

Guidelines for Coaches and Parents

(Updated July 2010)

1. Objective

The objective of the Lakeshore Soccer Club is the education of players and coaches in sportsmanship and soccer skills.

2. Guidelines for Coaches and Parents

2.1 Responsibilities of Coaches

2.1.1

Coaches should bear in mind the objective of the Club set forth in Chapter 1. While enthusiasm by coaches is necessary and appreciated, excessive competitiveness is not to be encouraged.

2.1.2

Coaches are responsible for the instruction, discipline and safety of players and parents assigned to them.

2.1.3

When coaches are unable to attend games or practices they must ensure that a responsible person is designated to replace them.

2.1.4

Coaches are role models for their players and, as such, should endeavour to instil a sense of fair play and sportsmanship to the team. On no account shall coaches enter into verbal disputes with referees, other coaches, players, parents or spectators. Undue pressure on players and referees will not be tolerated.

2.1.5

Coaches should ensure that whenever possible all players are given equal playing time. Unless there are extenuating circumstances, players should be on the field a minimum of 50% of game time.

2.2 Guidance for Parents

2.2.1

Parents should bear in mind the objective of the Club set forth in Chapter 1. While enthusiasm by parents is necessary and appreciated, excessive competitiveness is not to be encouraged.

2.2.2

Parents are role models for their children and, as such, should endeavour to instil a sense of fair play and sportsmanship to them.

2.2.3

Please ensure that your child arrives promptly for games and practices. Ten minutes prior to the scheduled start time is recommended.

2.2.4

Please ensure that the coach or team manager is notified if your child is unable to attend a game or practice.

2.2.5

Please have your child dressed in the team uniform (with black shorts).

2.2.6

Parents should keep in mind that the coaches are volunteers giving personal time to provide a recreational activity for your children.

2.2.7

Parents must also remember that the referee is calling the game to the best of his ability. The referee is a symbol of fair play, integrity and sportsmanship, and, as such, refereeing decisions should not be questioned.

2.3 Team Management

2.3.1

Clinics are offered prior to and during the season for House League coaches and parents. These clinics are strongly recommended as they cover topics such as rules, tactics, practice drills, goalkeeping, team management and sportsmanship. More advanced clinics leading to formal coaching qualifications are also usually available, though a fee may be charged for such courses. Assistance in technical aspects of coaching can be obtained from the Club's Technical Director.

2.3.2

Practice schedules are published at the beginning of the season. Practice fields are made available to all coaches for booking of their practices at the same time. The fields are therefore allocated on a 'first come – first served' basis. There is no guarantee that a practice field

obtained by a coach will necessarily be in the most convenient area for all the players.

2.3.3

Coaches, players and parents should be aware that practice locations and times may be modified over the course of the season. Field maintenance and repairs, scheduled and special events staged either by the Club or by other community organizations, as well as other unforeseen occurrences may necessitate a modification to the practice schedule. Coaches will be informed of any changes to the practice schedule as soon as possible.

2.3.4

Coaches should endeavour to instil a sense of group responsibility and spirit in their teams. Players should be strongly encouraged to attend practices and to inform the coach or manager if they are unable to attend. Players should be encouraged to inform the coach or manager if they cannot attend games so that farm team support can be arranged if necessary. It is also advisable to check on vacations and the long term availability of players at the beginning of the season. In any case, no sanctions (e.g., reduced playing times) are to be taken against players who do not attend games or practices regularly.

2.3.5

Efforts are made during scheduling to avoid clashes with other sports, but this is not always possible. If such clashes do occur, the following ground rules should be followed:

- a) Games should take precedence over practices;
- b) League games should take precedence over exhibition games.

2.3.6.1

Teams play a 12 - game schedule. There is a Knock - out Cup Competition (U10 to U21 divisions) at the end of the season

2.3.6.2

Game sheets are available on the Lakeshore Soccer website and can be downloaded from there with the latest additions or deletions.

2.4 Allocation of Players

2.4.1

Players shall be allocated to teams at the beginning of each season by the Division Manager

under the direction of the Club Manager and/or the V.P. House League.

2.4.2

Players shall be allocated to teams in the first instance on a geographical basis. This means that the composition of teams will vary from year to year.

