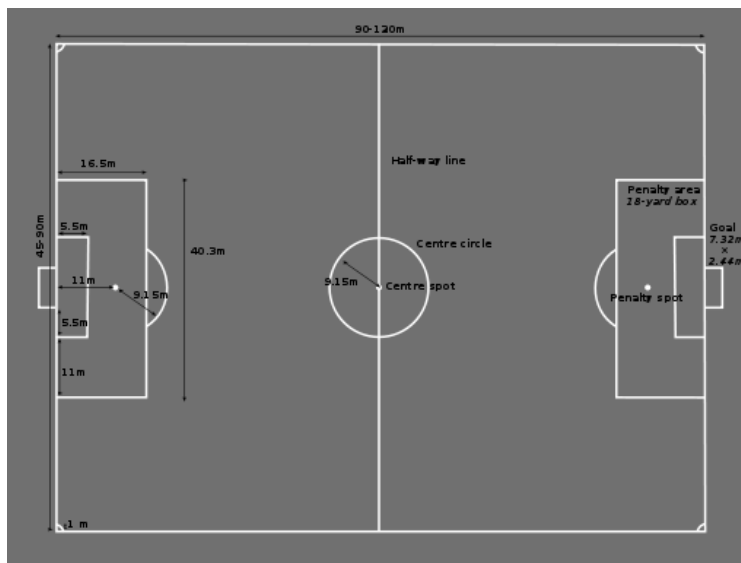
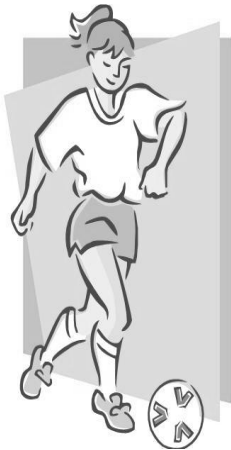




2011/2012 PEPSI ADULT SOCCER LEAGUE

Official Rules and Regulations



2011/2012 Pepsi Adult Soccer League

Table of Contents

1. General Information:		Page 4
	First Aid Kits	1-B
	Lost or Stolen Items	1-C
	Division Equality	1-D
	Dressing Rooms	1-E
	Boomers	1-F
	Player Identification	1-G
2. Payment Guidelines:		Page 4
	Captain Responsibilities	2-A
	Payment Failure	2-C
3. Roster:		Pages 4 & 5
	Age Requirements	3-A
	Player Registration	3-B
	Number of Players per Team	3-C
	Roster Freeze	3-D
	Player Eligibility for Playoffs	3-E
	Playing on Multiple Teams	3-G
	Use of Illegal Players	3-J
	Goalie Substitutions	3-K
4. Pre-Game Guidelines		Pages 5 & 6
	Shin Guards	4-A
	Footwear	4-B
	Jewelry	4-C
	Covers for Braces	4-D
	Hazardous Apparel	4-E
	Jerseys and Uniforms	4-G
	Jersey Conflicts	4-H
	Team Arrival Prior to Games.....	4-I
	Game Length	4-J
	Minimum Number of Players	4-K
	Failure to Field a Team	4-L
	Score Sheets	4-M
5. In-Game Rules		Pages 6 & 7
	Players Box	5-A
	Start of Play	5-B
	Goal Kicks	5-C
	Free Kicks	5-D

Off-Side	5-F
3-Lines	5-G
Out of Bounds: Ceiling	5-H
Out of Bounds: Net	5-I
Delay of Game	5-J
Goalie Pick-Up	5-K
Boards	5-L
Slide Tackles	5-M
Goalie Slide Trapping	5-N
Injury: Time	5-O
Injury: Unable to Finish Game	5-P
Returning After Sustaining an Injury	5-Q
Disputing Illegal Players	5-R
6. Penalties	Pages 7 & 8
Posted Suspensions	6-A
Player Returning After a Suspension	6-B
Abuse of Officials	6-C
Physical Contact	6-D
Bodily and Beverage Fluids on the Field	6-E
Yellow Cards	6-F
2 Yellow Cards in One Game.....	6-G
Multiple Yellow Card Accumulations	6-H
Major Infractions	6-I
Red Cards	6-J
Yellow Card Appeals	6-K
Red Card Appeals	6-L

