooms

- a) Both the Home and Away teams shall be provided clean, comfortable dressing rooms, suitable for a team of twenty (20) players and coaches and equipped with hot water showers. The dressing rooms should be located a reasonable distance from the Field of Play (no more than 200 meters from dressing rooms to the nearest goal line).
- b) A Dressing Room Attendant must be assigned to serve the needs of both the home and away teams. The Dressing Room Attendant is required to be on site no later than seventy-five (75) minutes prior to the scheduled kickoff time of any official L10 match and shall ensure that dressing rooms are open, accessible, and clean.
- c) No person may enter the home or away team dressing rooms without permission. The Dressing Room Attendant shall ensure the dressing rooms are locked when the teams are not using them.
- d) The Away Team shall be supplied with a minimum of twenty-four (24) 500ml bottles of water (in a cooler, with ice) or twelve (12) Refillable Bottles with minimum 950ml capacity, filled with cold water. These items shall be placed in the Away Team dressing room no later than sixty (60) minutes prior to the scheduled kickoff of an official L10 match.

10.9 Match-Day Ticketing Services/Spectator Services

- a) With the exception of matches hosted by L10, the Home Team must ensure that:
 - i. ticketing and spectator services staff are on site no later than seventy-five (75) minutes prior to the scheduled kickoff time of any official L10 match.
 - ii. the entry gate is open and ticketing/payment services are operational no later than sixty (60) minutes prior to the scheduled kickoff of any official L10 match. In addition to accepting cash payment, it is recommended that the Home Team also accept payment by credit card and/or debit card for the convenience of spectators. Ticket pricing signage must be displayed where tickets will be available for sale on matchday. The Home Team is free to set their own ticket prices but shall not **advertise** individual adult tickets for less than \$5.00 each.



- iii. any person bearing a valid, league issued Access Pass shall be granted entry to the stadium at no cost.
- iv. spectator services staff manage ticket sales and “will-call” ticket distribution, greet and usher spectators, distribute match programmes and provide accessibility support to spectators who require it.
- b) For each official L10 Premier League match, the Home Team must provide their own players with a minimum of two (2) complimentary tickets and must provide the visiting team with a total of ten (10) complimentary tickets.
- c) The Home Team is responsible for ensuring compliance with all provincial and local regulations and mandates governing stadium capacity levels, if applicable.

10.10 Public Address Announcer / Timekeeper

- a) With the exception of matches hosted by L10, the Home Team must employ a public address announcer for each official L10 match. They may also serve as press box announcer. A back-up announcer should always be available in the event the regular announcer cannot perform their duties for any reason.
- b) The PA Announcer is responsible for making general announcements (e.g., pre-game introductions, announcing goals, cautions, substitutions, etc.) as well as special announcements (Anti-Racism Protocol, etc.)
- c) The PA Announcer shall work off a script prepared by the Home Team. The script must include any mandatory messages provided by L10 to its teams.
- d) The Home Team must designate a timekeeper for each official L10 match. The PA Announcer may also serve in this role. The timekeeper is responsible for monitoring the time on the game clock, although the Referee has ultimate control of the official time on the field.
 - i. The facility's timeclock shall count up or down, uninterrupted, to/from 45minutes. It must be stopped at minute 45:00 or minute 0:00 regardless of how much time the Referee has indicated he or she will allow for stoppage time.

10.11 Media and Broadcast Services

- a) With the exception of matches hosted by L10, the Home Team must assign a member of staff to liaise with the working media and support their efforts to provide coverage of official L10 matches. This includes providing support to L10 assigned photographers, videographers and play by play commentators.
- b) The Home Team shall provide a dedicated media work area, which provides reasonable protection from the elements (e.g. a permanent press box or a tent) and is located at an appropriate distance from the spectators.
 - i. Only accredited members of the media, league staff and Home Team staff shall be granted access to the Media work area.
 - ii. The Media work area shall be stocked with refreshments (at minimum, chilled bottled water).
 - iii. Electrical power outlets are a mandatory requirement in the media work area. Internet access and a telephone line shall be made available upon request.
 - iv. The Media Liaison is required to have sufficient copies of game sheets on hand for distribution prior to kickoff. A minimum of eight (8) copies of each of the home and away team game sheets are required for distribution to media and league assigned communications staff. If more copies are required, digital copies distributed by email shall suffice.

10.12 Security Services

- a) With the exception of matches hosted by L10, the Home Team is responsible for the safety and security of the players, team officials, match officials, event staff and spectators for each official L10 match.



- b) The Home Team shall employ security staff, as necessary and in accordance with anticipated spectator attendance. The recommended ratio for security staff is one (1) security officer for every Five Hundred (500) spectators as well as one (1) security officer to exclusively to serve the needs of the match officials and players.
- c) Security staff must be distinguishable from regular game day staff, with a unique uniform. Security Staff shall be, at minimum, 18 years of age.
- d) The Home Team Security Staff is responsible for ensuring that spectators shall not access the field of play and cannot gain entry to the dressing rooms.
- e) Accredited members of the media may be provided access to players and team officials in a designated mixed-zone at the conclusion of the match but shall not be provided access to the dressing rooms.

10.13 Youth Programme Supervisor

- a) With the exception of matches hosted by L10, the Home Team shall designate a member of staff to serve as the Youth Programme Supervisor for each official L10 match.
- b) This person will oversee and direct the youth programme participants selected to perform key match-day duties, such as serving as player escorts, ball crew or flag bearers. This person may also be responsible for the recruitment of youth programme participants.
- c) The Youth Programme Supervisor will ensure the youth programme participants understand their assigned role on match-day and will conduct pre-game rehearsals, as necessary, to ensure they execute their role effectively.
- d) The Youth Programme Supervisor will ensure the youth program participants are dressed in colours that do not conflict with the colours worn by either team or the goalkeepers.
- e) The Youth Programme Supervisor will also be responsible for monitoring the youth programme participants during the match to ensure they are fulfilling their duties appropriately and to ensure their general wellbeing while on site. Youth Programme participants should be provided refreshments, particularly on warm weather days.

10.14 Ball Retrievers

- a) With the exception of matches hosted by L10, the Home Team shall employ, at minimum, six (6) ball retrievers for each official L10 match
- b) Ball Retrievers shall be positioned around the perimeter of the field of play (no fewer than two on each sideline and one behind each goal). Each ball retriever should have a game ball in hand throughout the match so that stoppages in play can be kept to a minimum.
- c) The ball retrievers must wear a shirt or bib that clearly distinguishes them and that does not conflict with the colours of the participating teams or the goalkeepers
- f) Ball Retrievers should be twelve (12) years of age or older.

10.15 Game Day Program

- a) With the exception of matches hosted by L10, the Home Team shall produce a Game Day Program for each official L10 Premier League match, for distribution to spectators.
- b) The Game Day Program should include, at minimum, the following information:
 - i. L10 logo on front of the program, as well logos of the teams participating in the match.
 - ii. Home Team and Away Team roster, including players' name and shirt number.
 - iii. Up-to-date league standings.
 - iv. Any advertisements or partner logos that are required and provided by L10.



- c) **The Away Team shall provide roster information to the Home Team by email for inclusion in the Game Day Program.**
The Away Team shall provide their roster information to the Home Team no less than forty-eight (48) hours prior to the scheduled kickoff time for each official L10 match. Failure to do so will result in a fine being issued, as per the L10 Discipline Code.

10.16 Match Video

- a) Video recording of all official L10 matches is mandatory.
- b) With the exception of matches hosted by L10, the video recording of official L10 matches is the responsibility of the home team,
 - i. License Holders may designate responsibility for the hiring of video service providers to the league office but the cost for said services will be charged back to the team at the end of the season.
 - ii. Please refer to Appendix I of this document for the Match Video Recording Specifications
- c) L10 shall livestream one (1) Men's Premier League match and one (1) Women's Premier League match per week.
 - i. The Home Team Media Liaison shall provide support, as required, to the L10 broadcast crew
- d) Home Teams may opt to livestream their home matches. The costs associated with such livestream broadcasting is the sole responsibility of the Home Team.

10.17 Game Day Promotions

- a) With the exception of matches hosted by L10, the Home Team may execute match day promotions and activities to enhance the event experience and encourage spectator engagement and participation.
- b) Any planned promotional activities shall align with L10's values and objectives and shall adhere to the L10 recommended Game Day Timing.
- c) L10 License Holders should take appropriate care when engaging in promotional activities that involve a monetary component (e.g. 50/50 draws). Special government-issued permits may be required for such activities. It is the responsibility of the License Holder to secure such permits as may be required to stage such promotions.

10.18 Post-Game Media Mixed Zone

- a) With the exception of matches hosted by L10, the Home Team shall establish a Media Mixed Zone area at a location between the field of play and the dressing rooms, where the working media can conduct post-game interviews with players and coaches for both teams.

10.19 Arrival Time at Stadium

- a) Teams are required to arrive at the stadium no later than seventy-five (75) minutes prior to kickoff time of an official L10 match.
- b) All players and team officials shall arrive at the match site dressed in a manner that is appropriate for a professional soccer team. Teams shall provide players and team officials with appropriate match day travel clothing (e.g., team crested polo shirt and warm up pants).
- c) A team arriving late must communicate this to the L10 Match Day Operations Center so that the Match Officials and the Home Team staff can be made aware.
- d) The decision to delay the kickoff time will be made by the Referee following consultation with the League and the opposing team.
 - i. If the late arrival of a team results in the delaying of the kickoff of a match, it will result in the assessment of fines and other discipline as per the L10 Discipline Code.



10.20 Match Forms

- a) Please refer to Section 3.10 of this document for all Match Forms regulations governing official L10 matches.

10.21 Player Identification

- a) Teams are required to be able to present valid photo identification for every Player and Team Official listed on the Game Sheet (either an Ontario Soccer approved ID Book/Card or a valid, government issued photo ID document).
- b) In the event there are questions by either team of a player's eligibility, a formal request to check a player's identification must be made to the Fourth Official or the league assigned Match-Day Operations Coordinator.

10.22 Uniform Requirements

- a) L10 Teams shall project a high level of professionalism and that extends to the dress, presentation, and appearance of all participants.
- b) All L10 teams shall provide the league office with high resolution images of their Home and Away uniform kit (Shirt, Shorts and Socks for goalkeepers and outfield players), as well as a 3rd kit option if applicable, **by no later than March 15th of each year.**
- c) For an official L10 match, the two teams must wear uniform colours that clearly distinguishes one team from the other and which provide a contrast from the match officials' uniforms.
 - i. As part of the match coordination process, L10 will assign uniforms for the match officials and both teams' outfield players and goalkeepers for each official match.
 - ii. Every effort will be made to ensure the home team will be assigned its designated home uniform colours and the visiting team will wear uniforms of a contrasting colour.
 - iii. Once finalized, teams may not deviate from those uniform colour assignments without permission in writing from L10 League Management. Failure to comply with the uniform assignments will result in the assessment of a fine, as per the L10 Discipline Code.
 - iv. In the event one of the teams fails to comply with the uniform assignment, the home team is required to change uniforms to provide the required contrast.
 - v. If, on match day, the match officials determine that the assigned uniforms do not provide sufficient contrast, the home team will be required to change uniforms to provide the required contrast.
- d) Goalkeeper uniform colours must be distinct from the uniform colours worn by both teams' outfield players and the Match Officials. Teams must have a minimum of two (2) distinct Goalkeeper uniform shirts available on game day.
- e) The team's name and/or team logo must be present on the front of all game jerseys and each uniform must have numbers of at least eight (8) inches tall on the back of jerseys. Each player must have a distinct uniform number.
 - i. It is recommended that uniform numbers are also applied to the front of all game shorts, on the left short leg. The numbering on shorts should measure between three (3) and four (4) inches tall.
- f) L10 shall provide all of its teams with official L10 logo patches for each season (100 patches per team) by no later than March 31 of each year.
 - i. The official L10 logo patch shall be applied to the **left sleeve** of every player's uniform shirt.
 - ii. If any player appears in an official L10 match wearing a uniform shirt that does not bear the official L10 logo patch on the left shirt sleeve, the Match Day Coordinator will note it in their post-game report and a fine will be assessed to the offending team, as per the L10 Discipline Code.
- g) If players opt to wear "undershorts", they must be of the same colour as the main colour of the uniform shorts or the lowest portion of the shorts they are wearing (e.g., the hem).

- h) If a player opts to wear an undershirt, it must be the same colour as the predominant colour on the uniform jersey sleeve.
- i) All players must wear shin pads under their socks.
- j) **Tape or any material applied or worn externally of the normal uniform socks must be the same colour as that part of the sock it is applied to or covers.**
- k) Teams must ensure that players are provided with clothing suitable to protect them against inclement weather.
- l) Team Sponsor logos are permitted on uniforms.
 - i. The location and size of such logos are determined at the discretion of the teams but must conform to the standards established in the L10 Official Uniform Standards and Advertising Guideline (please refer to Appendix J of this document).
 - ii. The L10 Board of Directors reserves the right to reject any Team Sponsor logo that appears on a uniform worn in an official L10 match.
- m) All other equipment must comply with the FIFA Laws of the Game.
- n) If a player has been bloodied during a match, FIFA's Law 5 states:
"The Referee ensures that any player bleeding from a wound leaves the field of play. The player may only return on receiving a signal from the Referee, who must be satisfied that the bleeding has stopped."
 - i. In the event a player's uniform is bloodied, a Referee will require the player to remove and replace the bloodied article(s) of clothing and replace it. If necessary, a player will be permitted to re-enter the game wearing a uniform number that is different than the number originally listed on the game sheet, so long as that new number does not conflict with any other uniform numbers worn by a teammate.
 - ii. Each team's equipment manager should keep on hand extra shirts, shorts and socks available at field side so that a player can quickly change clothing, if deemed necessary, and re-enter the field of play upon receiving the signal from the Referee who is satisfied that the bleeding has ceased.