* In allocating players to teams, there will not be any deliberate attempt to keep players together through the years. Although requests from players to play with friends will be taken into consideration, there are no guarantees regarding player placement.

2.4.3

Players joining the Club after the normal registration period (i.e., during late registration) shall be allocated to teams as space permits.

2.4.4

Transfer of players from one team to another shall only take place with the consent of the Division Manager, Club Manager and/or V.P. House League.

2.4.5

Only under exceptional medical circumstances and with the express permission of the V.P. House League shall a player be permitted to play in a division lower than that appropriate to the player's age.

2.4.7

As teams are being formed prior to the start of the season, one or two roster spaces are not filled on each House League team in order to accommodate players being cut by the intercity teams. When the Division Manager is informed of the specific player(s) involved, an attempt is made to place these incoming players on the local House League team that is geographically convenient.

* The House League strives to maintain parity within a given division. To this end, intercity cuts may be placed on teams outside their local area.

2.5 Farm Team System

2.5.1

The objective of the farm team system is to provide the parent team with a sufficient number of players to field a team and meet their commitment to play all games as scheduled. As much use as possible should be made of the farm team system. It is designed to allow flexibility but should not be abused.

2.5.2

With the exception of the U04 and U05 division, each team shall be allocated a farm team in a division directly below it. The parent team may draw players from the farm team for League games when it does not have enough of its allocated team members to meet its commitments (e.g., during peak vacation periods).

It is only permitted to call up players that are at most 2 age categories below the level for which they are being called up for. (i.e. a U-12 team can call up players from U-11 and U-10, but not below U-10)

2.5.3

While efforts are made to ensure that farm and parent teams are scheduled to play at different times, if a conflict does occur, the farm team must have priority for its own scheduled games. In a case such as this, the parent team is permitted to draw players from another team in the same division as its farm team.

2.5.4

It is recommended that the parent team coaches get to know their farm team coaches and players. Playing a friendly game or organizing a combined practice session are suggested. Please plan ahead and contact your farm team coach early in the season.

2.5.5

The recommended process to follow when farm team players are required by the parent team is:

- 1) Parent team coach calls farm team coach and requests players;
- 2) Farm team coach supplies players' names and phone numbers to the parent team coach;
- 3) Farm team coach calls players and informs them that a request to "play up" has been made; and
- 4) Parent team coach calls farm team players to request their participation.

* When a request to play up is being made, etiquette dictates that the coaches from both the farm and parent teams should keep the player's parents informed with regard to time, date and location of games.

2.5.6

A team should not use the system to increase its playing strength when its numbers are already adequate. For example, an 11 - a - side team with 15 players available would not be allowed to call up a player from the farm team to make up a roster of 16 or more players.

2.5.7

Farm team coaches should strive to give a variety of players the opportunity to play up with the parent team. This may be best achieved by using a rotation system of players over the course of the season.

2.5.8

When farm team players are called up, they should be allocated the same amount of playing time as the parent team players (see also 2.1.5 above).

2.5.9

Farm team players shall not be permitted in Knock - out Cup competition games without the permission of the V.P. House League.

2.5.10

In some divisions some teams may be allocated two farm teams, while in other divisions the farm team may have to be shared. In some cases, the farm team may not have the same coloured uniforms as the parent team.

* Refer to Sections 3.3.4 and 3.3.5 for additional information with regard to maximum number of farm team players permitted on a team.

2.6 Equipment

2.6.1

In the U04 to U21 divisions, the Club shall provide each player who registers during the normal registration period with a team "kit" (shirt, shorts and socks).

2.6.2

In the U06 to U-21 divisions, the Club shall provide each team with two (2) soccer balls at the beginning of the season which shall be retained by the coaching staff at the end of the season. The Club will provide a ball for each player in the U04 and U05 divisions.

2.6.3

Coaches should make every effort to ensure that the soccer balls provided to them do not get lost and that they keep at least one ball in good condition for games. Defective balls should be returned to the office for exchange.

2.7 Conduct of Games

2.7.1

Coaches and players should shake hands with the opposing team following every game.

2.7.2

Coaches need to be in control of the sideline areas. Support and enthusiasm is expected from parents, spectators and supporters but coaches cannot allow the sidelines to become interruptive or distracting of the play. When necessary or required, coaches must step forward to calm, control and ensure safety on the sidelines.

