

**OFFICIAL NMSC
Adult League Handbook**

INTRODUCTION

Welcome to our Adult League. This handbook is designed to provide a basis for good competition and a safe, enjoyable experience for all of our players. At NMSC, we strive to provide our players the best soccer experience possible.

We will do this by providing quality referees, good fields, an excellent sporting atmosphere, and by building strong relationships with all of our players, coaches, and spectators.

Our goal is to make sure that you leave our games satisfied with your soccer experience from the interaction with our staff, to your time spent on the soccer field.

For any additional information on leagues, standings, etc, refer to our website at nmsc.net

GENERAL RULES OF THE LEAGUE

Conduct within our leagues should be in the spirit of good sportsmanship.

- **No foul, abusive, racial or derogatory language allowed.**
- All major accidents and injuries must be reported to league office within 24h after an incident has occurred.
- No smoking or alcoholic beverages on NMSC fields as per city by-laws
- Participants and spectators are to be advised that anyone who does not act or behave in an appropriate manner can be disqualified from participation in our leagues and also barred from entering our fields for future matches. Any such decision to bar any individual from our league will be the decision of the **discipline committee** and the general manager of the club and is **NON- APPEALABLE!**

TERMINOLOGY

The following explanations of some common terms are general, not technical; they are intended to be helpful to players and coaches. After you finish reading, have a great game!

Advantage: when the referee refrains from stopping play for a foul that a stoppage of play would benefit the team that committed the violation.

Dangerous play: when a player attempts a play that the referee considers dangerous to that player or others, such as trying to kick the ball out of the goalkeeper's hands, even if no contact is made.

Dead ball: refers to the situation when the ball is out of bounds or out of play due to stoppage of any kind.

Delaying the restart of game: when a player or team is deliberately slowing down the progress of the game. Holding the ball after a goal and kicking away the ball after a foul are examples of delaying the restart.

Discipline by Review: a system of discipline in which a panel decides the punishment for any indiscretion that has caused a report.

Hand ball: a foul that is called when a player intentionally or deliberately hits the ball with his hand or arm. A player may not deliberately carry, strike, or propel the ball with his hand or arm. (Except the goalkeeper inside his own area.)

Misconduct: any inappropriate behavior by a player, coach, or spectator (on or off the field) as determined by the referee or club staff. Examples of misconduct include but are not limited to: kicking the bench, or inappropriate remarks toward any player, coach, spectator, referee, facility staff or even a teammate.

Obstruction: deliberately impeding the progress of an opponent when the ball is not in playing distance.

Play on: term used by referees to indicate that no foul or stoppage is to be called; used by referees when applying the advantage law.

Shielding: a legal play where a player protects the ball from an opponent using his body. Shielding is not a foul and is not obstruction. To be legally shielding a player must be within playing distance of the ball and be eligible to play the ball. A player who is not eligible or moves out of playing distance of the ball is guilty of obstruction.

Slide tackle: is when a player attempts to take the ball

away from an opposing player by deliberately leaving their feet and sliding along the ground with one leg (or both legs). This method of obtaining the ball is illegal in our club's adult league. *A Player may Slide to keep the ball in play provided his action is not dangerous.*

Violent Conduct: physical force that injures or abuses any individual or facility property. Violent conduct is also any verbally or physically threatening action towards ANY individual.

Careless: Means that the player has shown a lack of attention or consideration when making a challenge or that he acted without precaution.

- No further disciplinary sanction is needed if a foul is judged to be careless, and a direct free kick or penalty kick will be awarded.

Reckless: Means that the player has acted with complete disregard to the danger to, or consequences for, his opponent.

- A player who plays in a reckless manner must be cautioned in addition to a direct free kick or a penalty kick that will be awarded.

Excessive Force or Brutality: Means that the player has far exceeded the necessary use of force and is in danger of injuring his opponent.