10.23 On Field Warm Up Sessions for Teams

- a) Each team shall be entitled to a concurrent pre-game on field warm up session of no more than thirty (30) minutes, which shall conclude no later than twenty (20) minutes prior to the scheduled kickoff time of an official L10 Premier League match.
 - i. The exact timing of the on-field warm up session may be adjusted slightly based on a variety of factors, with the distance of the dressing rooms from the field of play being a key determining factor. The Home Team's Game Day Manager, in consultation with the league appointed Match Day Coordinator and the Match Officials, will make the decision to adjust on-field warm up timing on match day, if deemed necessary.
- b) On match day, the Home Team shall post a Game Day timing schedule in each dressing room that clearly indicates what time the on-field pre-game warmup session will commence and conclude.
- c) During the game, each team's substitutes will be allowed to warm up in a designated area that has been identified by the Home Team. Substitute players will not use any type of ball when warming up during the game.

10.24 Pre-Game Entry of Team Officials and Substitute Players

- a) Team Officials and Substitute Players for both teams shall enter the field of play 2-3 minutes prior to the official walk-on by the Match Officials and Starting XI players for each team.
- b) Team officials and substitute players will walk along the sidelines or cross the field to their respective benches. They are expected to do so as quickly as possible to avoid unnecessary delays of the pre-game ceremonies.



10.25 Pre-Game Ceremony

- a) The Starting XI players for both teams, as well as the Match Officials, shall be lined up and ready to walk onto the field of play for the pre-game ceremonies no less than eight (8) minutes prior to the scheduled kickoff time of an official L10 match.
 - i. The Home Team's Game Day Manager will designate and communicate the location where the players and match officials shall line up for walk-on.
 - ii. The playing of walkout music is recommended, but not mandatory.
- b) Player and Match Official introductions may occur prior to or after the teams and officials have lined up.
 - i. The Away Team players will be announced first, followed by the Home Team players.
 - ii. The Match Officials must be announced, and introduced as follows: Referee, First Assistant Referee, Second Assistant Referee and Fourth Official.
- c) National Anthem(s) shall commence only after both teams are properly lined up on either side of the field's centre line, with the match officials in between them.
 - i. All players and match officials shall face the Canadian flag while the anthem is played.
 - ii. The Home Team's Game Day Manager shall communicate to the match officials where the flags are located to ensure that everyone faces the proper direction while the national anthem is played.
- d) Following anthems, the teams shall shake hands. The away team shall proceed first, shaking hands with the match officials and then moving onto the home team. Finally, the home team will shake hands with the match officials.
- e) Following the handshake ceremony, each team's starting players will organize themselves for a team photograph.
- f) Following the team photographs, the team captains will meet the Referee at the centre line for the coin toss.
- g) Pre-game ceremonies should be completed no later than one (1) minute prior to the scheduled kickoff time.
- h) When a match is being broadcast on live television, the Referee, in consultation with the league appointed Match Day Coordinator and the Home Team Game Day Manager, has the discretion to adjust the kickoff time as needed to align with the needs of the broadcaster.

10.26 Dress Code for Substitute Players and Team Officials

- a) For all official L10 matches, substitute players must wear a bib which clearly distinguishes them from the uniforms worn by those players on the field during match play. Substitute players shall always wear the bib, until such time they enter the field of play.
- b) Players on the substitute bench shall always be seated, unless warming up in the designated warm up area.
- c) Team Officials shall be dressed appropriately, professionally and in attire that clearly identifies them as associated with their team. Team Officials shall not wear sandals or torn clothing.

10.27 Substitutions

- a) Please refer to Section 3.7 of this document for all regulations regarding substitute players and the making of substitutions during an official L10 match.

10.28 Dismissals

- a) For all official L10 matches, a player or team official that has been sent-off by the Referee must immediately leave the field of play area and proceed to their designated dressing room or to take a seat in the bleachers. They may not remain on the team bench.



10.29 Half Time Protocol

- a) At the conclusion of the first half of play, there will be a fifteen (15) minute halftime interval.
- b) For all official L10 matches, teams may return to their dressing rooms, or they may choose to remain at their respective bench area for the halftime interval.
 - i. If the Referee determines that the distance between the field of play and the locker rooms is exceedingly far, the standard fifteen (15) minute halftime interval can be extended by a maximum of additional two (2) additional minutes.
- c) The teams must be back to the field of play area no less than one (1) minute before the end of the halftime interval.

10.30 Game Sheets, Match Report and Reporting of Match Results – Post Match

- a) At the conclusion of an official L10 match, an official from each team shall obtain a signed copy of the match forms from the Match Officials, within forty-five (45) minutes of the conclusion of the match.
- b) The Referee shall email or fax a copy of the completed Game Sheet and Fourth Official Match Log form to the League office as soon as possible after the conclusion of a match, but no later than 2:00PM the following day.
- c) Game Day Standards non-conformances are to be noted on the post-game report completed by the Match Day Operations Coordinator, which will be submitted to the league office immediately following the match.
 - i. The match officials may also include a list of standards non-conformances on the Fourth Official Match Log.
- d) The league appointed Match Day Operations Coordinator (MDOC) will be responsible for the reporting of match results to the league office at the conclusion of each match.
- e) Teams are required to verify the accuracy of game sheets.
 - i. Reporting of statistical inaccuracies in the game sheets shall be brought to the attention of L10 by 12:00pm on the Wednesday following the match in question.
 - ii. Reporting of incorrectly assigned Yellow Cards and Red Cards shall be brought to the attention of L10 by 5:00pm on the Monday following the match in question.

10.31 Post-Game Meal

- a) Each team shall have the option of providing their own players with a post-game meal or may choose to provide players with a cash per diem in lieu of providing a meal.

10.32 Protocol In The Event Of A Racist Incident During A Match

- a) **STOP THE MATCH FOR FIRST OCCURRENCE**
 - i. When the Referee becomes aware of racist or discriminatory behavior (especially racist chanting, insults, banners, etc..) during a match and if, in the opinion of the Referee, that said behavior is deemed to be of a significant magnitude and intensity, then the Referee shall (in application of Law 5 of the IFAB's Laws of the Game) STOP THE MATCH. The Referee shall require the Home Team to read a prepared announcement (if available) over the public address system demanding that the spectators immediately stop the offending behavior.
 - ii. The match may resume only after the announcement has been made.
- b) **SUSPEND THE MATCH FOR SECOND OCCURENCE**
 - i. If the racist or discriminatory behavior does not cease after the match has been restarted, the Referee shall SUSPEND THE MATCH for a reasonable period of time (a few minutes) and send the teams to their respective dressing rooms.



- ii. The Home Team shall be directed to read a prepared announcement over the public address system (if available) demanding that the spectators immediately stop the offending behavior and warning that the match may have to be abandoned.
 - iii. During the time that the match is suspended, the Referee shall consult with L10 Management as well as the Home Team in determining if the offending behavior has ceased or if they must proceed to the step of abandoning the match.
- c) **ABANDON THE MATCH FOR THIRD OCCURENCE**
- i. If the racist or discriminatory behavior does not cease after the match has been restarted, the Referee shall, as a last resort, ABADNON THE MATCH.
 - ii. Abandonment of the match shall only be taken after all other possible measures have been implemented and security of players and team officials has been ensured. A full and extensive consultation with L10 League Management and the Home Team, as well as local police if deemed necessary, shall take place before a final decision is rendered.
 - iii. In principle, the abandonment of the match shall be subject to the agreement of all parties involved.
- d) As a precaution in the event of a serious racist incident occurring during an L10 match, the Home Team must ensure that their Public Address Announcement script includes the following wording:

PRE-GAME ANNOUNCEMENT

"Please remember that there is no place for racism in the sport of soccer."

ANNOUNCEMENT AFTER FIRST OCCURRENCE OF A RACIST INCIDENT

"Attention Please, this is an important security announcement. Because of racist behavior among the spectators, which is interfering with the playing of this match, the Referee has indicated that he may have to suspend the match. Racism will not be tolerated. If this behavior does not cease immediately, the match will be suspended and may be abandoned. Help everyone enjoy the match and say NO to racism!"

ANNOUNCEMENT AFTER SECOND OCCURRENCE OF A RACIST INCIDENT

"Attention Please, this is an important security announcement. Because of continued racist behavior among the spectators, which is interfering with the playing of this match, the match will be suspended for _____minutes. The teams will return to their dressing rooms. We remind you again that Racism will not be tolerated. If this behavior does not cease immediately, the match will be abandoned, and appropriate disciplinary or criminal sanctions will be taken against those involved in this behavior. We repeat, this match will be abandoned if the racist behavior among the spectators continues."

ANNOUNCEMENT AFTER 3RD OCCURRENCE OF A RACIST INCIDENT

"Attention Please, this is an important security announcement. We regret to inform you that, because of continued racist behavior among the spectators, which is interfering with the playing of this match, the Referee has made the decision to abandon the match. We repeat, the match has been abandoned. All spectators must leave the facility in an orderly fashion, following the instructions of the facility security staff. League1 Ontario and Ontario Soccer shall provide a further statement regarding the consequences of the abandonment of this match in the coming days."

- e) If an official L10 match is stopped, suspended, or abandoned, disciplinary measures as per the L10 Discipline Code shall be imposed by the L10 Disciplinary Committee and/or Ontario Soccer, in accordance with their published policies.

SECTION XI – L10 RESERVE AND U19 MATCHDAY OPERATIONS/FACILITY STANDARDS

11.1 Match-Day Facility

- a) L10 reserves the right to reject any facility chosen by an L10 Reserve or U19 League team to host their home matches if they are deemed to not meet the standards established herein.

11.2 Match-Day Staffing

- a) With the exception of matches hosted by L10, the Home Team shall designate, at minimum, one (1) team official (e.g., Team Manager, Assistant Coach, etc.) for each official L10 Reserve or U19 League match, to ensure that the needs of the visiting team and match officials are met.
- b) The Home Team must ensure that municipal / regional emergency services are available for each official L10 Reserve or U19 League match day and can reach the stadium field in no less than fifteen (15) minutes.

11.3 Field of Play Preparation

- a) Please refer to Section 10.3 and Appendix H of this document for Field of Play Preparation regulations for all official L10 Reserve or U19 League matches.
 - i. The flying/displaying of the Canadian flag is NOT required for official L10 Reserve or U19 League matches.

11.4 Soccer Goals

- a) Please refer to Section 10.4 of this document for Soccer Goal regulations for all official L10 Reserve or U19 League matches.

11.5 Advertising Signage

- a) Please refer to Section 10.5 of this document for Advertising Signage regulations for all official L10 Reserve or U19 League matches.

11.6 Game Balls

- a) With the exception of matches hosted by L10, the Home Team is responsible for delivering a minimum of six (6) Game Balls, fully inflated, to the Match Officials no later than twenty (20) minutes prior to scheduled kickoff of all official L10 Reserve or U19 League matches.
- b) All Game Balls provided to the Match Official must be identical to each other in make and model.
- c) Any game ball used in an official L10 match must meet all requirements of Law 2 of the FIFA Laws of the Game. Additionally, to be approved for use in an official L10 match, a game ball must bear one of the following marks:
 - iv. the official “FIFA QUALITY PRO” logo
 - v. the official “FIFA QUALITY” logo
 - vi. the “INTERNATIONAL MATCHBALL STANDARD” logo
- d) If a specific ball has been designated as the “Official Game Ball” for use in official L10 Reserve or U19 League matches and are provided by L10 to its teams, the Home Team will be required to use that mandated ball in all official L10 matches, without exception. In the absence of an official designated L10 Game Ball, the Home Team may use any ball that meets the required game ball standard, as per Section 11.6(b) and (c) for official L10 matches.



11.7 Match Official Services

- a) With the exception of matches hosted by L10, the Home Team’s designated representative shall be on site on match day no later than sixty (60) minutes prior to the scheduled kickoff time of all official L10 Reserve or U19 League matches and is expected to meet the match officials upon their arrival at the facility.



- b) It is **strongly recommended** that Match Officials be provided a clean and comfortable dressing room, equipped with hot water shower(s) for all official L10 Reserve or U19 League matches.
- c) The Home Team shall provide the match officials twelve (12) 500ml bottles of water (in a cooler, with ice).
- d) The Home Team is responsible for ensuring the safety and security of the match officials while they are on site.
- e) If a dressing room is provided, no person may enter the match officials' dressing room without permission. The Home Team's designated team official must ensure the dressing room is locked when the match officials are not using it.
- f) The Match Officials shall be provided up to thirty (30) minutes following the completion of a match in order to complete their paperwork, meet with assessors and shower/dress (if applicable).

11.8 Team Dressing Rooms

- a) It is **strongly recommended** that both the Home and Away teams are provided clean, comfortable dressing rooms, suitable for a team of twenty (20) players and coaches and that are equipped with hot water showers.
- b) If Dressing Rooms are provided, they should be made available to the teams no less than sixty (60) minutes prior to kickoff time.
- c) No person may enter the home or away team dressing rooms without permission. A representative of the Home Team must ensure the dressing rooms are locked when the teams are not using them.

