

# Lakeshore Soccer League

Coaching Manual  
2024



## Coaching Manual

The Lakeshore Soccer League Executive would like to welcome you to the 2024 soccer season. Please take the time to review this manual and become familiar with the rules and policies that are in place to make your soccer season productive and enjoyable. Should you have any questions, please contact the most appropriate member of your soccer club or the Lakeshore Convener for the age group you are involved with.

This manual contains a Directory of the Lakeshore Soccer League Executive, the Division Convenors roles and responsibilities, Club contact directory, Lakeshore Cup dates, Lakeshore League Rules and Regulations, and two appendices:

- i) Lakeshore Soccer League Code of Conduct
- ii) Coach Signature page

After reviewing this manual, please go to the link provided by your club reps/convenors to complete the Coach Contact Form and acknowledgment that you have read and agree to abide by Lakeshore Soccer League Rules.

For any other information, including field locations, schedules and team standings, please consult the Lakeshore Soccer League website at: [www.lakeshoreleague.ca](http://www.lakeshoreleague.ca)

All general inquiries should be directed to – [lakeshoresoccerinfo@gmail.com](mailto:lakeshoresoccerinfo@gmail.com)

## Lakeshore Soccer League Executive

President	Mils Farmus	<a href="mailto:lakeshoresoccerinfo@gmail.com">lakeshoresoccerinfo@gmail.com</a>
Vice President	Sarah Coleman	< hidden >
Secretary	Erica McConachie	< hidden >
Treasurer	Stuart Killin	< hidden >
Head Referee	Kenneth Taylor	< hidden >
Discipline Chair	Jeff Virgo	<a href="mailto:lsldiscipline@gmail.com">lsldiscipline@gmail.com</a>
Tournament Chair	Jason Dantas	< hidden >

## Meetings

The Board of directors for the Lakeshore Soccer League shall meet periodically at the call of the President.

The Annual General Meeting (AGM) of the league shall take place in October or November of each year where the principal officers shall be elected for a term of two (2) years and the town reps shall be elected for a term of one (1) year. Other suggested meetings are:

### October

- Annual General Meeting
- Election of Principle Officers
- Year end reports
- Final bills and payments

### January

- Reps from each community soccer club, association or organization register with league
- Set budget

### February

- Appoint committees (referee, discipline)
- Set clinics (referee, coaching)

### March

- Committee reports (referee, discipline)
- Clinic reports (referee, coaching)
- Club reports (preliminary number of teams)

### April

- Club reports (number of teams, colours, sponsors, coaches, fields)
- Appoint division conveners
- Set tournament dates and locations

### May

- Distribute coaching manuals
- Distribute schedules
- Club entry fees to be paid
- Division convener meeting
- Club Head Referees meeting

### September

- Season review

## Division Conveners

Division Conveners are appointed annually for each division by the Lakeshore Soccer League President and approved by the Board of Directors

Division Conveners shall:

- a. Record game scores and infractions (phone or email) as reported by both Team Coaches,
- b. Record game infraction (phone or email) as reported by the Referee within forty-eight (48) hours of game completion,
- c. Record game scores on the Lakeshore Soccer League website ([www.lakeshoreleague.ca](http://www.lakeshoreleague.ca)),
- d. Receive a copy of the game sheet from the Winning Team Coach,
- e. Approve and record all rescheduled games (including the reason for rescheduling) as reported by the Home Team Coach,
- f. Organize and manage their Division's year-end tournament as part of the Lakeshore Cup,
- g. Report all complaints received regarding any aspect of League operation to the Lakeshore Soccer League President and Discipline Chair.

## The Division Conveners for 2024 are:

U12 Boys	Mils Farmus	< hidden >
U12 Girls	Kellen Kieffer	< hidden >
U15 Boys	Stuart Killin	< hidden >
U15 Girls	Chris Oberle	< hidden >
U18 Boys	Jason Dantas	< hidden >
U18 Girls	Jeff Virgo	< hidden >
Open Men	Jason Dantas	< hidden >
Open Women	Jeff Virgo	< hidden >