2011/2012 CNC Indoor League Rules

1. **General Information:**

- A. All teams and players must abide by the league's policies and playing rules, FIFA's rules, as well as, completing the insurance waiver form before commencing play.
- B. Each team must provide a first aid kit and have towels available if a player gets cut. Someone must report to a Capital News Centre (CNC) staff member regarding injuries requiring attention and if any bodily fluids have made contact with the surface please notify CNC staff ASAP.
- C. The CNC, employees of the CNC and the league are not responsible for lost or stolen goods in the facility or in parked vehicles. Please avoid bringing valuables to the facility.
- D. The league's intention is to have parity throughout each division; teams can be promoted or demoted in the best interest of the division.
- E. Please do not change in the lobby; use the provided dressing rooms on the Field side. Locks are not provided in the dressing room; therefore, you must bring your own lock for security or leave your belongings at your own risk.
- F. When going to Boomers after your game, please do not bring large bags or ball bags into the restaurant.
- G. The Captain is responsible to ensure all players can provide I.D upon request from the Referee. *This is an alteration from the 2010/2011 season*

2. **Payment Guidelines:**

- A. Team captains must ensure that their team is in good standings in regards to payments, penalty fees, and forfeit fees.
- B. Payment must be paid in advance and in full or according to the predetermined payment plan. If a team fails to pay fees, they will not be permitted to play and their game/s missed will be considered forfeits until payment in full has been made.
- C. If a team fails to make their payments, the team will be withdrawn from the league. Additionally, **ALL PLAYERS** from that team will not be permitted to play in any of the CNC leagues- hockey or soccer. If proof of the individual player's contribution towards the team fees can be brought to the League Coordinators attention, alternative arrangements can be made. After a team has been withdrawn, a player can choose to contribute their portion towards the team fees in an effort to be granted permission to continue playing in any of the CNC leagues. *This is an alteration from the 2010/2011 season.*

3. **Roster:**

- A. The CNC leagues are adult leagues and players must be 19 years or older to participate. Players must be turning 19 in the calendar year that a given season begins; therefore, players must turn 19 before the end of 2011 to be eligible to play in the 2011/12 season. In the *Women's over 30* division, only players that are turning 30 years of age in the 2011 calendar year are eligible to play. In the *Men's over 35* division, only players that are turning 35 in the 2011 calendar year are eligible to play. Using players that do not meet these criteria will result in a forfeit for the use of illegal players.
- B. All players must be registered online before playing. Forms for new players are no longer available at CNC Administration; they must be completed online.

- C. Teams may have no more than 25 players registered on their team, including call-ups. Only 18 players maximum (including the goalie) are permitted to dress for a game. *This is an alteration from the 2010/2011 season.*
- D. The date of the team roster freeze is December 31, 2011. Teams must have all players registered prior to Jan. 1st and all players must have played a minimum of 1 game prior to the roster freeze. *This is an alteration from the 2010/2011 season.*
- E. A team that has signed 25 players may remove and register new players throughout the year, however, **no players may be added after the roster freeze- NO EXCEPTIONS!**
- F. All players are required to have played a minimum of 6 regular season games to be eligible to participate in playoffs. *This is an alteration from the 2010/2011 season.*
- G. Men's & Co-Ed Soccer Players are permitted to play for another team in a division above or below their primary registered teams' division; however, they must choose only one team for playoffs. When their chosen team is out of playoffs, they cannot return to their alternative team. *This is an alteration from the 2010/2011 season.*
- H. A player involved with the Co-Ed Soccer League can only play a maximum of 1 division apart from their respective Men's or Women's soccer division. For example, if a player participates in division 1 they can only participate in Co-Ed divisions 1 or 2. Or, if a player participates in division 2 they can participate in Co-Ed divisions 1, 2 or 3. **NO EXCEPTIONS WILL BE MADE.** *This is an alteration from the 2010/2011 season.*
- I. Unfortunately, due to the mandatory merging of the divisions, caused by low registration rates, Women's Soccer Players are not permitted to play for another women's team in a division above or below their own. *This is an alteration from the 2010/2011 season.*
- J. Using an illegal player, someone that is not registered or without the proper insurance waiver forms and/or is not eligible to play in the division (ie: the use of a player that is not eligible to play in the Women's Over 30 division), will result in a forfeit of that game against the offending team for a 3-0 win to the opposition.
- K. Goalies can be called in from another division past the roster freeze, only if they have played a minimum of 1 game in goal prior to the roster freeze. The goalies cannot play for both teams during playoffs unless the goalie has been the full time goalie for both teams all season. A goalie is considered full time if they've played a minimum of 18 games as the designated goalie during the regular season. If this is a concern for any team, please add a possible substitute goalie prior to the roster freeze and ensure they have played in goal a minimum of 6 regular season games before the roster freeze. *This is an alteration from the 2010/2011 season.*