11.9 Match-Day Ticketing Services/Spectator Services

- a) The Home Team, at its sole discretion, may provide ticketing and spectator services for all official L10 Reserve or U19 League matches.

11.10 Media and Broadcast Services

- a) Photographers and Video Camera operators that operate at field level must be provided bibs by the Home Team that clearly identify them and that do not conflict with the colors of the participating teams or the goalkeepers.

11.11 Public Address Announcer / Timekeeper

- a) The Home Team, at its sole discretion, may choose to employ a Public Address (PA) Announcer and Timekeeper for all official L10 Reserve or U19 League matches.
- b) If a PA Announcer is employed, they are responsible for making general announcements to the public (e.g., pre-game introductions, announcing goals, cautions, ejections and substitutions, etc...), and shall work off a script prepared by the Home Team.
- a) The use of a timeclock / scoreboard is **strongly recommended**.
 - i. If employed, the timekeeper is responsible for monitoring the time on the game clock, although the Referee has ultimate control of the official time on the field.
 - ii. The clock should count up or down uninterrupted to/from 45minutes. It must be stopped at minute 45:00 or minute 0:00 regardless of how much time the Referee has indicated for stoppage time.

11.12 Security Services

- a) With the exception of matches hosted by L10, the Home Team is responsible for the safety and security of the players, team officials, match officials, event staff and spectators for each official L10 Reserve and U19 League match. It is recommended that the Home Team employ security staff. If security staff is employed, they must be distinguishable from regular game day staff with a unique uniform and must be, at minimum, 18 years of age.



11.13 Ball Retrievers

- a) The Home Team, at its sole discretion, may choose to employ Ball Retrievers for each official L10 Reserve and U19 League match.
 - a. L10 Reserve and U19 teams that opt to employ Ball Retrievers shall refer to Section 10.14 of this document for applicable Ball Retriever regulations for all official L10 matches.
- b) If Ball Retrievers are not employed, the Home Team must assign at least one (1) person to be responsible for collecting balls that have gone astray and return them promptly.

11.14 Match Video

- a) Video recording of all official L10 Reserve and U19 League matches is mandatory and is ultimately the responsibility of the home team.
 - i. License Holders may designate responsibility for the hiring of video service providers to the league office but the cost for said services will be charged back to the team at the end of the season.
 - ii. Please refer to Appendix I of this document for the Match Video Recording Specifications
 - iii. The Home Team is responsible for ensuring the match video is uploaded to the L10 YouTube channel within twenty-four (24) hours of the conclusion of the match.

11.15 Arrival Time at Stadium

- a) Teams are required to arrive at the match venue no later than sixty (60) minutes prior to kickoff time for each official L10 Reserve and U19 League match.
- b) All players and team officials shall arrive at the match site dressed in a manner that is appropriate for a soccer team. Teams shall provide players and team officials with appropriate match day travel clothing (e.g., team crested polo shirt and warm up pants).
- c) A team arriving late must communicate this to the L10 Match Day Operations Centre so that the Match Officials and the Home Team staff can be made aware.
- d) The decision to delay the kickoff time will be made by the Referee following consultation with the League and the opposing team.
 - i. If the late arrival of a team results in the delaying of the kickoff of a match, it will result in the assessment of fines and other discipline as per the L10 Discipline Code.

11.16 Match Forms

- a) Please refer to Section 3.10 of this document for all Match Forms regulations governing all official L10 matches.

11.17 Player Identification

- a) Teams are required to be able to present valid photo identification for every Player and Team Official listed on the Game Sheet (either an Ontario Soccer approved ID Book/Card or a valid, government issued photo ID document).
- b) In the event there are questions by either team of a player's eligibility, a formal request to check a player's identification must be made to the Match Officials.

11.18 Uniform Requirements

- a) Please refer to Section 10.22 of this document for all Uniform regulations governing all official L10 matches.



11.19 On Field Warm Up Sessions for Teams

- a) Each team shall be entitled to a concurrent pre-game on field warm up session of no more than thirty (30) minutes, which shall conclude no later than seven (7) minutes prior to the scheduled kickoff time of an official L10 Reserve or U19 League match.
 - i. If the designated field of play is not available for a full thirty (30) minute warm up session, the home team shall provide the away team and the match officials with an appropriate warm up area in close proximity to the field of play.
 - ii. In this scenario, the scheduled kickoff shall be delayed by a maximum of ten (10) minutes to provide the teams and match officials with a brief warm up session on the designated field of play, not to exceed five (5) minutes, in order to acclimatize themselves with the surface upon which the match will be played.
- b) During the game, each team's substitutes will be allowed to warm up in a designated area that has been identified by the Home Team. Substitute players will not use any type of ball when warming up during the game.

11.20 Pre-Game Ceremony

- a) For all official L10 Reserve or U19 League matches, the Home Team may choose to conduct a formal pre-match ceremony, whereby the Starting XI players for both teams, as well as the Match Officials, shall line up, facing the audience, for introductions and anthems.
- b) If a pre-game ceremony is to be conducted, the Home Team shall advise the visiting team and the match officials upon their arrival at the stadium and will communicate the location where the players and match officials shall lineup for the walk-on onto the pitch.
- c) If a pre-game ceremony is conducted and the National Anthem is played, the Anthem shall commence only after both teams are properly lined up on either side of the field's centre line, with the match officials in between them.
- d) If no ceremony is conducted, after the conclusion of the pre-game warmup period, the Home and Away teams shall line up in front of their respective technical area to allow the match officials to conduct an equipment check.
- e) Regardless of whether a pre-game ceremony is conducted, prior to kickoff, each team's captain will join the match officials for the coin toss.

11.21 Dress Code for Substitute Players and Team Officials

- a) Please refer to Section 10.26 of this document for all regulations governing Dress Code For Substitute Players and Team Officials for all official L10 matches.

11.22 Substitutions

- a) Please refer to Section 3.6 of this document for all regulations regarding substitute players and the making of substitutions during all official L10 matches.

11.23 Dismissals

- a) Please refer to Section 10.28 of this document for all regulations governing Dismissals for all official L10 matches.

11.24 Half Time Protocol

- a) At the conclusion of the first half of play, there will be a fifteen (15) minute halftime interval.
- b) Teams may return to their dressing rooms at halftime if dressing rooms are provided or teams may remain at their respective bench area.
- c) The teams must be back to the field of play area no less than one (1) minute before the end of the halftime interval.



11.25 Game Sheets and Match Report – Post Match

- a) At the conclusion of the match, each team will receive a signed copy of the completed Game Sheet and Fourth Official Match Log, within thirty (30) minutes of the conclusion of a match.
 - i. All Game Day Standards non-conformances are to be noted on the Fourth Official Match Log.
- b) The Home Team is responsible for reporting match results for each official L10 Reserve and U19 match to L10 within sixty (60) minutes of the conclusion of each match, via email to admin@league1.ca. That email must include Final Score, Goal Scorers for each team and a list of players and/or team officials shown red cards.
- c) Teams are required to verify the accuracy of game sheets.
 - i. Reporting of statistical inaccuracies in the game sheets shall be brought to the attention of L10 by 12:00pm on the Wednesday following the match in question.
 - ii. Reporting of incorrectly assigned Yellow Cards and Red Cards shall be brought to the attention of L10 by 5:00pm on the Monday following the match in question.

11.26 Protocol In The Event Of A Racist Incident During A Match

- a) Please refer to Section 10.32 of this document for all regulations governing the Protocols to be employed in the event of a racist incident during a match for all official L10 matches.



APPENDIX A – Ontario Soccer Standards for High-Performance Senior Leagues

The following are minimum standards for the L10 Premier League (Men's and Women's). These standards represent the minimums allowed but L10 may adopt more stringent standards if it so desires.

Ontario Soccer reserves the right to amend these standards at any time to meet the changing landscape of soccer development in Ontario, pursuant to Ontario Soccer's Published Operating Procedures and subject to the confirmation of Canadian Soccer.

2.1 League Office and Administration

2.1.1 The league office shall be located in a city served by appropriate domestic air services and in a physical location commensurate with the status of the league.

2.1.2 The personnel of the league office may be headed by a part-time or full time Commissioner (volunteer or salaried), appointed by and reporting to the league Board of Directors. The Commissioner shall exercise the powers vested in the office by the league bylaws and regulations and shall have the necessary broad experience for a chief operating officer in a standards-based, high-performance league of this caliber.

2.1.3 The league may appoint or employ other personnel under the direction of the Board of Directors, including, but not restricted to a Director of Operations, a Director of Officials, a Director of Communications / Public Relations, and a Director of Marketing. In addition, the league shall retain adequate accounting and support staff, as well as any additional staff the Board may deem necessary from time to time. The league office shall also be sufficiently staffed to be able to provide an equal service to all clubs regardless of time zone, and to handle the additional workload during the peak playing days of the season.

2.1.4 The league office shall be equipped with all the communications and other equipment necessary to the twelve-month operation of the league and its member teams, including such items as multiple phone lines, a twenty-four-hour answering service and all equipment necessary to facilitate communication with the working press.

2.2 Stadia

2.2.1 Each member team shall have access, at the time designated for home games, to a stadium which has permanent seating for paying spectators. The stadium must be enclosed. It must have adequate spectator security, adequate vehicular access and parking, public sanitation facilities, and adequate concessions.

2.2.2. Notwithstanding the foregoing, the stadium must also meet the municipal safety standards and, where appropriate, hold a license/permit allowing soccer to be played in the venue.

2.2.3. It must have quality floodlighting for TV broadcasting.

2.2.4. The stadium must have a field of play which measures at least 60 meters by 100 meters (expandable to 75 by 110meters) unless otherwise required by the Competition Authorities and approved by the league's Board of Directors.

2.2.5. All outdoor playing surfaces must meet FIFA standards. The stadium must have field markings and equipment pursuant to FIFA Rules, a stadium clock capable of counting up or down 45 (forty-five) minutes, a scoreboard indicating the current score and a public address system.

2.2.6 The stadium must have a minimum of three (3) separate locker rooms (home team, away team and match officials) are to be provided. Each is to have separate showers and toilets that are not accessible by the public. On match day, security is to be provided for the locker rooms from a minimum of two (2) hours before the scheduled kick off time until one hour after the game or when the last player or official has left the area, whichever is appropriate. *Note: new built stadiums should have three additional locker rooms to enable double headers to be played and separate locker rooms for male and female match officials.*



2.3 Day of Game Personnel

2.3.1 Teams must have a press box supervisor, a field manager, a visiting team liaison person, a match official liaison adequate uniformed security, access to an ambulance with ten (10) minute response time, at least six (6) uniformed ball persons, adequate ticket sellers, ticket takers, and ushers. Key personnel must be able to communicate via radio to the match day operations controller.

2.4 Press Box

2.4.1 There must be a permanent press box capable of seating ten (10) people, with adequate security and a separate area for the working press. A separate area for electronic broadcast, at least one broadcast phone line if requested by a visiting team, one telephone line, online capabilities, and refreshments.

2.5 Team Office Facilities

2.5.1 Each member team must maintain a full-time separate office, located in a commercial building located in the team's market area. The office must be able to accommodate the required staff and team activities. It must be open during regular business hours for twelve months a year. It should be equipped with a fax machine and all the usual and necessary office equipment and supplies.

2.6 Team Office Personnel

2.6.1 Throughout the year, each team must maintain a part-time or full time General Manager, a part-time Secretary and at least one part-time staff person responsible for sales marketing, media, and public relations. Hours of work should be so arranged that the office remains open for a twelve-month period. In addition, a ticket and sponsors salesperson should be employed during the season and other staff should be employed, as necessary.

2.7 Team Personnel

2.7.1 Each team will have a roster which has a minimum of 14 players and a maximum of 25 players. All players must be under contract to the team.

2.7.2 Each team will employ a head coach on a regular part-time basis. In addition, each team will, during the season, employ an assistant coach, a trainer, a team doctor/athletic therapist and an equipment manager.

2.8 League and Team Media/Publicity

2.8.1 Each team shall be required to produce the following media and publicity related materials: a media guide, a printed schedule card; a weekly press release beginning one month prior to the start of the season and continuing through to the end of the season; an up to date set of uniform statistics and a list of post-game media contacts.

2.8.2 The league shall also produce the materials set forth above and shall produce other materials designed to promote the league and its teams.



2.9 League Procedural Standards

2.9.1 The league and the teams therein shall adopt and adhere to a schedule of games; maintain and promote league standings; establish uniform roster rules for dropping and adding players; maintain a separate set of home and away uniforms and warm ups; assign a uniform number to a player that does not change as long as the player is on that team's roster; establish rules for the approval of non- league games; exchange travel information and itineraries; and establish rules and procedures for player and team discipline.

2.9.2 The league shall establish rules and standards for game presentation which shall be maintained by all teams.

2.9.3 Leagues will be required to respect the FIFA International calendar, and where the release of more than three (3) international players from any one team are called for international duty, permit the team to reschedule its league match if requested.

2.10 FIFA Rules

2.10.1 FIFA rules shall be followed in all instances with the exception that a league may establish specific and separate rules for point standing, which shall be adhered to by all teams.

2.11 Match Officials

2.11.1 All match officials officiating in games shall be registered with Canada Soccer through Ontario Soccer, in accordance with Canada Soccer rules. The league shall establish a list of eligible match officials, in conjunction with Ontario Soccer, prior to the start of each season, who meet the criteria set by the Ontario Soccer Match Officials Development Program. No other person shall act as a match official in the league without the prior approval of Ontario Soccer.

