



# Mount Pearl Soccer Association

44 Arena Road, Mount Pearl, NL A1N 0J6

## Club League Manual

### **Club League Mission Statement**

To provide all MPSA youth soccer players, officials and coaches the opportunity to further develop their skills by participating in an organized, non-competitive, fun, and self-paced soccer environment.

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## **Club League Guidelines**

The Club League is managed by the Club League Director, Technical Director, and the Program Coordinator. The following are guidelines which are set as a framework for all Club League policies and procedures.

- **The Club League is organized:**
  - Age appropriate divisions (U7, U9, U11, U13, and up) with skill balanced teams
  - Games are officiated under a formal set of rules
  - Teams are run by volunteer coaches
  - Games are formally scheduled
  
- **Club League is a non-competitive league for the fun of the game:**
  - Fun, fairness, and respect are the highest priorities - not winning or losing
  - Zero tolerance for abuse of officials, players, coaches, staff, executive members, or spectators
  - Field conditions and equipment must be safe to use
  - The weather must be safe to play in
  
- **The Club League accepts all caliber of player, official, and coach:**
  - Players do not require experience, have to try-out, or be selected to play.
  - All players receive equal playing time.
  - Players learn and play at their own pace and play soccer for themselves – not by pressures to perform based on expectations set by coaches or parents.
  - Players may be assessed by coaches for the purpose of creating balanced teams.
  - Players may be traded from one team to another team to help ensure teams are balanced.
  - Officials must have completed basic level training, but previous officiating experience is not required.
  - Coaches are volunteers and may have little or no soccer or coaching experience. Knowledge of soccer, soccer rules, soccer skills, formal coaching training, or injury management is not required.

## **Equipment Requirements**

<b>Mandatory</b>	<b>Optional</b>	<b>Prohibited</b>
Team jersey (provided)	Goalkeeper gloves	Jewelry
Shin pads	Cleats (recommended)	Watches
Shorts & socks (black) (Provided for U7 & U9)	Water bottle	Casts or metal splints
Goalkeeper jersey/pinnie (provided)		Non-prescription eyeglasses

## Location of Fields

Field	Location
Upper Smallwood	Team Gushue Sports Complex (grass field by Skate Park)
Middle Smallwood	Team Gushue Sports Complex (turf)
Lower Smallwood	Team Gushue Sports Complex (grass field behind the turf)
Morris Academy	Behind Morris Academy School on Roosevelt Avenue
Sandpitch	Behind Mt. Pearl Senior High School on Ruth Avenue
Central	Side of Mt. Pearl Senior High School on Ruth Avenue

## Club League Rules

U7 Club League	
Referees	The referee has final authority over all aspects of the game. Respect must be shown to all referees as referenced in our <a href="#">Fair Play Code of Conduct</a> .
Length of Games & Shifts	Games will consist of eight 5 minute shifts. <ul style="list-style-type: none"> <li>- first half: 20 minutes</li> <li>- halftime</li> <li>- second half: 20 minutes</li> </ul> <p>Referees will not stop time between shifts.</p>
Shifts	The number of players per shift is 5 (4 plus goalkeeper). A team can play with just 4 players (3 plus goalkeeper).  Teams will play 4 v 4 per shift if both teams have between 4 and 8 players each; however, if one team has more than 8 players teams will play 5 v 5.
Forfeit	Coaches are encouraged to temporarily trade players to avoid cancelling a game.
Coin Toss	The referee will have a coin toss prior to the start of the game. The winner of the coin toss will take the kick-off.
Ball Size	Teams must use a size 3 ball.