2.7.3

During the game, coaches shall ensure that they, their assistants, substitute players and anyone associated with their team remain on the side of the playing field, clear of the touch line and within a reasonable distance of the centre line.

2.7.4

All equipment should be kept clear of the playing area. Balls particularly should be kept under control during the game and substitute players should be discouraged from private games/practices while awaiting their turn to play.

2.7.5

The Home and Visiting teams should take up neighbouring benches (left or right of the centre line). A "coaching box" of about 7.5 metres may be marked on some local fields. If this area is not clearly defined on the field, coaches may operate within a reasonable distance of their benches, but not in the area belonging to their opposition. Please note that there is a maximum of three coaches, assistant coaches or other passported personnel allowed in the technical area with the players.

* In Micro divisions, teams should take up a position behind, but well away from, their goal line and goal area.

2.7.6

All spectators should be on the opposite side of the field to the players' benches. In Micro divisions, some spectators and parents should remain in the same area as their team's players to help keep the sideline area organized and safe. In Micro divisions, it is helpful if some parents and/or spectators encircle the playing field in order to keep the ball from going out of bounds.

2.7.7

In U08 through U21 divisions, on no account shall coaches, substitute players or spectators be allowed to remain behind either goal line.

2.7.8

In the U04 to U07 divisions, one coach from each team shall be permitted to coach from the field of play. On no account shall the coaches interfere with the play or enter the goal area while play is in progress (injuries excepted).

2.7.9

The referee is empowered to interrupt or stop a game if deemed necessary for reasons such as weather conditions, and/or verbal abuse and/or continuous intervention by a coach or spectator, or any other abusive behaviour.

* At the referee's discretion or at the request of a coach (at an appropriate stoppage in play), the game may be interrupted briefly to allow players a water break. Water breaks are to be requested only when no substitute players are available. The referee will not permit a water break to be used as a delaying tactic or to interrupt the pace of the game. Water breaks should be requested by the coach at the beginning of the game.

2.7.10

Coaches should ensure that, as far as possible, all players are given equal playing time irrespective of their level of skill or enthusiasm (See 2.1.5 above). This is applicable to League play, Soccerfest and Knock - out Cup competitions.

2.7.11

Only players who are formally registered in the Club's House League are permitted to participate in League games. Use of unregistered or ineligible players (i.e. those not from a farm team) will result in a disciplinary hearing with the possibility of sanctions for the coaches responsible.

2.7.12

For the U08 to U10 divisions, coaches should assist the referee in appointing assistant referees - linesmen - for games. Linesmen will normally only be asked to assist the referee in judging whether the ball has left the field and not to assist in calling off sides and other infractions. Linesmen must understand that they are assisting the referee who can overrule them if he disagrees with their advice.

2.7.13

Referees are assigned for all games in the 7 - a - side and 11 - a - side divisions. However, if no

referee appears, each coach should referee half of the game with the designated Home team coach refereeing the first half. While refereeing, a coach must refrain from coaching! This will not apply to the U-21 division. These games will be rescheduled.

* An alternative solution to the problem of a "no - show" referee is to appoint a third party to referee the game. If both coaches cannot agree on a third party, then the first option must be used.

The Club Manager must be advised of cases where no referee appears and he/she will inform the Referee in Chief and the Referee Assignor..

2.7.14

Although there are no statistics or standings kept in House League, the score shown on the referee's score card will be taken as the official result of the game. After each game, both coaches should ensure that the score and the team names are correct before signing the card. During Knock Out Cup play, discussions concerning the correct final score shall be resolved before all parties leave the field.

* This does not mean that coaches should enter into arguments over disputed scores - the referee's word is always final in such cases - but coaches should ensure that no recording errors have been made.

2.7.15

It is in no one's interest to have the score run up due to a lack of players or to an unbalanced roster. To this end, a mercy rule exists for the U-21 division. When a goal differential between two teams reaches seven (7) goals, the game will be considered completed. The referee will inform both coaches that the score will stand as is and the coaches are to report that score when they enter the game sheet. The game will then continue between the two teams, but no score will be counted by the officials.

2.8 Scheduling and Rescheduling

2.8.1

In general, games will not be rescheduled unless exceptional circumstances occur. Inability to raise a team is not normally considered sufficient reason for requesting rescheduling of a game. Games for the U21 division that have been cancelled due to rainouts or inclement weather will be rescheduled by the Club Scheduler automatically.