- A player who uses excessive force must be sent off in addition to a direct free kick or a penalty kick that will be awarded.

ADMINISTRATIVE POLICIES PLAYER REGISTRATION

Anyone entering the players bench or the field must have properly registered and is on the game sheet .

IDENTIFICATION

Acceptable documents for verification of identity in case of player eligibility are one or more of the following:

- Driver's license
- Passport
- Original birth certificate with a raised seal
- School ID with birth date
- An Ontario Soccer Association player book.

**** Referees will be empowered to check players identification prior to start of the match, whereas such concern is brought to their attention by a team captain.*

Any player who is discovered to have lied about his/her identity or eligibility to play in any league will be suspended for a minimum of one year. All fees paid by a suspended player are non-refundable.

Note: Teams and team captains are responsible to confirm eligibility and/or identity of players and may be asked to show the acceptable forms of documents mentioned above prior to kick off.

PLAYER ELIGIBILITY

- If a player has been paid to play professional (indoor or outdoor) soccer within the last 6 months, or is currently playing professionally, he/she is only eligible to play at the highest level in each league available.
- Persons with physical or mental impairments of a serious nature that may put themselves or others at risk of injury will be restricted from play. Pregnancy and heart problems are considered conditions that put people at risk. Players may be added to the roster until registration deadline

Everyone playing in a playoff or a championship game must have been registered before the registration deadline. No one may play on two teams in the same division. No one may switch teams after having played for one team in the same session. Note: Any player found to be registered/playing on more than one team in the same division will be suspended for a minimum of 3 months.

NEXT SEASON REGISTRATION Teams currently playing in any league and in good standing will have the first priority to re-register and pick their uniform color by placing a deposit before a deadline set by the club. The deposit is non-refundable.

TEAM CAPTAIN RESPONSIBILITIES

Team Representatives are encouraged to be an active playing participant on their teams. If the registered team rep is a non-player, the team must declare a playing co-team rep.

It is the expectation of the Club that Team Representatives will embody the philosophy of the club which is fun, safety and enjoyment of the game of soccer for all.

TEAM CAPTAINS ARE RESPONSIBLE FOR THE FOLLOWING:

- Club fees are paid on time
- Player jersey numbers are recorded on the game sheet before kick off
- Red card fines
- Making sure all team players on the roster are registered with the club
- Making sure that only registered players are on the bench during game
- Making sure there are no alcoholic beverages on team bench and immediate surrounding.
- Their respective Spectator behavior

REFUNDS

No refunds are given to suspended players.

LEAGUES SCHEDULE AND LEAGUE FORMATS

The schedule and formats for a club may vary from season to season, depending on the number of teams in a division. Schedules are available on our website.

STANDINGS

Leagues are set up on a Best Record System. A team's record is the total number of points earned per game

FORFEITS If your team is in danger of forfeiting due to lack of players, please contact the league convener as soon as possible. Forfeits are recorded as a 3-0 score.

Forfeits occur because:

- a team is unable to field at least seven ready players within 15 minutes of a game's scheduled start time.
- a team loses enough players in the course of a game that they are unable to field at least seven eligible players.
- a player on the team has deliberately broken any rules regarding registration, eligibility, or a team causes a game to be terminated.

- teams not paid up any outstanding fine based on set dates.

Teams are responsible for making sure that they are playing on the appropriate field at their scheduled time and are playing against their correct opponents.

GAME SHEETS

- Both teams must fill in the jersey numbers of their players on the game sheet prior to kickoff.
- All players entering the field of play must be on the game sheet before playing
- Everyone on the team's bench must be identified on the game sheet
- The game will not commence until BOTH teams have filled out their appropriate information on the game sheet, however the clock will start at the scheduled game time.
- If teams are found to have used a player that is not on the game sheet, or one whose identity does not match the registration, the delinquent teams will forfeit the game by a score of 3-0. If the team loses by a score greater than the forfeit score, the original score will stand.