Kick-offs	<p>A goal may not be scored directly from a kick-off at center, or by banking the ball off a defender or goalkeeper.</p> <p>The kicker cannot touch the ball a second time until it has been touched by another player. The ball can be kicked forward or backward.</p>
Sliding	<p>Sliding is not permitted. However, goalkeepers are permitted to slide inside their goal area if it is not in a dangerous manner.</p> <p>Sliding fouls will result in an indirect free kick.</p>
Indirect Free Kicks	<p>An indirect free kick is awarded to the opposing team if a goaltender touches the ball with his hands inside the goal area, after it has been passed to him by a teammate.</p> <p>The kick is taken at the edge of the penalty area closest to where the infraction occurred.</p> <p>A goal may be scored on an indirect free kick.</p>
Distance from the ball	<p>Defending players are required to stay 3 m from the ball during free kicks and corner kicks.</p>
Goal kicks	<p>Defending players must stay behind the halfway line during goal kicks until the ball is in play.</p>
Throw-ins	<p>Foul throw-ins can be retaken.</p>
Cards	<p>No cards will be shown to the players by the referee.</p> <p>A referee may remove a player from the field for the remainder of the shift for any of the following reasons:</p> <ul style="list-style-type: none"> <li>- dangerous play that threatens the safety of other players</li> <li>- verbal abuse of another player or the referee</li> </ul> <p>Coaches may substitute a player into the game to replace a player who has been sent off by the referee.</p> <p>Coaches are expected to monitor the behavior of their players and take appropriate action. In addition, coaches should emphasize and explain the seriousness of such offences to their players.</p>
Other	<p>Substitutes, coaches, and spectators are not permitted on the field of play, on the touch lines, behind the goals, or standing next to goal posts, unless directed by the referee. Spectators must be on the opposite sideline from the team.</p>

<b>U9 Club League</b>	
Referees	The referee has final authority over all aspects of the game. Respect must be shown to all referees as referenced in our <a href="#">Fair Play Code of Conduct</a> .
Length of Games & Shifts	Games will consist of eight 5 minute shifts, as follows. <ul style="list-style-type: none"> <li>- first half: 20 minutes</li> <li>- halftime: 5 minutes</li> <li>- second half: 20 minutes</li> </ul> <p>Referees will not stop time between shifts.</p>
Shifts	The number of players per shift is 6 (5 plus goalkeeper). A team can play with just 5 players (4 plus goalkeeper)
	Teams will play 5 v 5 per shift if both teams have between 5 and 10 players each; however, if one team has more than 10 players teams will play 6 v 6.
Forfeit	Coaches are encouraged to temporarily trade players to avoid cancelling a game.
Coin Toss	The referee will have a coin toss prior to the start of the game. The winner of the coin toss will take the kick-off.
Ball Size	Teams must use a size 3 ball.
Kick-offs	A goal may not be scored directly from a kick-off at center, or by banking the ball off a defender or goalkeeper.
	The kicker cannot touch the ball a second time until it has been touched by another player. The ball can be kicked forward or backward.
Sliding	Sliding is not permitted. However, goalkeepers are permitted to slide inside their goal area if it is not in a dangerous manner.
	Sliding fouls will result in an indirect free kick.
Indirect Free Kicks	An indirect free kick is awarded to the opposing team if a goaltender touches the ball with his hands inside the goal area, after it has been passed to him by a teammate.
	The kick is taken at the edge of the penalty area closest to where the infraction occurred.

	A goal may be scored on an indirect free kick.
Distance from the ball	Defending players are required to stay 6 m from the ball during free kicks and corner kicks.
Throw-ins	Foul throw-ins can be retaken.
Cards	<p>No cards will be shown to the players by the referee.</p> <p>A referee may remove a player from the field for the remainder of the shift for any of the following reasons:</p> <ul style="list-style-type: none"> <li>- dangerous play that threatens the safety of other players</li> <li>- verbal abuse of another player or the referee</li> </ul> <p>Coaches may substitute a player into the game to replace a player who has been sent off by the referee.</p> <p>Coaches are expected to monitor the behavior of their players and take appropriate action. In addition, coaches should emphasize and explain the seriousness of such offences to their players.</p>
Other	Substitutes, coaches, and spectators are not permitted on the field of play, on the touch lines, behind the goals, or standing next to goal posts, unless directed by the referee. Spectators must be on the opposite sideline from the team.