## Lakeshore Soccer League - Club Representatives

**Blue Mountain** - [www.bluemountainsoccer.com](http://www.bluemountainsoccer.com) / < hidden >

Club Rep                                      Marissa Levene

**Chatsworth** - [www.cbysc.ca](http://www.cbysc.ca) / < hidden >

Club Rep                                      Erica McConachie

**Chesley** – Facebook: **Chesley Minor Soccer** / < hidden >

President/Club Rep                      Chris Winkels

**Hanover** – [www.hanoverminorsoccer.ca](http://www.hanoverminorsoccer.ca) / < hidden >

Club Rep                                      Chris Oberle

**Kincardine** – [www.kincardinesoccer.com](http://www.kincardinesoccer.com) / < hidden >

Club Rep/President                      Stuart Killin

**Markdale** – [www.markdaleminorsoccer.com](http://www.markdaleminorsoccer.com) / < hidden >

Club Rep                                      Kenneth Taylor

**Mount Forest** – [www.mtforestdistrictsoccer.ca](http://www.mtforestdistrictsoccer.ca) / < hidden >

Club Rep                                      Ron Harper

**Owen Sound** – [www.owensoundminorsoccer.ca](http://www.owensoundminorsoccer.ca) / < hidden >

Club Rep                                      Jason Dantas

**Saugeen Shores** – [www.ssunitedfc.com](http://www.ssunitedfc.com) / < hidden >

Club Rep                                      Jeff Virgo

**Tara** – [www.taraminorsoccer.com](http://www.taraminorsoccer.com) / < hidden >

Club Rep                                      Annie Morphy

**Walkerton** – [www.walkertonsoccer.com](http://www.walkertonsoccer.com) / < hidden >

President/Club Rep                      Sarah Coleman

**West Grey** – [www.westgreysoccer.ca](http://www.westgreysoccer.ca) / < hidden >

Club Rep                                      Lee Watson

**Lucknow** – [www.lucknowrecreation.com](http://www.lucknowrecreation.com) / < hidden >

Club Rep                                      Steve Bushell

## Standing Committee on Discipline

The Lakeshore Soccer League adopts the Ontario Soccer Association Policies and Procedures for Discipline when considering cases before the Discipline Committee.

### Structure

The Discipline Chair will be the point of contact for all discipline related issues. The League will use a three-person committee system when dealing with league discipline. All persons called to the committee must be non-relevant (impartial) to the club or issue in question. In the case of a Discipline by Hearing, all cases will be directed to the district. All members of the Lakeshore Soccer League Executive are eligible to sit on the Discipline Committee. The Discipline Chair shall chair all Committee discipline cases.

### A) Discipline By Review System (DBR)

- Unless otherwise prohibited by OSA policy, all misconducts within the Lakeshore League will be dealt with by way of the Discipline by Review system.
- The Discipline Committee will review misconduct based on referee reporting only and render a decision unilaterally (without a formal hearing).
- Should a decision for a suspension or expulsion be reached, the Lakeshore Executive will issue a letter outlining the penalty (example: game suspension) to the offending person(s), team coach, associated club and the Division Convenor.
- Discipline decisions made under the Discipline by Review System cannot be appealed. The League will review any carryovers on a case-by-case basis.
- The Discipline Chair will keep a record of all yellow and red cards handed out throughout the season as well as any dismissals of team staff and/or any inappropriate behavior from players, team officials, and clubs reported by the Referee and/or other persons attending the game.

### Miscellaneous:

- N.S.F cheques will be assessed a \$50.00 Admin fee
- If Lakeshore SL receives back from its bank NSF cheque, the Club of the disciplined player who has provide said NSF cheque becomes immediately responsible for full payment – the amount of the cheque plus handling fee.

## Lakeshore Cup

The end of season tournament, The Lakeshore Cup, is seeded based on regular season standings. Tournament format and rules will be determined by the Tournament Chair and the Lakeshore Soccer League Executive. The schedule and rules will be issued to coaches prior to the start of the tournament and posted on the Lakeshore Soccer League website. Although it is expected that the tournament can be held over the course of one weekend, in some cases, it may be necessary to hold the first rounds in the week(s) prior to the tournament weekend

Players are eligible to play in the Lakeshore Cup if they meet one of the following requirements:

- a) They are registered to the team that they are playing for and have played a minimum of 3 regular season games with that team or,
- b) They are a call-up player and have met the requirements of Rules 3.6 and 3.7, and have played a minimum of 3 regular season games with the team they are being called up from.
- c) They are a call-up player to a team that would otherwise be unable to field a minimum roster to the Lakeshore Cup due to a shortage of players. Special dispensation by the Lakeshore League to participate in Cup play, despite not meeting the requirements of either points a or b, must be requested by the team well in advance of Cup play. Player dispensation will be granted by the Lakeshore League only in extraordinary circumstances and will not be considered in cases where roster shortages arise because of suspensions or other disciplinary action.