2.12 Coaching

2.12.1 At the commencement of any season, the Head Coach of any team in the league shall hold a National B (Part II) License issued by Canada Soccer or he or she has demonstrated enrollment to actively participate in the next available B License coaching course conducted by Canada Soccer.

2.12.2. If the Head Coach holds an equivalent "national" license issued by another country's Association, Canada Soccer's Director of Coaching must validate the license.

2.12.3. Failure to obtain the B license at the conclusion of the next available National B (Part II) License coaching course conducted by Canada Soccer would render the coach ineligible.

2.12.4. All other coaches (except the Head Coach) must hold, as a minimum, a National B (Part I) License.

2.13 Team Budget

2.13.1 Each team should operate on an annual team budget of, at minimum, \$100,000. Each team will be required to provide to the league Board of Directors a financial summary representing an accurate assessment of the financial operations of the club during the calendar year. In a situation where the pro team is part of a larger club, the operation of the team participating in the Standards-Based High-Performance league must be reported separately within the Club's financial report.



2.14 Team Player Budget

2.14.1. Each team that declares as professional in 2022 shall operate on at least a \$24,000 *budget* for player salaries with at least five (5) of the players on the team having a professional contract and being paid at least \$2,000 *per year*. In 2022, the salary cap for each team shall be \$44,000.

2.14.2. Ontario Soccer and the L10 Board of Directors will continually monitor the number of players on contracts equal to or over \$2,000 per year to ensure compliance. Should a team fall below the minimum, they will be subject to disciplinary sanctions which may include, but is not limited to, fines, point deduction, or suspension from the league.

2.14.3. Ontario Soccer and the L10 Board of Directors have the right to audit a professional team's financial records at the end of the year to ensure compliance with Team Player Budget regulations. If a team is not in compliance, the team and the league may be subject to disciplinary sanctions imposed by the league Board of Directors.

2.15 Letter of Credit/Annual Fees

2.15.1 Each team shall post with the league a letter of credit or surety bond, as required by the league's Board of Directors. In addition, the team shall pay its annual registration fee and the appropriate league fees prior to the commencement of the season. The league will be required to pay an annual membership registration fee to Ontario Soccer.

2.16 Club Structure / Player Development

By the commencement of the 2024 season, all clubs shall be required to run a player development program based on a minimum of one development team that should compete at the highest league level (based on Ontario Soccer's LTPD standards) possible for youth soccer in the region where the club or is registered. An official affiliation with an existing youth club is acceptable, providing the players are registered to play on teams in leagues that are part of the recognized Ontario Soccer talented pathway. All youth teams must fall under the control and supervision of a head coach with a minimum "B" License (National) or equivalent.



APPENDIX B – COMPETITION STRUCTURE / BREAKING OF TIES IN LEAGUE STANDINGS

For the 2022 season, the L10 Board of Directors, in consultation with the L10 Technical Committee and the L10 License Holders, has ratified the following competition structure:

1. L10 Men's Premier League

a) Regular Season Format

- Premier League Teams will be organized in a single table format.
- Each team shall play one (1) match against each of the other teams during the Regular Season.
- The team that finishes atop the table at the end of the Regular Season is awarded "The Supporters Trophy".

b) Playoff Format

Quarter-Final Round (to be played on August 24 or 25, 2022)

- Teams that finish 1st and 2nd in the table get a bye to the Semi-Final round.
- Team that finishes 3rd overall in the table hosts Team that finishes 6th overall in the table.
- Team that finishes 4th overall in the table hosts Team that finishes 5th overall in the table.
- Note: If a Quarter-Final Round match is tied on goals at the end of 90 minutes, the match will be decided by kicks from the penalty spot.

Semi-Final Round (to be played on August 27 or 28, 2022)

- Team that finishes 1st overall in the table hosts Quarter-Final winner that finished lowest in the regular season table.
- Team that finishes 2nd overall in the table hosts the other Quarter-Final winner.
- Note: If a Semi-Final Round match is tied on goals at the end of 90 minutes, the match will be decided by kicks from the penalty spot.

Playoff Final

- Semi-Final Winner A versus Semi-Final Winner B. (Hosted by L10 at a neutral venue)
- Note: If the Playoff Final match is tied on goals at the end of 90 minutes, the match will proceed to extra time, made up of two (2) halves of fifteen (15) minutes each. Unused substitutions will carry over to added time and teams will be granted one (1) extra instance to make a substitution. If still tied after extra time, the match will be decided by kicks from the penalty spot.

c) Qualification for 2022 Canadian Championship

- The winner of the L10 Men's Premier League Playoff Final in 2022 will be the League1 Ontario representative in the 2023 Canadian Championship.

d) 2024 L10 Team Placement

- Points earned in the 2022 L10 Premier League Regular Season shall be counted toward determining team placement for the 2024 League1 Ontario season.
- 1 point earned in the 2022 L10 Premier League Regular Season shall carry a value of 0.75 points when calculating the two year aggregate total to determine which teams will be placed in the L10 Premier Division and which teams will be placed in the L10 Championship Division for the 2024 season.
- 1 point earned in the 2023 L10 Premier League Regular Season shall carry a value of 1 point when calculating the two year aggregate total to determine which teams will be placed in the L10 Premier Division and which teams will be placed in the L10 Championship Division for the 2024 season.



2. L10 Women's Premier League – Regular Season

a) Regular Season Format

- Premier League Teams will be organized in a single table format.
- Each team shall play one (1) match against each of the other teams during the Regular Season.
- The team that finishes atop the table at the end of the Regular Season is awarded "The Ron Smale Cup".

b) Playoff Format

Quarter-Final Round (to be played on July 27 or 28, 2022)

- Teams that finish 1st and 2nd in the table get a bye to the Semi-Final round.
- Team that finishes 3rd overall in the table hosts Team that finishes 6th overall in the table.
- Team that finishes 4th overall in the table hosts Team that finishes 5th overall in the table.
- Note: If a Quarter-Final Round match is tied on goals at the end of 90 minutes, the match will be decided by kicks from the penalty spot.

Semi-Final Round (to be played on July 30 or 31, 2022)

- Team that finishes 1st overall in the table hosts Quarter-Final winner that finished lowest in the regular season table.
- Team that finishes 2nd overall in the table hosts the other Quarter-Final winner.
- Note: If a Semi-Final Round match is tied on goals at the end of 90 minutes, the match will be decided by kicks from the penalty spot.

Playoff Final

- Semi-Final Winner A versus Semi-Final Winner B. (Hosted by L10 at a neutral venue)
- Note: If the Playoff Final match is tied on goals at the end of 90 minutes, the match will proceed to extra time, made up of two (2) halves of fifteen (15) minutes each. Unused substitutions will carry over to added time and teams will be granted one (1) extra instance to make a substitution. If still tied after extra time, the match will be decided by kicks from the penalty spot.

c) 2024 L10 Team Placement

- Points earned in the 2022 L10 Premier League Regular Season shall be counted toward determining team placement for the 2024 League1 Ontario season.
- 1 point earned in the 2022 L10 Premier League Regular Season shall carry a value of 0.75 points when calculating the two year aggregate total to determine which teams will be placed in the L10 Premier Division and which teams will be placed in the L10 Championship Division for the 2024 season.
- 1 point earned in the 2023 L10 Premier League Regular Season shall carry a value of 1 point when calculating the two year aggregate total to determine which teams will be placed in the L10 Premier Division and which teams will be placed in the L10 Championship Division for the 2024 season.



3. Men's U21 Reserve League

a) Regular Season Format

- Teams will be divided into 4 regional divisions.
- Each Team shall contest 12 Regular Season matches (a minimum of 1 match against each team in the division)
- The teams that finish 1st in each division table at the conclusion of the Regular Season will qualify for the playoffs.

b) Playoff Format

Semi-Final Round (to be played on July 26, 27 or 28, 2022)

- Semi-Final A - West Division Winner vs Central Division Winner
- Semi-Final B – East Division Winner vs North Division Winner
- Note: If a Semi-Final Round match is tied on goals at the end of 90 minutes, the match will be decided by kicks from the penalty spot.

Playoff Final (to be played on August 5, 2022)

- Semi-Final Winner A versus Semi-Final Winner B
- Playoff Final to be hosted by L10 at a neutral venue
- Note: If the Final Round match is tied on goals at the end of 90 minutes, the match will be decided by kicks from the penalty spot.

4. Women's Open-Age Reserve League

a) Regular Season Format

- Teams will be divided into 3 regional divisions.
- Each Team shall contest 12 Regular Season matches (a minimum of 1 match against each team in the division)
- The teams that finish 1st in each division table at the conclusion of the Regular Season will qualify for the playoffs. Additionally, the 2nd place team that earns the most points in the Regular Season will earn a Wild Card spot in the playoffs.

b) Playoff Format

Semi-Final Round (to be played on July 26, 27 or 28, 2022)

- Semi-Final A - Division Winner with most points in Regular Season hosts the Wild Card qualifier.
- Semi-Final B – The Division Winner with 2nd most points in Regular Season hosts the other Division Winner.
- Note: If a Semi-Final Round match is tied on goals at the end of 90 minutes, the match will be decided by kicks from the penalty spot.

Playoff Final (to be played on August 4, 2022)

- Semi-Final Winner A versus Semi-Final Winner B
- Playoff Final to be hosted by L10 at a neutral venue
- Note: If the Final Round match is tied on goals at the end of 90 minutes, the match will be decided by kicks from the penalty spot.



5. Men's U19 League

a) Regular Season Format

- Teams will be divided into 2 regional divisions.
- Each Team shall contest 20 Regular Season matches (a minimum of 1 match against each team in the division)
- The teams that finish 1st and 2nd in each divisional table at the conclusion of the Regular Season will qualify for the playoffs.

b) Playoff Format

Semi-Final Round (to be played on October 8-9, 2022)

- Semi-Final A – Central Division winner hosts West Division runner-up
- Semi-Final B – West Division Winner hosts Central Division runner-up
- Note: If a Semi-Final Round match is tied on goals at the end of 90 minutes, the match will be decided by kicks from the penalty spot.

Playoff Final (to be played on October 15, 2022)

- Semi-Final Winner A versus Semi-Final Winner B
- Playoff Final to be hosted by L10 at a neutral venue
- Note: If the Final Round match is tied on goals at the end of 90 minutes, the match will be decided by kicks from the penalty spot.

6. Breaking of Ties in League1 Ontario Regular Season Standings

Breaking of ties in the regular league standings is accomplished by applying the following criteria, in order of importance:

1. Total wins in L10 Regular Season competition.
2. Best Goal Differential during the regular season.
3. Most Goals Scored during the regular season.
4. Best Goal Differential during the regular season in Away Games
5. Most Goals Scored during the regular season in Away Games
6. Best Goal Differential during the regular season in Home Games
7. Most Goals Scored during the regular season in Home Games
8. Head-to-Head record based on total points in league games between the affected teams
9. Coin Toss (if only two teams are tied) or Drawing of Lots (if 3 or more teams are tied)



APPENDIX C – CODE OF CONDUCT

League1 Ontario (hereinafter L10) endeavors to provide an elite, highly competitive level of soccer competition that will engender the respect of the soccer community. L10 will strive to be a desired destination for the top players in the Province of Ontario.

To that end, L10 will enforce a Code of Conduct for the behavior that all individuals involved in or around the League are expected to adhere to.

Players, coaches, team officials and officers of all L10 license holders shall:

- a) Behave respectfully toward the Match Officials, their opponents, and League Officials, in the spirit of fairplay.
- b) Present a professional image, both in behavior and appearance, to the general public before, during and after competitions.
- c) Never jeopardize the integrity of any L10 match by behaving in a manner that adversely affects the outcome of any match. This includes the intentional throwing of games, the offering of improper incentives to opponents to secure a desired result or the offering of gifts to Match Officials.
- d) Never engage in wagering on L10 matches.
- e) Refrain from any form of misconduct in public that will negatively affect the reputation of L10 or the team/club that they represent or that generally risks bringing the sport of soccer into disrepute.
- f) Not intentionally damage or vandalize the physical property of another team/club or at a facility where L10 matches are played.
- g) Refrain from the use of tobacco or cannabis products and the consumption of alcohol while performing official duties. The use of illegal substances is never acceptable, under any circumstances.
- h) Report to L10 any actions that are a violation of the Code of Conduct without fear of recrimination.

All L10 participants are required to sign the L10 Code of Conduct agreement for their registration to be accepted and processed by the league office.

L10 has the right to impose fines and/or other forms of discipline upon any individual who violates the terms of the Code of Conduct, as per the L10 Discipline Code.



APPENDIX D – LEAGUE1 ONTARIO SOCIAL MEDIA POLICY

League1 Ontario (hereinafter L10) acknowledges the importance of participating in online conversations and is committed to ensuring that all people associated with L10 participates and engage in online social media in an appropriate manner.

This Social Media Policy is intended to empower all individuals involved with L10 (League Officials, League Staff, Players, Team Officials, etc.) to participate in this connected world and to represent L10 by sharing the vision and mission of our organization and the story of our beautiful game.

All individuals involved in L10 are encouraged to engage in social media communities at a level which each person feels comfortable.