2.8.2

Games shall not be rescheduled by coaches themselves. Requests to reschedule games shall be made to the Division Manager who shall, in turn, consult the Scheduler; such requests will only be considered in exceptional circumstances. It may not be possible to reschedule any or all games.

2.8.3

Where a game is cancelled by the mutual agreement of both coaches, it shall not be rescheduled by the Club. However, the coaches are free to use their practice credit to each book ½ a field for an hour to play the game.. The Club Manager must be advised as soon as possible in order cancel the referees for the match.

2.8.4

Every effort shall be made to ensure that games start and end on time. If a game is started late, the scheduled time remaining, less a maximum of 10 minutes, shall be played out in two equal halves.

* The scheduled game time shall coincide with the start of the pre - game warm - up period (which is of 10 minute duration).

2.8.5

If, 20 minutes after the scheduled game time (10 minutes after the end of the warm - up period), one team is unable to field at least the minimum number of players, the game shall be cancelled. For Knock Out Cup play only, a win is awarded by default to the opponents (by a score of 3 - 0).

2.8.6

Games abandoned by the referee because of discipline/behaviour problems shall be referred to a disciplinary committee in order to determine outcome (see Chapter 5).

2.9 Knock - Out Cup Competitions

2.9.1

A Knock - out Cup competition shall be organized in each division, from U10 to U21 except as mentioned in Section 2.9.1. Pairings shall be predetermined by a random draw. The schedule for the Knock - out Cup competition will be published at the beginning of the season.

2.10 Other Competitions

2.10.1

Individual or selected House League teams may participate in other competitions inside or outside the Club as the Executive so decides.

2.10.2

House League players (starting at U08) will be selected to take part in our Club Soccerfest and

possibly in similar tournaments organized by other Associations. For additional information, contact the Club Manager.

2.11 Inclement Weather

2.11.1

Inclement weather alone will not be considered as an adequate reason for postponing or abandoning a game except in the case of an electrical or thunder storm. Regardless of the weather conditions, teams should show up at the field and abide by the referee's decision.

2.11.2

If a city decides to cancel games because of excessive rainfall or poor field conditions, coaches will be notified (with as much notice as is possible) by their Division Managers or similar authority.

2.11.3

Individual cities (usually through city maintenance staff and/or park attendants) may close fields because of bad weather or poor field conditions at any time and without prior notice. Teams must comply with these requests.

2.12 Representative Teams (Intercity)

2.12.1

Representative teams begin at U09 for both males and females and go through to U18.. The Club also has senior men's and women's teams.

2.12.2

Coaches for youth representative soccer teams are appointed beginning in August for the following season. Tryouts are held in late September and early October. Players selected begin indoor training in January. Coaches selected must have minimum Lac St. Louis Youth League qualifications for the level they are coaching, as required by the League. Clinics to obtain such qualifications are held during the winter months. Anyone interested in participating at the above mentioned levels or in attending the clinics should contact the Technical Director..

2.12.3

Certain players allocated to House League teams shall be permitted to appear as trial or reserve players with representative teams in up to five games during the course of the season. Unless such players are permanently added to the representative team, their House League playing status shall not be compromised.

2.12.4

At the beginning of each season, players are selected to form a representative team. Of these, 13 to 16 will usually be registered as the basic team and will not be permitted to play in the House League unless they have been officially released by the representative team coach.

2.12.5

Serious sanctions will be levied against a player permanently assigned to a representative team who plays for a House League team.

2.13 Indoor House League Training

2.13.1

Indoor House League training is held from January until late April. Registration is limited. For further information contact the Club Manager.

3 Laws of the Game

Introductory Note

Normal FIFA(Federation Internationale de Football Association) rules shall apply except as indicated hereunder. The numbering system used here corresponds generally to the system used in the FIFA rules. The laws included in this chapter present local rules and FIFA laws - or summaries of FIFA laws - as an aid to coaches in the instruction of their players and cooperation with referees. Local rules are prefixed by the letters "L.S.C." Where FIFA laws are summarized, their interpretation is by no means definitive and is not a substitute for the "Laws of the Game"

as published by FIFA. Copies of the FIFA rules are available from the Referee in Chief or on the internet at www.fifa.com.