4. Pre-Game Guidelines:

- A. Shin guards are mandatory for all players and they must also be properly covered.
- B. Proper footwear is suggested; no steel cleats are permitted.
- C. **No jewelry** shall be worn at any time for any reason. Medic Alert bracelets are the only exception but, they must be turned inside the wrist and taped on.
- D. ALL Medical Joint Braces, such as a knee brace, must be covered with a neoprene cover or sleeve. *This is an alteration from the 2010/2011 season.*
- E. Players may not wear anything that can harm themselves or others, this includes but is not limited to: casts, uncovered Medical Joint Braces, jewelry, loose hair pins, bracelets etc... This is at the discretion of the referee and both of the team captains. Players that wear hazardous apparel will be given a yellow card for unsportsmanlike conduct. *This is an alteration from the 2010/2011 season.*

- F. Pants are not be worn by any players except the goalie. Any players that come out from substituting in goal must have proper shorts to wear while playing out. Shorts are not permitted to be any longer than the top of the players' knee. *This is an alteration from the 2010/2011 season.*
- G. Uniforms are mandatory- all players must wear the same color. The jersey can be a registered jersey or even a t-shirt as long as they are the same. All uniforms MUST be numbered.
- H. In the event of a Jersey Conflict, a second set of jerseys or same color t-shirts are highly recommended. If there is a conflict, the team with the most seniority does NOT have to change their jerseys. Seniority can be determined through the Seniority List which is posted on the league boards. Pinnies are available through Administration; however, the team captain has to complete a 'Uniform Sign-out Sheet' for security. Please contact the Operations Engineers to coordinate this; 250-864-1806.
- I. Teams must arrive 15 minutes prior to their start time and be ready to play on time.
- J. All games will consist of 60 minutes. There will be no break and you will not switch ends. The clock will start at 62 minutes and games will commence at the 60 minute mark. *This is an alteration from the 2010/2011 season.*
- K. The minimum amount of players to start any game is 4.
- L. At the 55 minute mark, if a team can not field a minimum of 4 players a 3 minute penalty will be issued. If a team can not field a minimum of 4 players at the 50 minute mark, the game will result in a forfeit for the team unable to field a team, as well as, a \$50 fine for Failure to Field a Team.
- M. It is the Captains responsibility to ensure that the score sheets correctly reflect who played and who did not. This includes indicating who played in goal.
- N. If the Captain does not correctly reflect who played they are subject to a \$25 fine.
- O. The Captain must ensure the player names and jersey numbers are correct on the score sheet prior to the start of the game and ensure they are updated when necessary.
- P. The score sheet will only show 20 of the teams' players; these 20 players are the players that have played most frequently from the team.

5. In-Game Rules:

- A. A maximum of 2 coaches are permitted in the player's box- no spectators are allowed. We ask that spectators please sit on the provided bleachers.
- B. During the starting play at center, the ball can go in any direction but before the original kicker can receive the ball again it must be touched by a second player.
- C. Goal kicks will be taken within a minimum of 2 yards of the penalty mark but not in front of the mark.
- D. For free kicks, the defending team will give the attacking team a minimum of 5 yards. If this rule is not abided by the offending player(s) will be issued a yellow card(s).
- E. All free kicks are direct kicks.
- F. There are no off sides in the Pepsi Adult Soccer League.
- G. The ball may not pass over 3 field lines in the air; this will result in a free kick being awarded to the opposition on the shootout line that was crossed first.
- H. If the ball hits the ceiling, the ball will be placed on the shootout line or centre line that was crossed first before hitting the ceiling.
- I. A ball hitting the net will be given to the opposing team and can be placed up to one yard from the boards where the ball went out. Goal kicks or corner kicks result when the ball goes over glass between end markers.