The best advice is to approach the online world in the same way we would operate in the “real” world -- use sound judgment and common sense, stay true to the L10 Code of Conduct (see Appendix C of the L10 Operations Manual) and ensure compliance with the L10 Social Media Policies noted below.

Non-compliance with these guidelines may be construed as misconduct, harassment, discrimination, or in certain circumstances, a contravention of the law. Those who fail to comply with these guidelines may be disciplined according to the L10 Discipline Code.

Definitions of Social Media

Social Media is formally defined as “content created by people using highly accessible and scalable publishing technologies”.

Social media is distinct from traditional media, such as newspapers, television, and film. Social media comprises relatively inexpensive and accessible tools that enable anyone to publish or access information”.

Social Media may include (but is not limited to):

- Social networking sites (e.g., Facebook, LinkedIn, etc.)
- Video and photo sharing websites (e.g., Flickr, YouTube, TikTok, Instagram, etc.)
- Blogs, including corporate and personal blogs.
- Blogs hosted by media outlets (e.g., comments posted to news stories, etc.)
- Micro-blogging (e.g., Twitter, etc.)
- Wikis and online collaborations (e.g., Wikipedia, etc.)
- Forums, discussion boards and groups (e.g., Reddit, Discord, etc.)
- Video or podcasting
- Online multiplayer gaming platforms (e.g., World of Warcraft, Second Life, etc.)
- Instant messaging (including text messaging apps like WhatsApp, etc.)
- Geo-spatial tagging (e.g., Foursquare, etc.)

League1 Ontario Social Media General Guidelines

1. Transparency in every social media engagement is mandatory. L10 does not condone manipulating the social media flow by creating “fake” destinations and posts designed to mislead followers and control a conversation. Every website, “fan page”, or other online destination that is ultimately managed by L10 must make that fact known.
2. Respect copyrights, trademarks, rights of publicity, and other third-party rights in the online social media space, including user-generated content (UGC). How exactly one does this may vary from one situation to another, so individuals are expected to refer to L10 communications staff to make informed, appropriate decisions.



3. L10 will utilize best practices and comply with applicable regulations to ensure that these Social Media Guidelines remain current and reflect the most appropriate standards of behavior.
4. L10 respects the right of each individual involved in the league to use social media tools as both a form of self-expression and as a means to further develop awareness for L10 and the sport of soccer in general. However, it is important that each individual is aware of the implications of engaging in forms of social media and online conversations that reference L10, and/or the individual's relationship with L10 and its brand, and that you recognize when L10 might be held responsible for a person's behavior online.

Expectations for Personal Behavior in Social Media

There is a difference between speaking "on behalf of L10" and speaking "about" L10. The following set of principles refers to those personal or unofficial online activities where an individual might refer to L10.

1. Adhere to all applicable policies. You are subject to the L10 Code of Conduct in every public setting, including your personal activities online.
2. You are responsible for your actions. Anything you post that can potentially tarnish the image of L10 will ultimately be your responsibility. While we do encourage individuals associated to L10 to participate in the online social media space, we urge you to do so properly, exercise sound judgment and use common sense. Please make sure to include the following disclaimer to each profile or platform you use where you can be identified as related to L10: "The views expressed are the views of the author alone".
3. Be a "scout" for compliments and criticism. Even if you are not an official online spokesperson for L10, your time spent online can be vitally important in terms of monitoring the social media landscape. If one comes across positive or negative remarks online about L10, please consider sharing them with L10 communications staff.
4. Let subject matter experts respond to negative posts. You may come across negative or disparaging posts about L10. Unless you are an authorized online spokesperson, avoid the temptation to react to these comments yourself. Pass the post(s) along to L10 communications staff, who are better equipped to address such comments. Be mindful of the state of mind you are in when engaging online and know that it will affect the way you react and respond to postings.
5. It is wise to be very conscious when mixing your business and personal lives in the online sphere. Online, your personal and business personas are likely to intersect. L10 respects each individual's free speech rights, but you must remember that anyone has access to the online content you post. Keep this in mind when publishing information online that can be seen by more than friends and family and know that information originally intended just for friends and family can be forwarded on. Remember that everyone can see what you do on these platforms, including sponsors, rivals, and most importantly, fans of the league and its teams.
6. Do not present yourself as an official spokesperson of L10 in any social media forum unless it has been authorized beforehand and never disclose non-public information (including confidential information). Be aware that taking public positions online that are counter to L10's interests may be harmful and could be considered a breach of compliance.

Expectations for Official League1 Ontario Spokespeople

Just as with traditional media, we have an opportunity and responsibility to manage the reputation of L10 when we engage online. We will be selective about how and when we opt to participate in the online conversations that mention us every day.

The following guidelines, in addition to general guidelines provided earlier, are how L10 Spokespeople should represent L10 online in an official capacity (when speaking "on behalf of L10"):

1. Always be mindful that you are representing L10. As an L10 representative, it is important that your posts convey a positive, optimistic spirit that aligns with the league's overall communications strategy. Be respectful of all individuals, races, religions, and cultures. How you conduct yourself in the online social media space not only reflects on you but is also a direct reflection on L10.



2. Fully disclose your affiliation with L10. We require that anyone who is communicating on behalf of L10 always discloses their name and their affiliation. It is never acceptable to use aliases or otherwise deceive people. State your relationship with L10 from the outset.
3. When in doubt, do not post. You are personally responsible for your words and actions, wherever you are. As an online spokesperson, you must ensure that your posts are completely accurate and not misleading, and that they do not reveal "non-public" information. Exercise sound judgment and common sense, and if there is any doubt, DO NOT POST IT. In any circumstance in which you are uncertain about how to respond to a post, contact L10 Senior Leadership for guidance.
4. Give credit where credit is due and don't violate others' rights. DO NOT claim authorship of something that is not yours. If you are using another party's content, make certain that they are credited for it in your post and that they approve of you utilizing their content. Do not use the copyrights, trademarks, publicity rights, or other rights of others without the necessary permissions of the rights holder(s). If the content has been internally created, please make sure that all credits are directed accordingly.
5. Know that the Internet is permanent. Once information is published online, it is essentially part of a permanent record, even if you "remove/delete" it later or attempt to make it anonymous. If your complete thought, along with its context, cannot be squeezed into a character-restricted space (such as Twitter), provide a link to an online space where the message can be expressed completely and accurately.

Specific applications and situations

Some situations require you to refrain from uploading content or participating in social media. These situations include (but are not limited to):

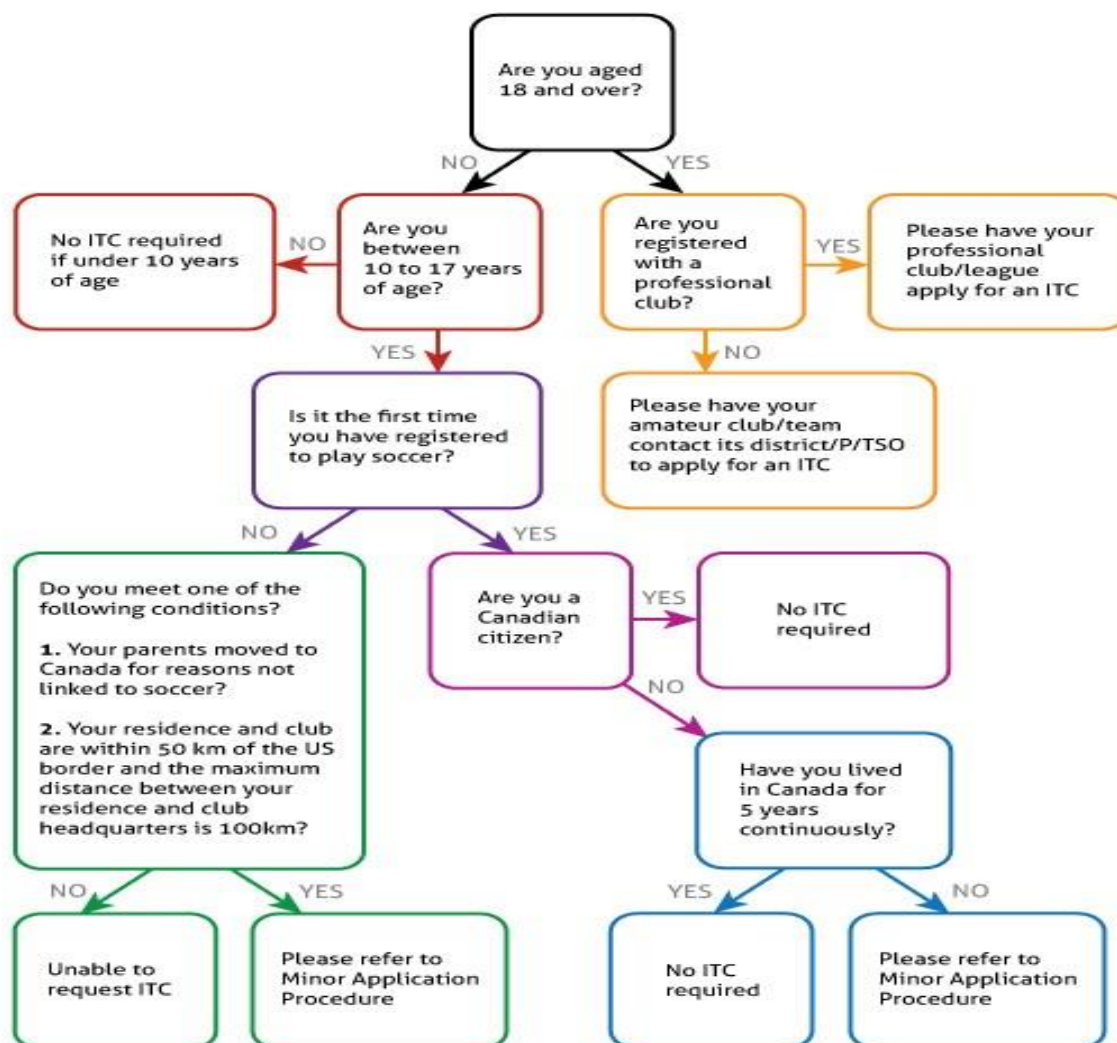
1. During a non-public event or meeting organized by L10.
2. Before, during or after a meeting where non-public information is discussed.
3. Before, during or after a match or training session when strategic, tactical, or medical information is discussed. We ask that you please refer to the team's coaching or medical staff before making any comments pertaining to these sorts of situations.

We recognize that players and team officials may see value in using pictures or videos where they are wearing official clothing of an L10 licensee. The usage of such content is permitted, but it is important to remember that the use of such photos (e.g., using them as your profile picture), automatically links you to L10 and we therefore ask that you be conscious of the comments and content you post. The use of any other official marks should follow copyrights and trademarks regulations.

L10 will impose fines and other forms of discipline (as per the L10 Discipline Code), upon any individual who violates the terms of the L10 Social Media Policy

APPENDIX E – INTERNATIONAL TRANSFER CERTIFICATES

International Transfer Certificates (ITC)



MINOR APPLICATION PROCEDURES

The Provincial/Territorial Association will forward the request(s) onto Canada Soccer. Included with the request, the following mandatory documents must be submitted by the player/parents (in PDF format, with no document larger than 2MB in size):

- Proof of identity and nationality (i.e. passport) - player
- Proof of identity and nationality (i.e. passport) - parents
- Proof of birth date (birth certificate) - player
- Employment contract - parents
- Work permits - parents
- Proof of residence (i.e. proof of home ownership, rental agreement) - player and player parents
- Proof of distance for 50km rule (i.e. Google maps showing location club/residence)
- Parental authorisation



APPENDIX F – NCAA PLAYER ELIGIBILITY GUIDELINES

1. Each team participating in the L10 Premier, Reserve and U19 Leagues that intends to register players that play soccer at NCAA schools in the United States of America shall ensure they are familiar with the eligibility regulations established in the most current "Guide for the College-Bound Student Athlete" that is published by the NCAA Eligibility Center each year. This document is the most comprehensive resource published by the NCAA for all issues related to an athlete's initial eligibility, including academics, amateurism, and recruiting.
2. Link: http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/CBSA.pdf
3. L10 License Holders and players who attend NCAA schools or who intend to attend NCAA schools are ultimately responsible for ensuring that a player's participation in official L10 competition does not impact their NCAA eligibility.
4. L10 accepts no responsibility for any eligibility issues that may arise from L10 participation.



APPENDIX G – ROLE DEFINITION FOR GAME DAY STAFF

1. Game Day Manager

The Home Team / Host Organization shall designate a Game Day Manager, who must be present on venue on Match Day no later than ninety (90) minutes prior to the scheduled kickoff time. Ideally the Game Day Manager is on site two (2) hours prior to kickoff.

The Game Day Manager will liaise with the visiting team, the match officials, league representatives and television broadcast personnel (if the game is televised).

It is the responsibility of the Game Day Manager to ensure that all of the following are in place at least 60 minutes before the scheduled kick-off time:

- Field Markings, Goals / Nets and Corner Flags
- Table and Chair for Fourth Official
- Press area, MDOC Work Area (with Wi-Fi and electricity), working P.A system and working scoreboard.

The Game Day Manager is also ultimately responsible for the following details:

- Supervising set-up and take down of signage.
- Supervising pre-game and halftime ceremonies to ensure game timing is adhered to
- Supervising security forces
- Supervising ball retrievers
- Ensuring needs of the working media are met
- Ensuring the needs of the match officials are met
- Ensuring match officials are provided with inflated game balls
- Ensuring that match officials receive game day rosters by the required time and copies are provided to L10 staff and the media.
- Informing the L10 if staff or match officials arrive on venue later than the specified time.