The Hosting Club has the following responsibilities on tournament day:

- The Hosting Club must designate a representative to be present and manage the tournament onsite and ensure its smooth operation.
- A copy of the tournament's game schedule must be posted onsite in a visible location
- Fields must be lined, in good condition and with appropriately sized goals present. Corner flags are recommended
- Referees and assistant referees must be scheduled for each game
- Bathroom facilities must be available at the fields
- Water and first aid supplies are recommended

## The 2024 Lakeshore Cup Dates

U12 Boys Tournament	Markdale	Sat, Aug 10 /Sun, Aug 11
U12 Girls Tournament	Walkerton	Sat, Aug 10 / Sun, Aug 11
U15 Boys Tournament	Kincardine	Sat, Aug 17/Sun, Aug 18
U15 Girls Tournament	Hanover	Sat, Aug 17/Sun, Aug 18
U18 Boys Tournament	Owen Sound	Saturday, August 10
U18 Girls Tournament	SSUFC	Saturday, August 10
Men's Tournament	Owen Sound	Sunday, August 18
Women's Tournament	SSUFC	Sunday, August 18



## Lakeshore League Soccer Rules

### Rule 1 - The Field of Play

- 1.1. Clubs should attempt to schedule age groups to a specific home field.
- 1.2. Visiting Team Coaches must be advised of changes in location by the Home Team Coach no later than 3pm on gameday to ensure that affected players can also be notified.
- 1.3. Fields must be properly lined with equal sized appropriate goal nets at each end. Corner flags are recommended. Poor field conditions are to be noted on the game sheet by the match official and reported to the Division Convener as soon as possible.

### Rule 2 - The Ball

- 2.1. The Home Team shall supply two (2) regulation game balls to the referee prior to the start of the match.
  - a. #4 size ball shall be used for all U12 games
  - b. #5 size ball shall be used for all U15, U18 and Adult games

### Rule 3 - The Number of Players

- 3.1. All teams and players must be registered with the Ontario Soccer Association through their local district and all applicable registration fees paid before participating in Lakeshore Soccer League practices or games.
- 3.2. Minimum and maximum number of players permitted.
  - a. For all U12 games, a team shall have a maximum of eighteen (18) players dressed on game day. Although eighteen (18) are permitted, the League recommends teams of fourteen (14) players max. A match is played by two (2) teams, each consisting of not more than nine (9) players on the field, one of whom is the goalkeeper. A match may not start or restart if either team has present fewer than six (6) players.
  - b. For all U15, U18 and Adult division games, a team shall have a maximum of twenty-five (25) players dressed on game day. Although twenty-five (25) are permitted, the league recommends teams of eighteen (18) players max. A match is played by two (2) teams, each consisting of not more than eleven (11) players on the field, one of whom is the goalkeeper. A match may not start or restart if either team has present fewer than seven (7) players.
- 3.3. If a team has less than the minimum number of players required to start the game:
  - a. First Offence: warning and automatic forfeiture loss of the game.
  - b. All subsequent offences: automatic forfeiture loss and fine of \$100/game to be paid to the Lakeshore Soccer League.
- 3.4. Conveners will keep track of “no shows” and teams that do not have enough players. The Discipline Chair will send warnings and/or fines based on information provide by the Convenor.
- 3.5. Teams have 21 days to pay fines. If the fine is not paid within the time limit, the matter will be sent to the Disciplinary Committee for follow-up.
- 3.6. A player is not permitted to register for more than one (1) team in the Lakeshore Soccer League.