<b>U11 and Up Club League</b>	
Referees	The referee has final authority over all aspects of the game. Respect must be shown to all referees as referenced in our <a href="#">Fair Play Code of Conduct</a> .
Length of Games	<p>U11 Games will consist of ten 5 minute shifts, as follows:</p> <ul style="list-style-type: none"> <li>- first half: 25 minutes</li> <li>- halftime: 5 minutes</li> <li>- second half: 25 minutes</li> </ul> <p>U13 Games will consist of two 25 minute halves, as follows:</p> <ul style="list-style-type: none"> <li>- first half: 25 minutes</li> <li>- halftime: 5 minutes</li> <li>- second half: 25 minutes</li> </ul>

Number of Players	<p>Teams are to field 7 players (6 plus goalkeeper). A team can play with 6 players (5 plus goalkeeper).</p> <p>Teams will play 6 v 6 if teams have between 6 and 8 players each; however, if one team has more than 8 players, teams will play with 7v 7.</p> <p>Shift system is not used for U13. Please refer to the rules on substitutions.</p>
Substitutions	<p>Substitution procedure is as follows:</p> <ul style="list-style-type: none"> <li>• Players substituting in must do so at the center line.</li> <li>• Players substituting in must clearly name the player whom they are intending to substitute.</li> <li>• Players substituting in cannot enter the field of play until the player they are substituting is off the field.</li> <li>• Substitutions are unlimited.</li> </ul>
Forfeit	Coaches are encouraged to temporarily trade players to avoid cancelling a game.
Coin Toss	The referee will have a coin toss prior to the start of the game. The winner of the coin toss will take the kick-off.
Ball Size	Teams must use a size 4 ball.
Kick-offs	<p>A goal may not be scored directly from a kick-off at center, or by banking the ball off a defender or goalkeeper.</p> <p>The ball may be played forward or backwards from the kick-off.</p> <p>The kicker cannot touch the ball a second time until it has been touched by another player.</p>
Sliding	<p>Sliding is not permitted. However, goalkeepers are permitted to slide inside their goal area if it is not in a dangerous manner.</p> <p>Sliding fouls will result in an indirect free kick (for U13 and up this will result in a direct kick)</p>
Direct Free Kick	<p>There are no direct kicks permitted in U11. For U13 and up the following fouls and misconducts are penalized with a <u>direct free kick</u> being awarded to the opposing team at the location of the infraction.</p> <ul style="list-style-type: none"> <li>- pushing, tripping, kicking, charging an opponent</li> <li>- sliding or dangerous tackling</li> <li>- handball</li> </ul>

	A goal may be scored from a direct free kick.
Indirect Free Kicks	<p>An indirect free kick is awarded to the opposing team if a goalkeeper touches the ball with his hands inside the goal area after it has been passed to him by a teammate.</p> <p>The kick is taken at the edge of the penalty area closest to where the infraction occurred.</p> <p>A goal may not be scored on an indirect free kick by banking the ball off another player.</p>
Offside	For U13 and up, a player is in an offside position if he is nearer to the opponent's goal line than the last defender. Offside is called by the referee if a player is in an offside position at the moment the ball is passed to him or kicked into the offside area.
Distance from the ball	Defending players are required to stay 10m from the ball during free kicks, corner kicks, and goal kicks.
Throw-ins	Foul throw-ins can not be retaken. All foul throws will result in possession of the ball awarded to the opposing team for a throw-in.
Cards	<p>No cards will be shown to the players by the referee.</p> <p>A referee may remove a player from the field for the remainder of the shift for any of the following reasons:</p> <ul style="list-style-type: none"> <li>- dangerous play that threatens the safety of other players</li> <li>- verbal abuse of another player or the referee</li> </ul> <p>Coaches may substitute a player into the game to replace a player who has been sent off by the referee.</p> <p>Coaches are expected to monitor the behavior of their players and take appropriate action. In addition, coaches should emphasize and explain the seriousness of such offences to their players.</p>
Other	Substitutes, coaches, and spectators are not permitted on the field of play, on the touch lines, behind the goals, or standing next to goal posts, unless directed by the referee. Spectators must be on the opposite sideline from the team.

### **Team Creation Procedure**

The Club League Director will work with the Program Coordinator to assign players and volunteer coaches to appropriate teams.



- The number of teams for the division will be based on the number of players registered per age group.
- Typically, the teams will consist of enough players to field two complete shifts for the U7, U9 & U11 divisions and between 12 and 15 players for U13, U15 and up.
- The aim is to have balanced team rosters for all age groups.
- Any concerns or requests (including playing with friends & moving to another division) must be made in writing to the MPSA Program Coordinator and Club League Director prior to jersey pickup, and will be reviewed on a case per case basis.