2. Match Day Operations Coordinator

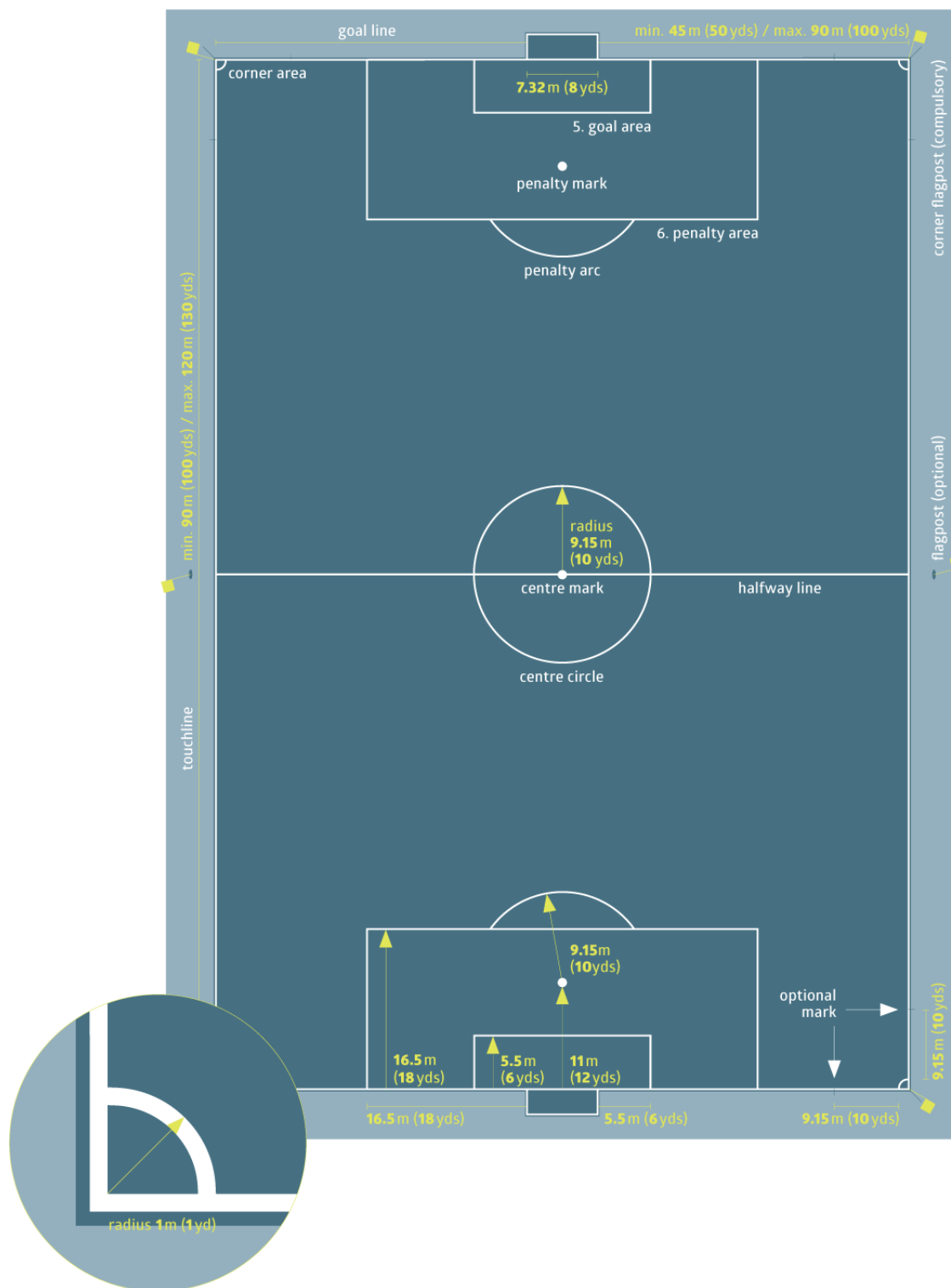
The Match Day Operations Coordinator (MDOC), when appointed, will arrive at least ninety (90) minutes prior to kickoff time and will advise both teams and the Match Officials of any obvious deficiency prior to the start of the match. He/she will follow game requirements listed on a check list. Deficiencies will be recorded and submitted to the League office. The League office will share the Match Supervisor report with the teams involved.

If the MDOC advises the teams and / or the Match Officials of a clear deficiency prior to the start of the match, the correction must be addressed without delay, unless it is deemed impossible without impacting the timelines leading to kickoff.

3. Security

In addition to the security provided by the home team, L10 has the authority to mandate the hiring of additional security guards and/or uniformed police officers should it be deemed necessary. The home team will bear the full cost of additional security, unless otherwise arranged by L10.

APPENDIX H – REQUIREMENTS FOR FIELD OF PLAY SETUP





1. Corner Flags

Corner flags shall be on posts no less than five (5) feet high with rounded or squared off tops. The top of the posts cannot be pointed. The Flag material shall not be ripped or torn.

2. Halfway Line and Centre Circle

A halfway line shall be marked across the centre of the field. The centre of the field shall be so marked and have a circle, which has ten (10) yard radius, drawn around it.

3. Goal Area

At each end of the field, a line perpendicular to the goal line shall be drawn parallel to each side of the goal and six (6) yards from each goalpost. This line shall extend six (6) yards into the field of play from the goal line. A line running parallel to the goal line shall be drawn connected to two perpendicular lines, forming the goal area.

4. Penalty Area

At each end of the field, a line perpendicular to the goal line shall be drawn parallel to each side of the goal and eighteen (18) yards from each goalpost. This line shall extend for the eighteen (18) yards into the field of play from the goal line. A line running parallel to the goal line shall be drawn to connect the two perpendicular lines, which shall form the penalty area. Within the penalty area is the penalty spot (or penalty mark), which is 12 yards from the goal line, directly in-line with the centre of the goal.

5. Corner Area

At each of the four corners of the field, measuring from the corner flags post, a circle having a radius of one (1) yard shall be drawn inside the field of play.

6. Bench and Technical Area

The home and away teams' benches and technical area (as well as the fourth official table) shall be placed on the same side of the field. **Team benches for both teams shall be covered/sheltered in the event of inclement weather.** The 4th officials table shall always be covered/sheltered.

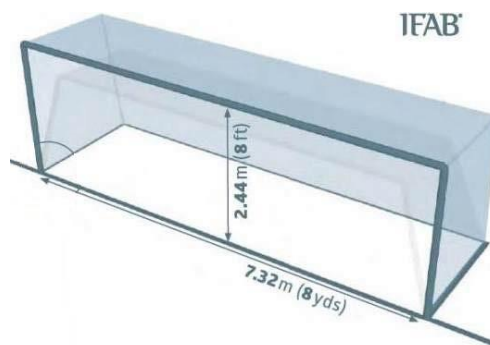
The bench area and technical area shall be marked according to FIFA's technical area markings.

The technical area extends one (1) yard on either side of the designated seated area and extends forward up to a distance of one (1) yard from the touch line. It is recommended that markings be used to identify this area clearly.

Only one (1) person at a time is permitted to stand and convey tactical instructions from the technical area. All other persons are to remain seated in the confines of the technical area. All occupants of the technical area must behave in a responsible manner. Failure to do so will result in removal from the technical area by the Referee.

7. Goals

Each goal shall measure 8 feet high x 24 feet wide, be centered on the goal line, an equal distance on each side from the corner flags.



8. Wheels on Goals



Goals equipped with wheels on the side of the frame (refer to figure 1) **shall NOT be permitted in official L10 matches.**

The wheels must be removed prior to kickoff.

The Referee will not allow a match to kickoff with such wheels installed.



Goals with equipped wheels on the back of the frame (refer to figure 2) are acceptable as long as the wheels are covered to provide extra protection (e.g., covered with sandbags or equivalent)

It is preferred if the wheels are removed prior to kickoff but removal is not mandatory if covered appropriately.



APPENDIX I – MATCH VIDEO RECORDING SPECIFICATIONS

1. All L10 matches **MUST** be video recorded in accordance with league established match video standards. **The Home Team is responsible for ensuring official L10 matches are video recorded.**
2. Teams participating in the L10 Premier, Reserve and U19 Leagues may coordinate their own video recording of official L10 home matches and must adhere to league established match video standards.
 - i. L10 teams that opt to arrange their own match video recording must notify L10 Management by no later than February 25, 2022 and must provide contact information (email address + mobile phone #) for their Video Service Provider in writing.
 - ii. If an L10 team fails to comply with league established match video standards, it will result in fines being assessed, as per the L10 Discipline Code. Any team that is fined two times in a season for match video standards non-compliance will be required to cede responsibility for match video recording to L10, which will assign a service provider and invoice the team for said services.
3. L10 teams can assign the responsibility for contracting video service providers to L10.
 - i. Teams that opt to assign this responsibility to L10 will be charged a price of \$225 + HST per home match. Invoicing for this service will take place at the conclusion of the season.
4. If L10 opts to livestream a match featuring a team that arranges their own match video recording for home matches, L10 will advise the home team's media liaison at least five (5) days prior to the match. In that case, the home team would not be responsible for providing a match video recording for that match.
5. L10 Match Video Standards are as follows:
 - i. A video file of each L10 match must be uploaded to the L10 YouTube Channel by midnight of the same day (if the match concludes before 4:00pm) or must be uploaded by 12:00pm the following day (if the match concludes after 4pm).
 - ii. It is preferred if the video file uploaded to YouTube does not use any promotional watermark or branded marketing collateral, unless authorized by L10.
 - iii. The home team (or its designated service provider) must provide a raw video file copy of the match, as requested.
 - iv. The final video file must be minimum 1080p HD quality and shot from central vantage point (e.g., halfway-line), from an elevated position (min. 20 feet, ideally 30 feet high). The recording shall clearly capture both on-ball and off-ball actions (e.g., minimum two lines of play and ball visible at all times).
 - v. Video files uploaded to YouTube must be uploaded as a single file (not split up between first half and second half) and must be left in private mode status for approval by league management.
 - vi. Video Files must be titled using the following format: dd/mm/yy – League Name - home team v away team (example: 09/04/22 – L10M Premier – Blue Devils FC v Guelph United).
 - vii. Video must be accompanied by match audio (e.g., ambient mic on camera or ground mic set up separately).
 - viii. Half-time on field activities must be edited out of the video file and all music muted before upload to YouTube, to ensure file is not suspended due to copyright restrictions.
 - ix. Video recording must not commence before opening whistle. The recording must include all minutes played in each match and must end promptly at the final whistle.



APPENDIX J – L10 UNIFORM STANDARDS AND ADVERTISING GUIDELINES

L10 recognizes each organization's right to enter into sponsorship contracts, endorsements, and business relationships and, as part of those relationships, have the right to allow their sponsors to advertise their brands on uniforms worn in L10 competition.

This document has been produced to provide guidance to all teams participating in the L10 Open-Age and Reserve Leagues for the 2022 season in the application of L10's Uniform Standards and Kit Advertising standards.

A. DEFINITIONS AND INTERPRETATIONS

- **"Advertising"** means any designation, message, logo, trademark, name, or emblem of any nature.
- **"Clothing"** means the clothing of a Player, Team Official or Match Official worn in an official match and shall include (but not limited to) shirts, shorts, socks, undershorts, t-shirts (or any other item of clothing worn under the shirt), sweat-bands, headbands, caps, tracksuits, gloves, and coats as well as any outer garments worn by substitutes and Club Officials in the Technical Area at any time. Football boots are not considered as clothing.
- **"Clothing manufacturer"** means any organization that carries out the business of manufacturing football clothing and has been appointed by the L10 team to supply their clothing for the 2022 season.
- **"Team Officials"** includes any Team Official as defined in the L10 Operations or Game Day Manuals who has team duties such as coaches, managers, physiotherapists/athletic therapists/medical staff and includes any person who takes up a position in the Technical Area at any time during a match.
- **"Football boots"** means any footwear worn during the period of a Match by a Player or Match Official.

B. PERMITTED ADVERTISING

1. Club emblem and name

- a) **On football boots** - The official team crest, name, initials, nickname, or a trademark registered by the L10 License Holder, or a combination of such, may appear without restriction.
- b) **On all other Clothing** - The officially designated Club emblem (or part thereof), name, initials, nickname, or a trademark registered by the Club, or a combination of such, may appear:
 - i. Once only on the front of the shirt, providing it does not exceed an area of 36 sq. inches.
 - ii. Once only on the right leg of the shorts providing it does not exceed an area of 12 square inches.
 - iii. Once only on each sock providing it does not exceed an area of 8 square inches.
 - iv. Once only on the front of any outer garments worn by substitute players and Team Officials in the Technical Area, except that there are no restrictions as to the position and size of the Club emblem or name.
 - v. Please refer to page 62 of this document for examples.