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- 3.7. Any player registered as a competitive (rep) level player (i.e. SWRSA/EMSA rep) may only register for a Lakeshore team at least one age division higher, as per OSA rules. Examples:  
Rep U11 may play U12  
Rep U12 may play U15  
Rep U13 may play U15  
Rep U14 may play U15  
Rep U15 may play U18
- 3.8. A competitive (rep) team may call a Lakeshore player to help fill in for absences throughout the season so long as it is on a temporary basis not exceeding three (3) games.
- 3.9. Players may be called up to a higher age division team within the following guidelines:
- The player must be registered to a recreational (old L7 or L6) team in the same club, in the age division directly below the age group for which they are called up to play for
  - If the club does not have a division directly below the age group for which they are called up to play for, then the club can use a player from a division two (2) age groups below. Special consideration should be taken by the coach to ensure the player being called up is of adequate size and has a minimum skill level to ensure his/her safety.
  - Players may not be called across (i.e., girls to boys) in the same age division
  - Players may only be called up to replace missing players or until a maximum of fourteen (14) dressed players at U12 and sixteen (16) at U15/U18/Open is reached, whichever is greater.
  - If a player is registered to two (2) teams in different clubs, they may not be used as call up in games against either club
  - Before a player may be called up, the coach **must** get permission from the player's parents and coach.
- 3.10. A team shall only have on the field of play no more than one (1) more player than the opposing team. In the case of a team receiving a red card during a game, the offending team may play with more than one less than the opposition.  
Examples: Team A only has nine (9) players available; Team B shall play with only ten (10) players.
- Team A player receives a red card, then Team A would play with eight (8) players and Team B would play with ten (10) players.
  - Team B player receives a red card, then Team B would play with nine (9) players and Team A would play with nine (9) players.
  - If Team A has another player arrive and now has ten (10) players, both teams would be allowed to add another player to the field.
- 3.11. During the game play, an unlimited number of player substitutions may be made, upon permission from the referee during the following stoppages in play:
- Goal is scored (by either team),
  - Goal kick (by either team),
  - Throw in (the team awarded the throw-in or by the opposing team only after substitution has been requested by the team awarded the throw-in), or
  - Player injury (substitution for injured player only).
- 3.12. All substitutions must enter the field at the half line after substituted players have left the field.
- 3.13. No substitutions will be allowed to replace a player issued a red card.
- 3.14. If a player is issued a yellow card, they must exit the field. A substitution may occur and the carded player may only return to the field on the next available substitution

## Rule 4 - The Player's Equipment

- 4.1. Competing teams must wear uniforms of differing colours. The home team must arrange for alternate uniforms or pinnies if their uniform colours are considered by the referee to be too similar to the visitor's uniform colours.
- 4.2. Soccer shoes, shin pads and individually numbered jerseys are required by all players.
- 4.3. Other uniform requirements may be stipulated by local soccer club or organization rules.
- 4.4. Players shall not wear anything, such as jewelry, which endangers themselves or others.
- 4.5. A player asked to leave the field because of defective or dangerous equipment may not re-enter the field of play until the referee is satisfied that the equipment no longer presents a danger. A substitute shall NOT be allowed in this instance.
- 4.6. Please review player equipment and uniform rules.

## Rule 5 - The Referee

- 5.1. Referees must be a minimum Ontario Soccer Association (OSA) Entry Level and should be a minimum two (2) years older than the age group of the teams they are officiating.
- 5.2. A Referee must be available to officiate each game, arranged for and compensated by the local soccer club, association or organization. Referee compensation will be set by the Lakeshore League in consultation with member clubs and taking into account OSA recommendations. All clubs shall compensate Lakeshore Referees the agreed upon rate per game.
- 5.3. Following the game, the Referee must report all infractions (yellow/red cards) to their local Referee Coordinator, League Convenor and/or Lakeshore Discipline Chair (lsldiscipline@gmail.com) within 24 hours of occurrence.

## Rule 6 - The Assistant Referee (Linesperson)

- 6.1. Assistant Referees should be a minimum Ontario Soccer Association (OSA) Entry Level. Mini Soccer Referees (i.e., Small-Sided) may not be used as Assistant Referees per OSA rules.
- 6.2. Two (2) Assistant Referees are strongly recommended for each game, arranged and compensated by the local soccer club, association or organization.

## Rule 7 - Duration of the Match

- 7.1. U12 regular season games shall consist of two (2) thirty-five (35) minute halves with a ten (10) minute half-time break. U15 regular season games shall consist of two (2) forty (40) minute halves with a ten (10) minute half-time. All other regular season games shall consist of two (2) forty-five (45) minutes halves with a ten (10) minute half time break.
- 7.2. Kick off for games will occur at the scheduled time.
- 7.3. Games shall be scheduled for the following evenings whenever possible.

<u>Under 12</u>	<u>Under 15</u>	<u>Under 18</u>	<u>Open</u>
Thursday	Wednesday	Tuesday	Sunday

7.4. Games may be rescheduled by the mutual consent of the home team coach and the visiting team coach. Reasons for rescheduling may include school trips and events or conflicts with other sporting events but all reschedules must be approved by the Division Convener and subject to the following guidelines:

- a) All regular rescheduling **must** be done at least seven (7) days prior to the game date. Reschedules with fewer than seven (7) days until the game may be considered by the Convener on a case-by-case basis.
- b) A new game date **must** be decided upon before the reschedule will be permitted.
- c) A field must be available **and** booked by the home team coach before the reschedule will be permitted.