3.1 The Field of Play

3.1.1

L.S.C., Fields, 11 - a - side The Club uses fields and goalposts as they are made available to us from cities in the Lakeshore territory. As such, all sizes and shapes of fields and goalposts are deemed regulation for our purposes. If markings are inadequate, keep in mind that the goal area is 5.5 metres from the goal line, and starts 5.5 metres from either side of the goalposts. The penalty area is 16.5 metres from the goal line and 16.5 metres from the goalposts. The penalty spot is 11 metres from the centre of the goal. Note that on some fields, goalposts are also used for Canadian football or rugby. If the ball hits any part of the football uprights above the crossbar it is deemed out of play and a goal kick or corner kick is awarded.

3.1.2

L.S.C., Fields, 7 - a - side Fields shall measure approximately 55 metres long by 40 metres wide. Fields shall be marked with a centre line and a centre circle with a radius of six (6) metres. A penalty area of 10 metres by 25 metres shall be marked in front of each goal. Goals shall be approximately five (5) metres wide by two (2) metres high. The penalty spot is eight (8) metres from the centre of the goal.

3.2 The Ball

3.2.1

The team designated in the schedule as the Home team shall provide a properly inflated ball for each game.

3.2.2

L.S.C., Size	
Division	Ball Size
U05, U06, U07, U08	3
U09, U10, U11, U12, U13	4
U14, U15, U16, ...	5

In cases where age groups are combined (i.e. U13 and U14), the larger ball size is to be used.

3.3 Number of Players, Farm Teams, Substitutions

3.3.1

Players on the field, 11 - a - side Games in the U11 and up divisions are played with 11 players on each side.

L.S.C. No game shall be allowed to start unless each team has at least eight players. The start of the game shall not be delayed if the teams are of unequal strength provided each team has at least eight players. If players of a short - handed team arrive after the start of the game, they may join the game at any time (with referee's permission).

3.3.2

Players on the field, 7 - a - side L.S.C.

Games in the U08 through U10 divisions are played with seven players on each side. No game shall be allowed to start unless each team has five players. The start of the game shall not be delayed if the teams are of unequal strength provided that each team has at least five players. If players of a short - handed team arrive after the start of the game, they may join the game at any time (with referee's permission).

3.3.3

L.S.C. Farm teams shall not be allocated in the U04 and U05 divisions.

3.3.4

L.S.C., Farm Teams, 11 - a - side A maximum of five farm team players shall be permitted on a team for any one game provided that the total strength of the team is not thereby increased to more than 15 players in that game.

3.3.5

L.S.C., Farm Teams, 7 - a - side A maximum of three farm team players shall be permitted on a team for any one game provided that the total strength of the team is not thereby increased to more than 10 players in that game.

3.3.6

Substitution, 11 - a - side The substitution of players by either team shall be permitted only at the following times:

a) In the event of an injury; b) Immediately after a goal is scored; c) When a goal kick is awarded; d) At half - time; and e) At throw - ins when the substitution is initiated by the team taking the throw - in.

The referee shall be advised before substitution is made. When a goalkeeper is substituted, he shall change shirts to ensure that the requirements of paragraph 3.4.3 are met.

3.3.7

L.S.C., Substitution, 7 - a - side Unlimited substitution shall be allowed at any stoppage in the game. The taking of a free kick, corner kick or a throw - in shall not be delayed to allow the defending team to make a substitution.

3.4 Player's Equipment

3.4.1

The basic compulsory equipment of a player shall consist of a shirt, shorts, socks, shin guards and appropriate footwear.

3.4.2

A player shall not wear anything (e.g., rings, watches, other types of jewellery, protective equipment or casts, metal or pointed studs on footwear) which, in the opinion of the referee, could cause injury to the player or an opponent.

3.4.3

Coaches shall ensure that goalkeepers wear shirts which adequately distinguish them from the rest of their own team, the opposing team and the referee.

3.4.4

L.S.C. Studs on boots (cleats) may be rubber or plastic but may not be pointed or dangerous.

* MedicAlert bracelets may be worn but must be taped firmly to the wrist. Shin guards are mandatory and must be worn under the socks. Knee pads are optional. Goalkeepers may find it desirable to wear a track suit or sweatpants, gloves, knee pads and elbow pads.