2. Clothing Manufacturer

- a) **On football boots** - The established mark, logo, name or model/style of football boots or their manufacturer, or a combination thereof, may appear without restriction.
- b) **On all other Clothing** - The established mark, logo or name of a clothing manufacturer may appear only once:
 - i. on the shirt and on the shorts, providing its size does not exceed an area of 5 sq. inches.
 - ii. on each of the socks worn by outfield players and goalkeepers, providing its size does not exceed an area of 5 sq. inches.
 - iii. on each of the goalkeeper's gloves (and on a goalkeeper's cap) providing its size does not exceed an area of 5 sq. inches.
 - iv. On gloves worn by outfield players, providing its size does not exceed an area of 5 sq. inches.
 - v. On the front and back of any t-shirt or any other item of clothing worn under the uniform shirt providing its size does not exceed an area of 5 sq. inches and is not visible outside the playing shirt during the period of a match.
 - vi. On undershorts worn under uniform shorts providing its size does not exceed an area of 5 sq. inches and is not visible outside the playing shorts during the period of a match.
 - vii. On the front of any outer garments worn by substitute players and Team Officials in the Technical Area, except that there are no restrictions as to the position and size of the Club emblem or name.
- c) **Brand Consistency** - The same established mark, logo or name or combination must appear on all clothing of all Players and Club Officials wherever such advertising appears.

3. Player Numbers

- a) **On football boots** - A player's shirt number may appear on their boots without restriction.
- b) **On all other Clothing** - A Player's number:
 - i. Shall appear on the back of the uniform shirt, should be clearly legible and positioned in the centre of the back of the shirt. It should measure between 8 inches and 12 inches tall.
 - ii. May appear on the front of the shorts (on the left leg), and which must correspond with the number on the shirt. It should measure between 3 inches and 4 inches tall.

4. Player Names

- a) **On football boots** - A Player's name, including any appropriate nickname or initials, may appear on that Player's boots without restriction.
- b) **On all other Clothing** - A Player's name (given or family name) or appropriate nickname:
 - i. may appear on the back of the uniform shirt. The height of the lettering cannot exceed 3 inches tall.
 - ii. In the case of goalkeepers, may appear on their goalkeeper gloves. The size of the name cannot exceed 5 sq. inches.

5. National Flag

- a) A single image of the Canadian flag may be placed on the right sleeve of the uniform shirt providing it does not exceed an area of 8 square inches.



6. League1 Ontario Logo Patch

- a) An image of the L10 logo (on its own or in combination with a league sponsor logo) must be placed on the LEFT sleeve of every uniform shirt worn in official L10 competition. L10 will provide its teams with the official logo patch prior to the first match of each season.

7. Sponsor Logo or Emblem Usage on Uniforms

- a) **On football boots** - Sponsor advertising is not permitted on a player's football boots.
- b) **On all other Clothing** - Sponsor Advertising is permitted on the clothing worn by a player in an official L10 match as follows:
 - i. Once only on the front of the shirt, providing it does not exceed an area of 40 sq. inches.
 - ii. Up to twice on the back of the shirt, providing neither logo exceeds an area of 24 sq. inches.
 - iii. Once only on the right sleeve of the uniform shirt, located between the shoulder seam and the elbow, providing it does not exceed 15 sq. inches;
 - iv. Once only on the front of the shorts, providing it does not exceed 15 sq. inches.
 - v. Once only on the back of the shorts, providing it does not exceed 20 sq. inches.
 - vi. Sponsor advertising is not permitted on the socks worn by a player in an official L10 match.
- c) Sponsor advertising may appear on tracksuits and other items of clothing worn by substitute players and Team Officials in the Technical Area, permitting the size of said advertising complies with the sizing stipulated above.
 - i. Sponsor advertising carried on tracksuits and other items of clothing worn by substitute players and Team Officials in the Technical Area can be the same sponsors worn on the uniform worn by the players on the pitch (home or away) or
 - ii. It can be unique to the sponsor advertising found on the player uniforms.
- d) L10 teams may enter into sponsorship agreements with different companies whereby the home and away kit features completely different sponsors. If the license holder opts to outfit their teams with a third kit, that kit may also feature entirely unique sponsors advertising.
- e) One or more Sponsor Logos or Emblems may be advertised on the uniform clothing worn by a player in an official L10 match.
- f) The same Sponsor Logos or Emblems must appear in the same form on the clothing of all Players and Team Officials wherever such advertising appears, throughout the entirety of the match.

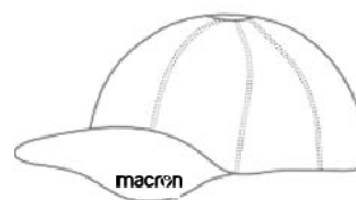
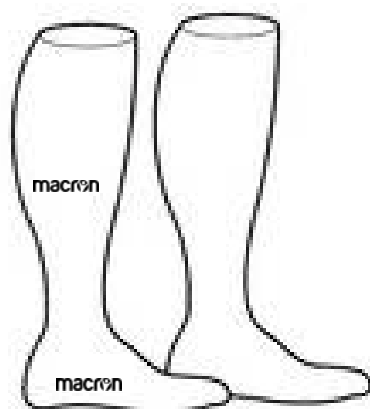
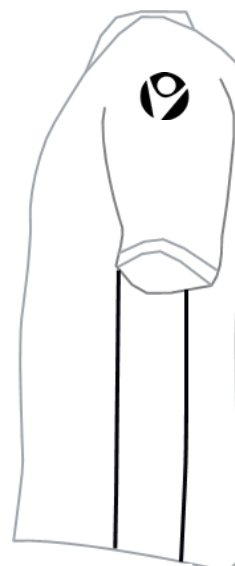
C. EXAMPLE OF CLUB EMBLEM



or

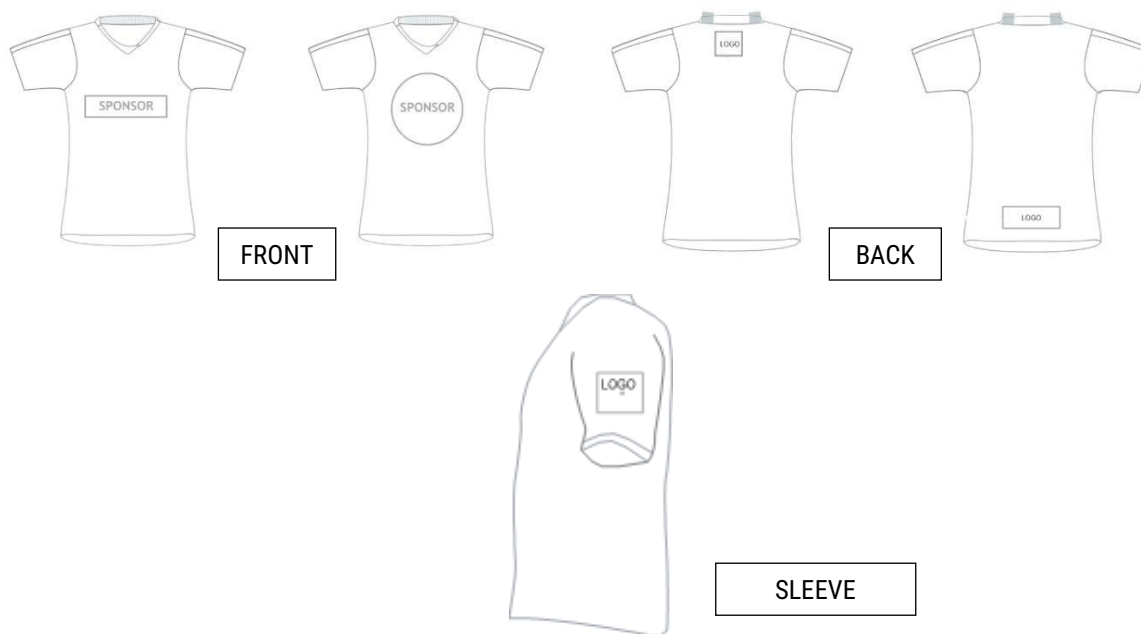


D. EXAMPLE OF CLOTHING MANUFACTURER LOGO OR EMBLEM

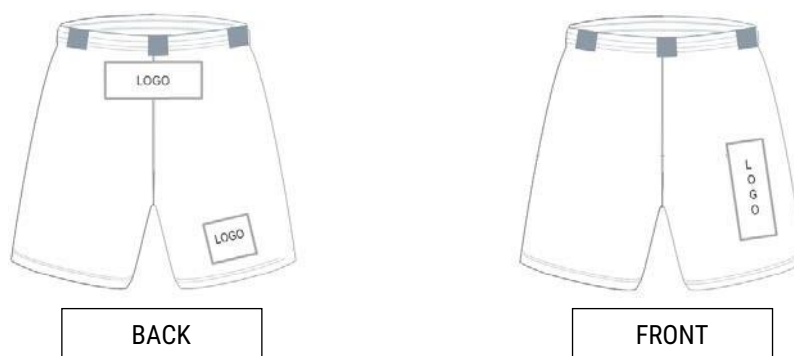


E. EXAMPLE OF SPONSOR LOGO OR EMBLEM USAGE ON UNIFORMS

1. Examples of Appropriate Shirt Advertising



2. Examples of Appropriate Shorts Advertising



F. ADVERTISING ON MATCH OFFICIAL UNIFORMS

1. No advertising of any nature, save as set out below, is permitted on match officials' clothing or football boots without the consent of Canada Soccer and Ontario Soccer.



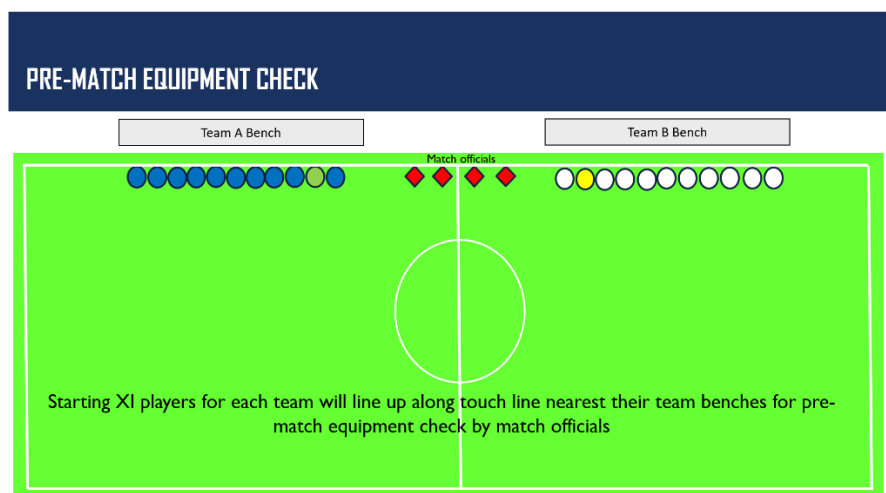
APPENDIX K – GAME DAY TIMING GUIDELINE

L10 Premier League

Kickoff minus 90 minutes	- Latest Arrival at Stadium for Home Team Game Day Staff
Kickoff minus 75 minutes	<ul style="list-style-type: none">- Latest Arrival of Teams and Match Officials at Designated Facility- Dressing Rooms are open to both teams- Water / Ice / Cooler must be in Team and Match Official Dressing Rooms
Kickoff minus 60 minutes	<ul style="list-style-type: none">- Gates open to Spectators- Ticketing and Spectator Services begin- All L10 mandated signage must be installed per provided guidelines
Kickoff minus 50 minutes	- Field of Play is open for pre-game warm up session (max 30 minutes)
Kickoff minus 20 minutes	<ul style="list-style-type: none">- Pre-Game warm up ends. Both teams return to designated bench area- Both teams submit FINAL Game Sheets to Match Officials (3 copies each)- Both teams provide blank 4th Official Match Form to Match Officials (1 copy each)- Copies of Game Sheets must be made and distributed to MDOC and Media.
Kickoff minus 10 minutes	- Teams and Match Officials receive 2-minute warning to line up for Walk Out
Kickoff minus 9 minutes	- Team Officials and Substitute Players exit dressing rooms, proceed to team benches.
Kickoff minus 8 minutes	<ul style="list-style-type: none">- Starting XI for each teams + Match Officials congregate at designated meeting spot- Equipment check by match officials before walk on to field of play
Kickoff minus 7 minutes	<ul style="list-style-type: none">- Match officials lead teams out onto the field of play- Starting XI for each team lines up on either side the Match Officials- All players and officials face the Canadian flag for the national anthem
After National Anthem	<ul style="list-style-type: none">- Teams Shake Hands (Away Team goes first)- After Handshakes, each team poses for team photo (Away Team first)- After team photos, team captains meet match officials at midfield for coin flip- After coin flip, teams take to the field of play on the appropriate side, and prepare for Referee to signal for kickoff
Kickoff	- At the discretion of, and signaled by, the Referee
Halftime	<ul style="list-style-type: none">- ONLY FIFTEEN (15) Minutes- Teams and Match Officials must be back on the field of play or bench area no later than thirteen (13) minutes after halftime whistle
Fulltime + 45 minutes	- Latest time that Match Forms will be ready for both teams

L10 Reserve and U19 League

Kickoff minus 60 minutes	<ul style="list-style-type: none"> - Latest Arrival of Teams and Match Officials at Designated Facility - Water / Ice / Cooler must be provided to Match Officials - Gates open to Spectators - Ticketing and Spectator Services begin (optional)
Kickoff minus 40 minutes	<ul style="list-style-type: none"> - Field of Play is open for pre-game warm up session (max 30 minutes)
Kickoff minus 20 minutes	<ul style="list-style-type: none"> - All L10 mandated signage must be installed per provided guidelines
Kickoff minus 10 minutes	<ul style="list-style-type: none"> - Pre-Game warm up ends. Both teams return to designated bench area - Both teams submit FINAL Game Sheets to Match Officials (3 copies each) - Both teams provide blank 4th Official Match Form to Match Officials (1 copy each)
Kickoff minus 8 minutes	<ul style="list-style-type: none"> - Starting XI for each team line up on or near touch line in front of their designated bench area for Equipment Check - All players and officials face the Canadian flag for the national anthem (optional)
After Equipment Check/Anthem	<ul style="list-style-type: none"> - Teams Shake Hands (Away Team goes first) - After Handshakes, team captains meet match officials at midfield for coin flip - After coin flip, teams take to the field of play on the appropriate side, and prepare for Referee to signal for kickoff
Kickoff	<ul style="list-style-type: none"> - At the discretion of, and signaled by, the Referee
Halftime	<ul style="list-style-type: none"> - ONLY FIFTEEN (15) Minutes - Teams and Match Officials must be back on the field of play or bench area no later than thirteen (13) minutes after halftime whistle
Fulltime + 30 minutes	<ul style="list-style-type: none"> - Latest time that Match Forms will be ready for both teams



**** Please Note: ****

If Designated Field of Play is not available 40 minute prior to kickoff for the pre-game warm up, home team must provide an appropriate warm up area (in close proximity to the field of play) for the away team and match officials.