Note: Do not postpone the rescheduled game(s) to the end of the season since timing may not allow it to be played.

7.5. Only the referee can cancel play during the game or just prior to the start of the game. Reasons for cancellation can include lightning or heat. Note: The Home Coach should notify the visiting coach of inclement weather or field closure no later than 5pm on gameday.

7.6. If a game is cancelled while in progress, the game must be rescheduled unless:

- a. It has been played fifteen (15) minutes into the second half, at which time it is considered official, or
- b. It has been mutually agreed between opposing coaches to call the game at its current standing.

7.7. For cancelled games, both coaches **must** arrange to reschedule a cancelled game within one week. The Division Convener must be notified by the home team coach.

7.8. If the coaches can not agree on a reschedule date (due to a reschedule request or cancellation) the Division Convener will assign a date, field and time for the game.

### Rule 8 - The Start and Restart of Play

8.1. At the beginning of a game, choice of halves and the kickoff shall be decided by the toss of a coin. The team which wins the toss, shall have choice of which end to start the game, the other team shall take the kick off.

8.2. **Lakeshore Inclement Weather and Air Quality Policy:** To ensure player safety teams will follow the direction of Game Officials regarding inclement weather. Game Officials will determine before the start of the game whether water breaks are necessary. Game Officials will also have final say whether the game should be canceled due to inclement weather as outlined by the criteria listed below.

#### **WARNING LEVELS for Severe Weather:**

Environment Canada Range of Humidex & Temperature

**Caution:** mandatory water breaks when Humidex of 30-39°C and 28°-30°C Temp.

**Dangerous:** Cancellation of Game when Humidex of 40°C+ and 31°C+ Temp.

#### **WARNING LEVELS for Air Quality:**

**Caution:** games will be played under a Caution if the expected air quality in a hosting town is as follows - Air Quality Index (AQI) between 5-6. Additional water breaks are mandatory and the game official may abandon a game early if the air quality becomes worse.

**Dangerous:** games will be Cancelled if the expected air quality in a hosting town is as follows - Air Quality Index (AQI) of 7 or higher.

The League holds final say whether a game will be cancelled due to the Humidex, Temperature and Air Quality levels being exceeded. An email will be sent out by the League and a message posted on the League website by 4pm to all Division Convenors and Coaches who are on the League's weather/air quality advisory email list.

## **Rule 9 - The Ball In and Out of Play**

- 9.1. The ball is out of play when it has wholly crossed the goal line or the touch line, on the ground or in the air and play has been stopped by the referee.
- 9.2. The ball is in play at all other times including rebounds off game officials (when they are on the field of play), goalposts, crossbars, or corner posts, which result in the ball remaining in the field of play.

## **Rule 10 - Method of Scoring**

- 10.1. Failure of the Referee to attend a game for which they are scheduled will result in a win by the Visiting Team (by a score of 1-0 by default). Assistant Referees are desirable but not mandatory for a game to be played and their absence will not result in a default. Home Team Coaches should verify with their Referee Schedulers or Referees that they are available and will attend their designated game.
- 10.2. Failure of a team to field at least six (6) players for U12 or seven (7) players for U15, U18 and Adult divisions, will result in forfeiture of the game. The opposition team will be awarded a win (by a score of 1-0 by default). If both teams don't field the minimum number of players, the game will be removed from the schedule and will not be rescheduled except under circumstances approved by both the Division Convener and League President.
- 10.3. Teams shall be awarded points during the regular season to determine the Regular Season League Champion based on the following formula:
  - a. 3 points are awarded for a WIN
  - b. 1 point is awarded for a TIE
  - c. 0 points are awarded for a LOSS
- 10.4. The Convener for each division shall maintain league standings and enter all scores into the Lakeshore Soccer League website.
- 10.5. Team standing are determined in the following order:
  - a. Total points
  - b. If tied, the total goals against (least goals against),
  - c. If tied then the best record between tied teams,
  - d. If tied, the coin toss (administered by Convener).
  - e. If teams have played an unequal number of games because of cancellations or scheduling, "win percentage" shall be used to determine standings when the above determinants are inconclusive.
- 10.6. Every game shall be recorded on one Game Sheet, supplied by the home field coach. Both teams will complete their half and then submit to the Referee prior to the start of the game. The game sheet must be completed and signed by the Referee. The game sheets shall have 3 (three) copies. The home team and the visiting team coach will each receive a copy of the Game Sheet and the Referee will keep the third copy
- 10.7. The Winning Team Coach shall send by e-mail a copy of the game sheet to the Division Convener within 48 hours of game completion.

