

NORTHERN HEIGHTS SPORT CLUB

RULES AND REGULATIONS

TABLE OF CONTENTS

Rule 1	Amendments	Page 1
Rule 2	Registration	Page 1
Rule 3	Coaches	Page 1
Rule 4	Convenors	Page 2
Rule 5	Bench Moms	Page 2
Rule 6	Protected Players	Page 2
Rule 7	Siblings	Page 2
Rule 8	Draft Procedures	Page 2
Rule 9	Number of Players	Page 3
Rule 10	Team Names	Page 3
Rule 11	Movement of Players	Page 3
Rule 12	Scheduled Games	Page 3
Rule 13	Referees	Page 3
Rule 14	Discipline	Page 3
Rule 15	Playoff Schedule Indoor	Page 4
Rule 16	No Show Referee	Page 4
Rule 17	No Show Team or Players	Page 4
Rule 18	Game Sheets	Page 5
Rule 19	Game Ball	Page 5
Rule 20	Indoor Soccer Rules	Page 5
Rule 21	Protests	Page 5
Rule 22	Protests Committees	Page 5
Rule 23	Tie Breakers	Page 5

Rule 1 Amendments to Rules and Regulations

Pg. 1

- 1.1 All proposed amendments to the rules and regulations may be changed at any Executive, General or league meeting with a majority of 51 percent of the members present.
- 1.2 When a rule has been amended it cannot be amended again during the current playing season.

Rule 2 Registration

- 2.1 All players shall be registered on forms supplied by N.H.S.C registrar and approved by the district S.A.S.A.
- 2.2 All players shall be registered with AIMS soccer net, 24 hours before they are allowed to play.
- 2.3 Player must play for their assigned teams unless there is a letter before the draft stating for what reason they cannot play for a particular coach.
- 2.4 Player's must play in their assigned age group, no exceptions.
- 2.5 N.H.S.C Board of Directors shall establish a player registration fee at the annual budget meeting.

Rule 3 Coaches

- 3.1 All Coaches and Assistant Coaches must be registered on forms supplied by N.H.S.C.
- 3.2 N.H.S.C Director of Coaching along with the Board of Directors shall pick all coaches for youth and senior teams.
- 3.3 All Assistant Coaches shall be approved by N.H.S.C Director of Coaching.
- 3.4 All Coaches shall be subject to any screening process that N.H.S.C deems suitable.
- 3.5 A Coach may be dismissed or suspended by N.H.S.C for any reasonable cause.
- 3.6 All youth Coaches must play their players equally in all games. Failure to do so may result in discipline by N.H.S.C.
- 3.7 Coaches may ask and be granted a certain person not to be on their team, if they do so before the draft.
- 3.8 If your opponent is short players, you must play equal amount of players, failure to do so will result in a forfeit.
- 3.9 If a coach should have to play short for any reason after a game starts, it is his responsibility to inform the opposing coach so that he follows rule 3.8.
- 3.10 Coaches are responsible for the conduct of their players.
- 3.11 Coaches may bench a player for discipline reasons or poor sportsmanship, but must report doing so immediately after the game to the Convenor and President of N.H.S.C.

- 3.12 Coaches must report injuries of players to the Convenor and the President of N.H.S.C.
- 3.13 No Coach shall give his team awards at the end of the year banquet, any award given by coaches must be done off the premises away from the banquet hall.

Rule 4 Convenors

- 4.1 The Convenor shall be the go between the league and the coaches.
- 4.2 The Convenor shall be responsible for keeping the standings of the league.
- 4.3 The Convenor shall help out with the Banquet and ticket sales.
- 4.4 If a Convenor after warning a coach in writing that he is not playing his players fairly, continues to see that he is not complying, after consulting a director, may suspend that coach temporarily until he appears before the Board of Directors.
- 4.5 Convenor may temporarily suspend a coach if they suspect or have suspicion of child abuse or rumours there of. The Convenor must report this to the Board of Directors of N.H.S.C.

Rule 5 Bench Moms

- 5.1 A Bench Mom must be on the bench before games can proceed where there are female players on the team with a male coach.
- 5.2 Bench Moms must sign the game sheets.

Rule 6 Protected Players

- 6.1 Only the Coach's & Assistant Coach's children or grandchildren shall be protected during the draft.
- 6.2 If more than 2 must be a majority agreement of that divisions coaches.

Rule 7 Siblings

- 7.1 If two or more children in the same immediate family are in the same age group and gender they must play on the same team.

Rule 8 Draft Procedures

- 8.1 All divisions of the leagues Convenors and Coaches shall follow the draft procedures of N.H.S.C.
- 8.2 No trades shall be permitted.

Rule 9 Numbers of Players

- 9.1 All Divisions shall play five players plus goalie.
- 9.2 Minimum number a team is allowed to play with is three players plus a goalie.
- 9.3 All teams must play equal amount of players at all times.

Rule 10 Team Names

- 10.1 All teams shall be called after birds of prey unless they are sponsored by an approved sponsor or N.H.S.C.
- 10.2 N.H.S.C shall retain the right to approve or reject all teams' names.