Kickoff may be delayed up to ten (10) minutes to allow teams and match officials a brief warmup on the field of play to acclimatize themselves to the surface

APPENDIX L – HEAD SHOT PHOTO SPECIFICATIONS

1. A high-resolution digital head shot photo is required for every player and team official that will participate in official L10 competition each year
2. Head shot photos must be submitted according to the specification provided herein by no later than five (5) business days after that individual participates in their first official L10 match of that year.
3. L10 teams that submit Head Shot photos that do not comply with the provided specification or that are not provided on time will be subject to fines as per the L10 Discipline Code.
4. L10 reserves the right to contract a photographer to produce compliant head shot photos on a license holders' behalf should they be unable to comply with league established deadlines. The cost for this service will be invoiced to the license holder.
5. Guideline for Taking High Quality Head-Shot Photos are as follows:
 - i. Photographer:
 - Stand in front of player, 4 to 5 feet distance from the player.
 - Aim diagonally and downward at the seated player's face, while keeping torso in photo as well to capture club logo.
 - Ensure subject is clear and well-lit from front.
 - ii. Player:
 - Squat position (seated if possible) looking up at camera.
 - keep back straight at all times, hands down.
 - iii. Backdrop:
 - Clean, white background – not dark.
 - Backdrop can include club logo, or league sponsor logo (if mandated by league).
6. Sample Photo:
 - i. Width should be 1024 pixels ideally to maximize web display.
 - ii. Player clearly lit with club badge evident.
 - iii. Shot is in focus and with light coloured background.
 - iv. Photo file must be min. 125 dpi resolution.



7. Recommended Best Practices:



Do: - get close cropped photo with player face and club badge clearly in focus.

- Team logo in background always ideal.

Don't: - Use a dark background as image can be difficult to discern, does not show as well on web/ print



Do: - use white/ light coloured team background

Don't: - avoid photographer casting a shadow on the background as it obscures player's face

8. Photography Service Provider

- i. L10 has secured the services of a professional photographer that can provide head shots at a cost of **\$475 + HST + travel cost**. That price includes:
 - 2 hour team photo session
 - Professional lighting
 - Supply of backdrop
 - Photo editing after the shoot
 - Upload photos to League1 Ontario
- ii. Any L10 League team that wish to reserve the services of this contractor should contact the L10 Management to coordinate the booking.



APPENDIX M – LEAGUE1 ONTARIO BRAND GUIDELINES

1. The League1 Ontario (L10) marks and logos may not be altered in any way, specifically around colours, proportions, font, and any other manner without the express written consent of League1 Ontario Inc.
2. L10 may change or update these marks and logos at any time and will provide adequate notice for L10 License Holders to update their materials.
3. L10 License Holders are strongly encouraged to use the L10 logo on their website and official correspondence but may not alter the marks.
4. Official League1 Ontario logos for all corporate advertising and branding applications are as follows:

PRIMARY / PREFERRED LOGO



The League1 Ontario primary mark is the dominant brand identifier of the league. This version should be used on License Holder websites.

ALTERNATE ONE-COLOUR LOGOS



In instances where 4-colour process printing and web applications are not possible, license holders may use one of these one-colour options as an alternate.

SPACE AND SIZE RESTRICTIONS



5. The L10 official colours are as follows:





APPENDIX N – PROTOCOL FOR GRANTING OF EXCEPTIONAL PLAYER PERMITS

1. League1 Ontario (L10) is sanctioned by Ontario Soccer and as such, will respect and abide by all rules and regulations concerning leagues and team entries as established by Ontario Soccer. L10 shall also abide by the principles of Long-Term Athlete Development. Player Welfare will always be a top priority.
2. Minimum Age Regulation for Official L10 Competition
 - a. For the 2022 season, players born in 2005 or earlier shall be permitted to take part in official L10 matches. They can be rostered to any L10 Team, and they can also be called up from an eligible lower-level youth team.
 - b. For the 2022 season players born in 2006 may be granted an “Exceptional Player” or an “Exceptional Circumstances” permit by L10, thereby allowing them to be rostered to a L10 Reserve or U19 League team only or called up from an eligible lower-level youth team.
 - c. A L10 License Holder’s Technical Director or Team Head Coach must complete the “Exceptional Circumstances” Permit application form provided by L10 and provide all the information as required on the permit application form.
3. Criteria for Exceptional Player Consideration
 - a. L10 reserves the right to consider and review all Exceptional Player Permit application submissions but priority consideration will be given to players already identified as being “exceptional talents” that meets at least one (1) of the following criteria:
 - i. Has been identified/selected for an Ontario Soccer Provincial Project between 2019 and 2022;
 - ii. Has been invited by Canada Soccer to a Youth or Senior National Team Camp between 2019 and 2022;
4. Process
 - a. Upon receipt of the Exceptional Player Permit Application and all supporting documentation and evidence, L10 shall convene a review panel to consider the applications.
5. Permit Restrictions
 - a. L10 must receive an interim report for each player that has been granted an Exceptional Circumstances permit after they have appeared in five (5) official L10 matches.
 - i. The report shall be supported by match video footage (ideally edited to feature the player in question). L10’s video analysis partner, MSA, can provide this service for a fee.
 - ii. Failure to submit the report and video by the deadline will result in immediate revocation of the permit.
 - b. The L10 review panel will evaluate the information provided and subsequently convene a meeting with the team Head Coach and club’s Technical Director to make a determination on each players’ suitability to continue playing official L10 Reserve and/or U19 League matches in 2022.



APPENDIX O – ROSTER DECLARATION REGULATIONS FOR LEAGUE1 ONTARIO TEAMS PARTICIPATING IN THE CANADIAN CHAMPIONSHIP

1. By November 30 of each year, the League1 Ontario team that qualifies for the following year's Canadian Championship tournament must submit a "Roster Declaration" document to Canada Soccer, consisting of a maximum of 50 players.
 - a) All 50 players listed on the Roster Declaration must have been properly registered to that organization's L10 team roster or to the roster of lower-level teams operated by that organization for the just completed season. They must have been registered by no later than that year's roster freeze deadline date. All players must be registered using Ontario Soccer's registration system.
 - b) Of those 50 players, a minimum of 18 players and a maximum of 25 players must have been specifically registered to that organization's League1 Ontario (First Team) by no later than that year's roster freeze deadline date. The remaining players can be registered to lower-level teams operated by that organization.
2. The Roster Declaration form must include the following information:
 - a) Each Player's full name, date of birth, citizenship, and their Ontario Soccer Registrant ID number.
 - b) Each Player's must provide their Passport number (Passport must be valid / not expired). If a player does not possess a valid Passport, they must provide the ID number found on some other valid form of Photo ID (e.g., Driver's License, Health Card, Permanent Resident Card, etc....) that has been issued to the player by a Federal or Provincial Government agency.
3. By May 1st of the following year, the L10 team that has qualified for the upcoming Canadian Championship must submit an updated "Roster Declaration" document to Canada Soccer, again consisting of a maximum of 50 players.
 - a) All 50 players listed on the May 1st Roster Declaration must have been properly registered to that organization's L10 (first team) roster or to the roster of lower-level teams operated by that organization for that season. All players must be registered using Ontario Soccer's official registration system and they must also be registered to Canada Soccer's National Soccer Registry.
 - b) Of those 50 players included on the May 1st Roster Declaration, a minimum of 18 players and up to a maximum of 25 players must have been specifically registered to that organization's League1 Ontario (First Team) roster. The remaining players can be registered to lower-level teams operated by that organization.
 - c) Of the maximum fifty (50) players listed on the May 1st Roster Declaration document, **no more than ten (10) players can be new additions** to the list of players submitted by November 30 of the previous year.
4. Only players that are properly registered and listed on the May 1 Roster Declaration can be selected to participate in that year's Canadian Championship tournament.
 - a) Players registered to an affiliated organization are not permitted to be included on the Roster Declaration and cannot be called in to play in the Canadian Championship tournament.
 - b) Temporary Eligibility Permits are not permitted in the Canadian Championship tournament.



APPENDIX P – POLICY FOR TRIALS/TRYOUTS AND SHORT TERM PLAYER REGISTRATIONS (STRP) – 2022 OUTDOOR SEASON

1. League1 Ontario (L10) is sanctioned by Ontario Soccer and as such, will respect and abide by all rules and regulations concerning leagues and team entries as established by Ontario Soccer.
2. If a player is registered in the Ontario Soccer registration system for the 2021-22 Indoor Soccer Season or the 2022 Outdoor Soccer Season and wishes to participate in trial/tryout activities with an L10 team other than the one that they are presently registered to, that player must complete an L10 Trial/Tryout form, which must indicate the name of the L10 club and team for which they wish to trial/tryout for.
 - a) The player shall only be permitted to participate in Trial/Tryout activities, including Exhibition (Friendly) matches, during the timeframe that their current Ontario Soccer registration (2021-22 Indoor Season or 2022 Outdoor Season) is valid.
 - b) The Trial Player shall not be eligible for inclusion on the matchday roster for any official L10 Competition by the L10 team that has invited the player to Trial/Tryout, until such time that the player in question has been properly registered to that L10 team's official roster, in accordance with the regulations established in Section 4.1 of this document.
 - c) The L10 team that has invited the already registered player to participate in trial/tryout activities must submit proof of the Trial Player's current Ontario Soccer registration, together with the completed L10 Trial/Tryout form, to the L10 League Administrator for approval prior to allowing the player to participate in any Trial/Tryout activities.
 - i. The L10 team that has invited the already registered player to Trial/Tryout shall be responsible for securing any and all required documentation from the player to prove their registration status.
 - d) If the L10 team discovers that a prospective Trial Player is currently registered by a fellow L10 team, the L10 club must seek written permission to invite the player in question to participate in Trial/Tryout activities from their fellow L10 team. That L10 team that has already registered the player in question is under no obligation to provide such permission.
 - i. The L10 League Administrator will not approve an L10 Trial/Tryout form submission where the Trial Player's current club is an L10 License Holder without written confirmation granting permission for the player in question to participate in Trial/Tryout activities with another L10 club.
 - e) There is no fee associated with the approval of an L10 Trial/Tryout form that meets all the established criteria.
3. If a player is not registered in the Ontario Soccer registration system for the 2021-22 Indoor Soccer Season or the 2022 Outdoor Soccer Season and wishes to participate in Trial/Tryout activities with an L10 club, including participating in Exhibition (Friendly) matches, that player shall complete the Short-Term Registration Permit (hereinafter referred to as the STRP). The STRP shall be used by L10 teams to register players with Ontario Soccer for the purpose of:
 - a) participating in any type of Tryout/Trial with the L10 team,
 - b) participating in Exhibition (Friendly) Matches that are not part of the official L10 schedule, and/or
 - c) participating in training sessions only (with no intention of participating in an official L10 match).



4. The STRP requires approval by the L10 League Administrator in order to be valid and it remains valid for a maximum of thirty (30) days after being approved.
5. The STRP application must be signed by the player (or parent/legal guardian, if the player is not yet 18 years of age at the time of signing the document) prior to:
 - a) participating in a tryout/trial session,
 - b) participating in an Exhibition (Friendly) match
 - c) participating in training sessions
6. Players registered by an L10 team in the Ontario Soccer official registration system solely with an STRP shall not be eligible for inclusion on the matchday roster by an L10 team for any official L10 competition.
7. An administration fee of \$10 shall be charged to the L10 team for each STRP that is approved by the L10 League Administrator. L10 teams will be invoiced by Ontario Soccer for each STRP that is approved.
8. Any club found violating the regulations established in this policy shall face disciplinary measures as per the L10 Discipline Code



APPENDIX Q – POLICY ON TRANSGENDER ATHLETES

1. League1 Ontario license holders will adhere to the following policy regarding transgender athletes, as found in Section 5.13 (Transgender Player) of Ontario Soccer's Operating Policies:

As per Canada Soccer Policy regarding Transgender Players, the following operational procedure shall apply unless otherwise stipulated and will be assessed accordingly.

For the purpose of registration on gender-based amateur teams, a player may register with the gender team with which the player identifies, and confirmation sufficient for guaranteeing access shall be satisfied by documentation or evidence that shows the stated gender is sincerely held, and part of a person's core identity. Documentation satisfying the herein stated standard includes, but is not limited to, government-issued documentation or documentation prepared by a health care provider, counsellor, or other qualified professional not related to the player.