- 10.8. All Coaches must notify the Convener of any yellow or red cards issued within 24 hours of the game being played by phone or e-mail.

## Rule 11 - Offside

- 11.1. A player in an offside position is only penalized if at the moment the ball touches or is played by one of their teammates, and in the opinion of the referee, they are involved in the play by:
- a. Interfering with play,
  - b. Interfering with an opponent, or
  - c. Gaining an advantage by being in that position
- 11.2. There is no offside if a player receives the ball directly from:
- a. A goal kick,
  - b. A throw in,
  - or
  - c. A corner kick

## Rule 12 - Fouls and Misconducts

- 12.1. Coaches and team players must locate themselves on the OPPOSITE side of the field from the spectators during all games. Clubs and coaches are responsible for ensuring that parents and other spectators are aware of and comply with this rule.
- 12.2. It is the decision of the Referee as to whether a foul or misconduct has occurred.
- 12.3. The Division Convener will be notified of any Yellow and/or Red Card infractions by:
- a. All Team coaches within twenty-four (24) hours (by phone or email) and also reported on the Game Sheets submitted by the Coach of the offending player, and
  - b. The Referee within twenty-four (24) hours by phone or email
- 12.4. The Referee will report all infractions to the Discipline Chair within 24 hours. (see Rule 5.3)
- 12.5. All Yellow and Red Card infractions will be dealt with by the Discipline by Review (DBR) process through the Lakeshore Soccer League Discipline policy.
- 12.6. A Red Card infraction will result in:
- a. The player being sent off and removed from the playing area,
  - b. The offending player's team is not permitted to use a substitute to replace the offending player. If the offending team has less than seven (7) players following the sending off, the referee will abandon the game (see Rule 3.2) and a win awarded to the opposing team.
  - c. The abandoned game will be reported to the President and the Discipline Chair by the Convenor and the Referee within 24 hours.
- 12.7. The offending player or team official has the right to appeal the decision of the Lakeshore Soccer League Standing Committee on Discipline, SWRSA and/or OSA.
- 12.8. Any player or team official assaulting a referee or assistant referee shall be automatically suspended until such time that a Discipline by Review is completed by the Lakeshore Soccer League Discipline Committee.
- 12.9. It is the responsibility of the offending player's Coach to administer all suspensions.
- 12.10. Discipline fees shall be:
- a. Playing under suspension.....\$250.00
  - b. Individual appeals (except automatic suspensions).....\$50.00
  - c. Individual appeal of an automatic suspension (\$75.00 refundable if not guilty).....\$80.00
  - d. Club, association, organization or team appeals.....\$100.00
  - e. Assault on a game official.....\$250.00
  - f. Appeal to the OSA for assault on a game official.....\$500.00

## Rule 13 - Free Kicks

- 13.1. Direct Free Kick is awarded to the opposing team if a player commits any of the following offenses in a manner considered by the referee to be careless, reckless or using excessive force:
- Kicks or attempts to kick an opponent
  - Trips or attempts to trip an opponent
  - Jumps at an opponent
  - Charges an opponent
  - Strikes or attempts to strike an opponent, or
  - Pushes an opponent
- 13.2. Direct Free Kick is also awarded to the opposing team if a player commits any of the following offenses:
- Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball,
  - Holds an opponent,
  - Spits at an opponent, or
  - Handles the ball deliberately (except for the goalkeeper within their own penalty area)
- 13.3. Indirect Free Kick is awarded to the opposing team if a goalkeeper, inside their own penalty area, commits any of the following offenses:
- Takes more than six (6) seconds to release the ball while controlling the ball with their hands,
  - Touches the ball with their hands after the ball has been released from their possession and has not touched another player
  - Touches the ball with their hands after the ball is deliberately kicked to them by a teammate, or
  - Touches the ball with their hands after receiving a ball directly from a throw-in taken by a teammate.
- 13.4. Indirect Free Kick is also awarded to the opposing team if a player, in the opinion of the referee:
- Plays in a dangerous manner
  - Impedes the progress of a player
  - Prevents the goalkeeper from releasing the ball from their hands, or
  - Commits any other offense, not previously mentioned in FIFA Law 12, for which play is stopped to caution or dismiss a player.