### **Coaching Staff Duties**

- Act as liaison between parents/guardians and the Club League Director or Program Coordinator for player or league concerns.
- Administer [Player Injury Procedure](#) upon event of player injury.
- Ensure players receive equal playing time by using the rotation sheets supplied by MPSA.
- Behave in a manner conducive to providing a safe, fun, and fair soccer environment where players will learn the game at their own pace.
- Adhere to the [Fair Play Code of Conduct](#).
- Ensure a replacement coach or assistant coach is available for games in the event the assigned coach is unavailable to attend.
- Collect soccer balls at season end and return to the MPSA.

### **Coach's Information Package**

Each Club League Coach will be supplied with a package from the Program Coordinator which contains the following:

- Club League Manual
- Team Roster
- Clipboard
- Rotation sheets to be used to ensure equal playing time
- Divisional Game Schedule
- Balls for warm up pre-game
- Any other pertinent information from the MPSA

### **Player's Information Package**

All players and their parents/guardians will be supplied with a package from their coach which contains the following:

- U7 - U9 Players will receive a full player kit – Jersey, shorts, and socks (Timbits players receive a soccer ball)
- U11 and up Players will receive a jersey
- Divisional Game Schedule will be available on the MPSA website ([www.mpsa.ca](http://www.mpsa.ca)) and Facebook page.
- [Fair Play Code of Conduct](#)

### **Scheduled days off for Club League**

The following days will not have Club League games scheduled:

<b>Date</b>	<b>Comment</b>
July 1st	Canada Day
1 <sup>st</sup> Wednesday in August	Regatta Day

### **Game Cancellation Policy**

- The decision to cancel Club League games due to weather can be made by the MPSA Program Coordinator and/or Club League Director by 3 pm on game day.
- A message will be posted on the MPSA website ([www.mpsa.ca](http://www.mpsa.ca)), Twitter ([@MPSASoccer](https://twitter.com/MPSASoccer)), and Facebook page ([@MPSASoccer](https://www.facebook.com/MPSASoccer)) informing players and parents of game cancellations.
- If conditions change after 3 pm, the decision to cancel or not due to weather can be made at game time or during a game. Cancellation will be decided through consultation between the MPSA staff, Program Coordinator, and referees.

### **Lightning Policy**

The safety of our players, parents, volunteers, and fans is of the utmost importance to the MPSA. Lightning is a game stopper no matter how important or intense the game. Lightning may strike several kilometres away from the

parent cloud. Precautions should be taken even if the thunderstorm is not directly overhead.

- In the event of lightning, the referee shall stop play immediately. If the referee is not aware of the threat, the Coaches have the right to inform the referee of the situation, at which time the referee shall suspend the game. Any players remaining without a parent or guardian, should be removed from the playing area and directed to a “safe” facility. A “safe” facility must be an enclosed building with plumbing, telephone, and electrical wiring.
- If no building is available, vehicles are suitable shelters. Ensure the windows are up and stay in the vehicle until the storm has passed. If outside, stay away from trees, standing pools of water, and metal poles (e.g., team dugouts).
- If caught on a field far from shelter and you feel your hair stand on end, lightning may be about to hit you. Crouch on the ground immediately, with feet together, placing your hands on your knees and bending forward. **Do not lie flat.**
- Players caught in the open should spread out keeping several meters apart.

### **Officiating**

The development of officials, as well as players, takes time. Our officials have received classroom training and are required to pass an examination before they can referee within our system. The officials you will see during the summer are mostly at the entry-level, not the experienced officials you see refereeing higher level games. The MPSA needs to maintain and develop our young officials and we need your support to do so.

- The Director of Officials will supply the Program Coordinator with a Referee’s List detailing the Referee’s name, phone number, Refereeing Level, and divisional preference to assist with scheduling.
- MPSA has a [Zero Tolerance Policy](#) with regards to abuse of Officials. This policy is meant to help clarify what the MPSA expects from coaches and spectators. It has a simple premise - All persons responsible for a team and all the spectators shall support the referee.
- All communication should be between the participants of the game - the referee, the coaches, and the players. Referees are to address their concerns about spectators with the MPSA staff.