DISCIPLINE

Referees and club members have the right to remove a player, coach or spectator before, during or after a game. That person must leave the property immediately. Failure to leave the premises will result in the game to be terminated and the victory awarded to the opposing team.

YELLOW CARDS

Player who's record displays as attained 5 yellow cards throughout the season will be automatically suspended for the next match following the game where the 5th yellow was issued.

RED CARDS

If a player is issued a red card, he/she is ejected for a minimum of the remainder of that game and the team's next league game.

The length of the red card suspension will be determined by the discipline committee during a process called Discipline by Review – No players or team delegates attend.

**Suspensions shall carry on to any other teams the player plays with. Example. If a player receives a 3 game suspension, the suspension will be 3 weeks from all leagues NMSC.

DISCIPLINE BY REVIEW

A committee meets once a week to review any discipline reports that occurred the previous week. The Committee discusses each report individually and uses the Ontario Soccer Association Standard Penalties for misconduct by a player guideline as a reference to determine the suspension.

Although teams don't attend this process, team captains can send us an email with their point of view of the incident, and this will be taken into consideration by the committee.

TERMINATED OR ABANDONED GAMES

- If the referee terminates a game, the score of the game and any disciplinary action will be decided by the discipline committee. If any player, coach, or spectator involved with a particular team gives the referee cause to terminate a game, the victory will be awarded to the opposing team.

Red Card fines are \$50 – the team of the red carded player will be responsible for the fine being paid before the team's next game.

A red card fine must be paid in cash or credit. No cheques or coin will be accepted.

PROTESTS

- A protest must be submitted in writing within 24 hours of the game being played and be accompanied by a \$200 bond. It is nonrefundable if the decision goes against the protesting team.

Protests may be made on eligibility and rule interpretation; never on a judgment call by officials. Only the Team Captain or designated game captain may file a protest.

SUSPENSIONS AND FINES

A player who receives a red card will be automatically suspended for the next game and the captain will be notified of the length of suspension after discipline by review (please refer to discipline by review above). The team will receive a \$50 fine, which will be paid before kickoff of the next team game. No Cheques or coin will be accepted.

MISCONDUCT

Red Cards - If a player receives a red card, that person is ejected from the premises for at least the remainder of the game and the team's next game.

Behaviour which warrants a mandatory red card includes:

- Spitting or biting
- A tackle from behind which endangers the safety of an opponent
- Striking or attempting to strike an opponent
- Any form of fighting or violent conduct
- Intentionally elbowing a player
- Leaving the bench to join an altercation on the field
- Abusive language or behaviour towards referee or club staff
- A foul that prevents an obvious goal scoring opportunity (subject to FIFA laws of the game).
- Fighting is a mandatory red card, and any player given a red card for fighting shall be guilty of violent conduct. The discipline committee will review the red card and player may be expelled from all leagues.
- Any player, coach, or spectator who touches, bumps, physically contacts or verbally abuses a game official or club staff is guilty of violent conduct and ejected from the premises.

Suspensions for Fighting or Abuse of Officials or Staff - Any player, coach, or found fighting is guilty of violent conduct and will be ejected from the premises for not less than one year and up to permanently.

Any player, coach, or spectator who spits, touches, bumps, physically contacts or verbally abuses a game official or club staff member shall be guilty of violent conduct and ejected from the premises for not less than one year and up to permanently.

* Please note: All of the above also carry fines greater than the normal \$50.00 for a red card. Depending on severity fines can range from \$200.00 to over \$1000.00, as well as the team being kicked out of the league.

THIS HANDBOOK WAS DEVELOPED TO ENCOURAGE FAIR PLAY. IF YOU HAVE ANY QUESTIONS PLEASE CONTACT THE LEAGUE CONVENOR OR THE HEAD REFEREE. AND NOW, OUR FELLOW PARTICIPANTS, LET'S PLAY SOCCER!