## Rule 14 - The Penalty Kick

- 14.1. A penalty kick is awarded if any of the 10 offenses that results in a Direct Free Kick is committed by a player inside their own penalty area, irrespective of the position of the ball, provided it is in play.
- 14.2. The kick is taken from the penalty mark, which is 12 yards away from the goal.

## Rule 15 - The Throw-In

- 15.1. A Player must deliver the ball by:
- Facing the field of play,

- b. Maintaining contact with part of each foot with the ground, on or outside the touch line,
- c. Uses both hands, and
- d. Throwing the ball from behind and over the head

### **Rule 16 - The Goal Kick and Retreat Line Rule (for Under-12)**

- 16.1. Goal kick may be taken from anywhere inside the goal area by any player of the defending team. The ball must be stationary when the kick is taken.
- 16.2. The ball is in play when it is kicked and clearly moves.
- 16.3. For U12 games the ball is in play when it leaves the penalty area and is touched by a defending player or, the ball leaves the defending half of the field. If the ball is touched by the attacking team player prior to leaving the defending half or prior to a defending team player touching the ball the goal kick shall be retaken.
- 16.4. All U12 games will use a retreat Line. The retreat line will come into play when the ball has gone out for a goal kick or when the goalkeeper has the ball in his/her arms. The retreat line shall be marked at the 1/3 rds of the field. The use of field markers outside the field of play to indicate the retreat line is recommended. The ball is in play once it leaves the penalty area. All opponents must be behind the retreat line and cannot cross the retreat line until the ball:
  - a. Is touched by a player of the team releasing the ball or,
  - b. Leaves the field of play or,
  - c. Goes over the retreat line. Note: The goalkeeper may choose to play the ball across the retreat line prior to the opposition having the time to reposition across the retreat line.

### **Rule 17 - The Corner Kick**

- 17.1. Corner Kicks are taken from the corner arc of the nearest flag post from where the ball went out of play.
- 17.2. The corner flag cannot be moved or repositioned when taking a Corner Kick
- 17.3. The ball is in play when it is kicked and clearly moves



## LAKESHORE SOCCER LEAGUE CODE OF CONDUCT

*Players, Coaches, Referees, Parents and Spectators are to demonstrate good behavior, follow the principles of fair play, respect for others & good sportsmanship as well as responsibly prompting the game of soccer.*

**Club Representative(s) & President are required to sign the Lakeshore Soccer League Code of Conduct prior to the kickoff of the season. They will make sure that coaches & teams playing under their club will adhere to the Lakeshore League's Manual of Rules & Code of Conduct.**

### **A) Zero Tolerance Policy – Alcohol & Drugs**

LSL has a zero-tolerance policy regarding alcohol or drugs at games. This encompasses coaches, players and parents/spectators. No alcohol or drugs are permitted at the soccer fields during or after LSL scheduled games. Violation of this policy will be met with disciplinary action from the League, as well as its affiliates (Club, District, Ontario Soccer, Town/City, and Police). Smoking cigarettes or Electronic cigarettes in the playing and spectator area is prohibited.

### **B) Player Equipment & Uniforms**

#### **1. Uniform Dress & Department**

Teams will wear matching uniforms (i.e., socks, shorts, and jersey). Goalies from each team must wear a different coloured jersey than their team's and the opposing team's players. Players must wear shin pads under socks. Referees should use common sense when enforcing this rule and advise players not wearing matching socks & shorts that they are not in compliance. Players/Goalkeepers will not be allowed to wear ball-caps. Only soft peaked hats that don't pose a danger to the wearer or their opponents can be allowed by the referee.

**1 a. If both teams are wearing the same coloured jersey**, the Home Team will put on different coloured jerseys or pinnies.

#### **2. Jewelry**

All jewelry is to be removed; no taping of any kind is permitted. This includes all rings, earrings, piercings, necklaces and Fitbit-type watches or similar devices. The player must leave the field while removing jewelry. The Player is not allowed back on the field until the Referee has inspected the player to ensure compliance.

#### Exceptions:

- Medic Alert Bracelets are allowed but must be taped. The taping should be such that the description of the medical problem is clearly visible.