1st Infraction	The referee should stop the game and ask a staff member to quiet the offending spectator.
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2nd Infraction	The referee should stop the game and ask the field marshall and a coach, if needed, to warn the spectator that the next infraction will be an ejection or the referee will abandon the game.
3rd Infraction	The referee should stop the game and instruct a staff member and a coach, if needed to direct the spectator to leave the field. The referee should abandon the game if the spectator does not leave the field.
If a referee initiates any of these responses, the referee and the coach involved shall contact the Director of Officials and the Club League Director.	

### **Zero Tolerance Policy**

All persons responsible for a player or team and all the spectators must support the referees. Absolutely NO sarcasm, harassment, or intimidation is permitted. All interactions are expected to be polite and constructive in nature.

**NO one is to address the referee during a game.** With the following exceptions:

During a Game:

- Coaches and spectators may respond to a referee who initiated communication
- Coaches may initiate communication when making substitutions
- Coaches and spectators may initiate communication when pointing out emergencies or safety concerns

At Half Time or at the End of the Game:

- Coaches may ask a referee to explain law(s) in a polite and constructive manner
- Coaches may provide friendly feedback for a referee to a staff member who relay it to the Program Coordinator and the referee.

### **Club League Disciplinary Procedure**

- Misconduct by parents, players, coaches, or team officials reported by the referee shall be dealt with by the Club and Micro League Committee prior to the next game, whenever possible.
- Referees are to use the [Serious Occurrence Report Form](#) to submit a formal report of the incident within 24 hours.

- The team, teams, or officials involved in the incident, or anyone directly affected by the decision, shall not be represented on the Club and Micro League committee for that decision.
- The person(s) accused in the incident have the right to request a chance to be heard. This request shall be made in writing to the MPSA office within 24 hours of a disciplinary action being issued.
- If the person(s) accused in the incident request a chance to be heard, the format of the meeting shall be as follows:
  1. The Chair of the Club and Micro League Committee shall conduct the meeting and shall appoint a member to act as secretary to record the proceedings.
  2. The Chair shall then ask the Referee or Assistant Referee (upon whose report the charge has been laid) to enter the meeting.
  3. The Chair shall then ask the Referee or Assistant Referee for further explanation of the report.
  4. When the Referee or Assistant Referee has left the meeting, the Chair shall ask the person(s) alleged to have committed the offence to enter the meeting. The accused must be accompanied by a league representative. Minors may be accompanied by their parents or legal guardians.
  5. The Chair shall then read the report containing the details of the incident and provide any additional information from the Referee or Assistant Referee meeting.
  6. The Chair shall then ensure the person(s) and/or the league representative has the opportunity to respond or clear up any doubts which may exist.
  7. Upon completion of this phase of the hearing, the Club and Micro League Committee itself will meet in private to consider the evidence given and to decide whether the charge is proven or not. If the charge is proven, the Committee shall also determine the appropriate disciplinary action. The Club League Committee shall reach its decision by a simple majority vote, the Chair only voting in a case to break a tie vote.
  8. When a decision has been reached, the Chair shall inform all parties of the decision.

- If an opportunity to be heard is not requested, the Club and Micro League Committee shall base its decision on the Referee or Assistant Referee's report.
- The Club and Micro League Committee shall have the right and power to take disciplinary action, including the suspension of players and team officials for a designated number of matches, a designated period of time, or as an offence may warrant.

### **Player Injury Procedure**

In all cases where injury occurs the Coach (or other team official) must:

- Seek First Aid, as necessary.
- Before continuing, have the player demonstrate that the player can continue without undue discomfort.
- Observe to ensure the player is participating at a normal level for that individual.

In cases of serious injury:

- Attend to the injury immediately.
- Seek qualified First Aid immediately.
- Call, or arrange for, an ambulance.
- Call the player's legal guardian and inform them of the situation.
- In cases where a parent/guardian is not available, accompany the player to the hospital or nearest medical clinic.
- Report the injury to the MPSA Club League Director using the [Incident and Injury Report](#) within 24 hours and assist in the completion of proper Accident and Insurance Claim Forms.

### **Coach, Player, and Parent Codes of Conduct:**

The Code of Conduct for each of these roles can be found within the one policy - [Fair Play Code of Conduct](#) which can be found on our website ([www.mpsa.ca](http://www.mpsa.ca)).