Rule 11 Movement of Players

- 11.1 Only the President or Vice President of N.H.S.C or their appointee shall sign temporary release permits.
- 11.2 A youth player playing for N.H.S.C shall only be allowed unlimited temporary release permits per season.

Rule 12 Scheduled Games

- 12.1 Indoor games shall consist of two twenty-five minute halves for regular play.
- 12.2 Duration of playoff games shall be determined by the league.
- 12.3 No indoor game can be rescheduled unless the facility cancels the game.

Rule 13 Referees

- 13.1 N.H.S.C Director of Referees shall only hire registered referee's of the Ontario Soccer Association that have taken the referee indoor course.
- 13.2 N.H.S.C shall without interference of the referees association have the right to hire those referees that have taken the indoor course and are capable of handling the appropriate age group.

Rule 14 Discipline

- 14.1 All discipline shall be reported by the referee to S.A.S.A and it shall be handled by Discipline by Revue (DBR) of the District Disciplinary Committee.

- 14.2 When league rules and regulations are broken, a team shall report this infraction to the President within forty-eight hours in writing and the board of directors shall deem what discipline or fine is necessary.
- 14.3 Teams, Coach, and players may appeal N.H.S.C league decisions to the District Association S.A.S.A as per District rules.

Rule 15 Play-off Schedule Indoor

- 15.1 If indoor playoff games are tied, shootouts apply according to F.I.F.A rules.
- 15.2 Any player from a team may shoot first, all players on team must shoot before team can use that player again.
- 15.3 No Games can be rescheduled unless the facility involved cancels gym.

Rule 16 No Show Referee

- 16.1 If no referee is present, the games must proceed.
- 16.2 Coaches may agree to have a registered, player, coach or executive ref. their game.
- 16.3 Coaches may choose to referee half a game each.
- 16.4 Referees will be reported and fined (the sum of the referee's fees) for missing a scheduled game.
- 16.5 Only five minutes grace time is given to a referee failing to show up.
- 16.6 If a registered member of N.H.S.C referees a game other than the coaches involved, they shall be paid the fee of the game.

Rule 17 No Show Team or Players

- 17.1 Only fifteen minutes grace is given to a team failing to show.
- 17.2 If four players are present, the team has enough players for indoor to begin the game at the scheduled time.
- 17.3 If a team starts with only four players or less than the required amount of players, the other team shall play equal players.
- 17.4 If a team has five players plus a goalie for a game, they must play this amount even if they have no spares. Coaches cannot agree to play fewer players.
- 17.5 If a team is playing a game with the minimum number of players or without any subs, the referee shall stop the game at a reasonable time near the mid-point of each half where this situation arises and allow that team only a minute water break.
- 17.6 It is the responsibility of both coaches to make sure the referee is informed and enforces rules of rule 17.5

Rule 18 Game Sheets

- 18.1 Game sheets must be completed fully, printed in pen and only the signature of the referee, coaches, asst, manager and bench mom that were in attendance at the game.
- 18.2 Game sheets must be completed fully and given to the referee prior to the start of the game.
- 18.3 Game sheets must include only the players playing that game.
- 18.4 No one shall be allowed on the bench whose name is not on the game sheet.
- 18.5 No name shall appear on the game sheet other than the bench mom, who is not registered with N.H.S.C

Rule 19 Game Ball

- 19.1 The home team must provide the game ball.
- 19.2 Only indoor balls are supplied by the league shall be allowed.

Rule 20 Indoor Soccer Rules

- 20.1 All Coaches, teams, executives, and officials shall abide by the indoor rules supplied by the N.H.S.C in conjunction with the other leagues and official approval by S.A.S.A.
- 20.2 The O.S.A. indoor soccer playing rules shall be applied to any situation not covered by preceding rules.

Rule 21 Protests

- 21.1 Protests shall be dealt with by the N.H.S.C Board of Directors.
- 21.2 Protests must be sent in writing with a cheque in the amount of twenty-five dollars to the president within forty-eight hours of the game that is being protested except for the cup competition.
- 21.3 Protests of cup games must be delivered to the president, if not available, any member of the board of directors, in writing with a twenty-five dollar cheque within two hours after the game ends that is being protested.

Rule 22 Protest Committees

- 22.1 The Protest Committee must consist of at least three members of the Board of Directors of N.H.S.C but not limited.
- 22.2 All protests must be dealt with, within a reasonable amount of time.
- 22.3 All decisions of the protest committee must be given to the parties concerned both verbally and in writing.
- 22.4 If the protest is ruled in favour of the protester, the cheque of twenty-five dollars shall be returned.
- 22.5 All N.H.S.C protest committee decisions are final, any further protests must be dealt with by the district S.A.S.A.

Rule 23 Tie Breakers During Playoffs

- 23.1 Winner of Head to Head competition (two way tie only)
 - Team with most wins
 - Team with least losses
 - Highest goal difference (goals for minus goals against, maximum 4 goals per game)
 - Least number of goals scored against
 - Penalty kicks
- If ties occur in playoff games, go directly to penalty kicks according to FIFA rules