*Note: Clubs should make players & parents aware of these expectations prior to registration.*

### 3. **Protective Equipment**

Modern protective equipment such as headgear, facemasks, and knee and arm protectors made of soft, lightweight padded material is not considered dangerous and is therefore permitted. Casts (hard plaster) are considered to pose a danger and are not permitted on the field of play.

**a. Braces** Some devices come with existing protection over the hinges, struts, and caps of the hinged knee/elbow brace. All such areas need to be padded.

**b. Eyeglasses** are permitted. Referees should show common sense and allow spectacles as long as basic principles of Law 4 are met. Players may use sports spectacles but these are not necessary to play in Lakeshore.

*\* Law 4: Players shall not wear anything (ex. jewelry) which endangers themselves or others.*

### 4. **Headscarves & Turbans Guidelines**

The league uses Canadian Soccer Association guidelines on Headscarves and Turbans. The items must be safe and not pose a danger to the wearer or other participants. Headscarves and Turbans are acceptable provided they are not attached to the jersey and pose no danger to those wearing them or any other player.

### 5. **Concussions**

The league recommends that teams/coaches follow the, “When in doubt sit them out,” rule when dealing with concussions and/or any injury to the head/neck. Clubs are to follow their set protocols and guidelines & resources as outlined by Rowan’s Law and Ontario Soccer.

## **C) Soccer Field**

Home clubs are responsible for provisioning the following: a suitable field of play (as defined by League regulations); field markings; goal nets; and two correctly inflated game balls. Fields must meet Ontario Soccer regulations and league rules. Corner flags are recommended but not mandatory.

## **D) Team-Player Bench**

Only registered team officials (coaches, trainers, managers) are eligible to be on the team bench. A maximum of four (4) team officials are permitted at the bench. Team Officials will coach within two meters of their bench and are not permitted to walk up and down the touchline.

Spectators shall not be allowed in or around the bench area or behind the goals.

*\*Club/Team officials shall be responsible for the conduct of their spectators and ensuring that the above rules are followed.*

**E) Coaching Standards- CSA Club Certification Standard**

The League strongly recommends that all coaches should have CSA Grassroots Coach Education and Respect In Sport Activity Leader certifications. Both are part of the CSA Quality Soccer Provider Standard. When dealing with contentious issues, Coaches should exercise the “24 hr. cooling off period” before sending an incident report or a complaint to the Division Convener, Club Rep or Discipline Chair.

**F) Referee & Game Officials**

Spectators will have no interaction with game officials before, during and after games. Referees and Coaches shall follow these steps if an incident occurs on the field.

- a) Follow Referees Action Plan for interactions between parents/spectators
- b) Coaches will talk to parent/spectator to remove them from the field
- c) If unable to get the parent/spectator off the field, the game will be canceled. The League will consider the case before deciding on a reschedule or forfeiture.
- d) The Referee will file a report to the League Discipline Chair, President & their Club Representative.

Referees and Game Officials will follow the Ontario Soccer Policy, Code of Ethics & Professional Conduct for Match Officials. This will include following the four ethical principles: Integrity, Competence, Respect and Responsibility. Officials will come under the League’s and/or Ontario Soccer discipline protocol if any misconduct is reported. Reports are to be filed by Coaching Staff & Club and sent to the league President & Discipline Chair for review and follow up.

The League understands the hard work that goes into being referee. The league will make sure to keep referees protected as well as continuing ongoing education on the laws of the game and league rules and policies.

Please submit all reports to your Club, President and LSL Discipline chair.  
[www.ontariosoccer.net/referee-forms](http://www.ontariosoccer.net/referee-forms)

**I have read the Lakeshore Soccer League Code of Conduct & Rules Manual for the upcoming season. My Club has reviewed the manuals with are coaches this season.**

**Club Representative:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**President:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## Lakeshore Soccer League Coach's Declaration

This form will also be made available online and must be completed and signed prior to season start!

Division:            Boys/Girls U12 U15 U18 Open

Coach Name: \_\_\_\_\_

Club Name: \_\_\_\_\_

Club Representative: \_\_\_\_\_

I hereby declare that I have read and understand the rules and regulations of the Lakeshore Soccer League, and that I will abide by them. I also declare that I am aware that as a Coach I have no authority to request rule changes from the Referee or League and that any requests to the League or Referee must be made through the club.

Coach Signature: \_\_\_\_\_

Club President Signature: \_\_\_\_\_

Date: \_\_\_\_\_