- J. After the referee has signaled that the ball is ready for play, the team in possession has 5 seconds to play the ball; otherwise possession will be given to the opposition. Any delay of game deemed to be played for an advantage will result in a 3-minute power play.
- K. The goalie cannot pick up the ball if it is passed back by his/her own player **in a controlled manner; this includes heading the ball back**. *This is an alteration from the 2010/2011 season.*
- L. When along the boards, a player is permitted to put one arm on the boards for support; however, the ball must be kept moving. The player cannot use the supporting arm to shield the ball and cannot back into or push off the boards into the opponent.
- M. **No slide tackles of any sort are permitted at any time.** *This is an alteration from the 2010/2011 season.*
- N. Goalies can block or clear the ball with their legs first but ONLY if there is no players within 1 yard of him/her. Goalies blocking with their legs when a player is within 1 yard of him/her will result in the goalie receiving a yellow card.
- O. In the case of injury, there is NO injury time. The clock continues to run due to time restrictions. If a player cannot be removed please contact administration ASAP.
- P. If a game is delayed due to injury and cannot be finished, it will be considered finished if 50% has been completed. If not, the game will be rescheduled by the league coordinator.
- Q. Any player that sustains an injury may only return to the game if the injury has been properly dealt with. I.e. if a player sustains a cut and is bleeding, the cut must have stopped bleeding and be adequately covered in order to return to the game. The referee has the right to eject a player until the injury has been properly dealt with.
- R. Any disputes regarding the use of illegal players must happen after the game has been played. If an illegal player is found, the offending team will forfeit the game and a 3-0 win will be given to the opposing team.

6. Penalties:

- A. All suspensions will be posted on the league web site at www.capitalnewscentre.com, as well as, on the league bulletin boards in the facility. If you are unsure, please check with the league coordinator.
- B. All fines must be paid in full prior to the player returning to any league. If the player plays and has not paid, the game will be forfeited to the other team, the player will be suspended for an additional week, and the fine will be doubled. *This is not negotiable.*
- C. Any players, spectators, coaches or others that engage in verbal abuse against officials will be ejected from the game and will have 5 minutes to leave the facility. Players will be given a red card and the suspension time will be reviewed and determined according to the League Coordinator. **Absolutely zero tolerance will be given regarding this rule.**
- D. Any intentional physical contact with a referee, timekeeper or CNC employee will result in a ban from playing in any sport league at the CNC and criminal charges could be laid.
- E. If a player spits, blows their nose (“snot rockets”), or intentionally brings water on the field; i.e. to spit it at an opponent, the player will be given a red card, ejected from the game, and given a \$100 fine. Additionally, the team will be given a 5 minute penalty. This is to protect the surface and to cover the cost of cleaning the surface.
- F. Any player receiving a yellow card will be given a 3 minute penalty which results in a 3 minute power play for the opposition or the duration it takes for a goal to be scored by the opposition within the 3 minutes.

- G. Two yellow cards within a game is the equivalent to a red card, wherein, the player will be ejected from the game and will have five minutes to vacate the facility. The player will get an **automatic one week suspension from all divisions** and must pay a \$25.00 fine. If a second offense occurs, the player will be under review by the league coordinator and the consequences for the offense will be determined at the discretion of the league coordinator.
- H. If a player collects 3 yellow cards within their division over the course of the current season, the player will receive a 1 week suspension **from all divisions** and any additional yellow cards will result in a review with the league coordinator. Two yellows in a game that result in a red card do not count towards the 3 yellow card count.
- I. Any major infractions will result in an automatic red card, ejection and a 5-minute penalty power play for the opposition. The player will receive an automatic 3 week suspension **from all divisions** and must pay a \$50.00 fine to be re-instated, a 2nd red card as a result of a major infraction will result in a 6 week suspension **from all divisions** + \$75 fine, a 3rd red card as a result of a major infraction will result in a minimum 365 day suspension **from all divisions**. After 365 days, the offending player can apply for re-instatement which can only be approved by the league coordinator.
- J. Any player receiving a Red card will be given a 5 minute penalty which results in a 5 minute power play for the opposition, regardless of if a goal is scored during the power play, the player will be ejected from the game, the player has 5 minutes to remove themselves from the facility, and a fine will be issued to the player for \$25.
- K. No yellow card suspensions will be reviewed.
- L. Red card suspensions may be appealed for a \$100 fee. The league will be very strict regarding suspensions and fines; the team captain and only the team captain may protest within 48 hours of the infraction by means of email sent to the league coordinator, Larry Lenarduzzi at lennarduzzi@capitalnewscentre.com, and the captain must make a follow up call (250) 764-6288 ext.1 to confirm receipt within the 48 hour limit. The captain will state in their email, in brief, the facts; why the suspension should be overturned or reduced; list any witnesses; and will include phone numbers of players and witnesses. The suspensions and fines will stand until a decision is made and presented by the disciplinary committee by email to the captain.