If the weather is cool, players may wear a long sleeve shirt underneath the team shirt but it must be of the same color as the sleeve of the shirt.

No hats may be worn on the field as there is a risk of injury to both the wearer and other players.

Pants are not permitted except for the goalie.

Boots with cleats (studs) are permitted and recommended for all players.

3.5 Referees, Advantage Rule

3.5.1

Advantage Rule The referee may refrain from awarding a free kick where he thinks that stopping the play would give an advantage to the offending team. This does not preclude the referee from administering a caution or sending off a player when play is eventually stopped if the infraction merits it.

3.5.2

L.S.C. Whenever a player or coach is sent off or cautioned, the referee shall submit a full written report to the Director of Referees as soon as possible.

3.6 Assistant Referees (Linesmen)

3.6.1

L.S.C. For 7 aside games, two spectators will be asked to act as assistant referees - or linesmen. For 11 aside games it may occur that one or two linesmen may be required for the game. Remember they are there to help the referee and do so only by indicating when the ball is out of play (which means the whole ball has crossed the line, on the ground or in the air) and, if asked, to tell the referee whose throw - in it is. They are not to signal infractions or offsides.

3.7 Duration of Game

3.7.1

L.S.C. Games shall be scheduled so that the following times (in minutes) are available:

	Warmup	1st Half	Half - time	2nd Half
U05 to U08	10	20	5	20
U09,U10	10	25	5	25
U11 to U14	10	30	5	30
U15,U16	10	35	5	35
U21	10	45	5	45

3.7.2

The referee is responsible for timing the game and ensuring the two halves are of equal time. If scheduling permits, the referee can add time for time lost through injury or delay.

* The scheduled game time shall coincide with the start of the 1st half.

3.8 The Start of Play

3.8.1

At the beginning of the game, the choice of ends and the kickoff shall be decided by the toss of a coin. The call is normally given to the Visiting team. The team winning the toss shall have the choice of ends. The team losing the toss shall take the kickoff.

3.8.2

To be in play from a kickoff or free kick, the ball must move forward. A goal may be scored directly from a kickoff.

3.8.3

After any temporary suspension of play other than a goal, penalty or ball out of play, the referee shall drop the ball at the place where it was when play was suspended, unless it was within the goal area at that time, in which case it shall be dropped on that part of the goal area line which runs parallel to the goal line, at the point nearest to where the ball was when play was stopped. A player shall not play the ball until it has touched the ground.

3.9 Ball In and Out of Play

3.9.1

The ball is out of play when it has wholly crossed the goal line or the touch line, whether on the ground or in the air.

3.10 Method of Scoring

3.10.1

A goal is scored when the whole of the ball has passed over the goal line, between the goalposts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal.

3.11 Offside

3.11.1

A player is in an offside position if he is nearer to his opponent's goal line than the ball, unless:

a) He is in his own half of the field of play; or b) He is not nearer to his opponent's goal line than at least two of his opponents.

3.11.2

A player shall only be declared offside and penalized for being in an offside position if, at the moment the ball touches or is played by one of his team, he is, in the opinion of the referee:

a) Interfering with play or with an opponent; or b) Seeking to gain advantage by being in that position.

3.11.3

A player shall not be declared offside by the referee:

- a) Merely because of his being in an offside position;
- b) or If he receives the ball directly from a goal kick, a corner kick or a throw - in.

3.11.4

If a player is declared offside, the referee shall award an indirect free kick.

3.11.5

There are special interpretations regarding this:

a) Offside shall not be judged at the moment the player in question receives the ball, but at the moment the ball is passed to him by one of his own side. A player who is not in an offside position when one of his teammates passes the ball to him or takes a free kick, does not therefore become offside if he goes forward during the flight of the ball. b) A player who is level with the second last opponent or with the last two opponents is not in an offside position; c) L.S.C. Being in an offside position in the penalty area is generally considered as interfering in the play.

* L.S.C., There is no offside in 7 - a - side play. However, the referee will penalize a team that is obviously and intentionally taking advantage of the offside position during play. Persistent use of this tactic (often referred to as "cherry picking") is considered unsporting behaviour and will result in a caution (yellow card) from the referee.

3.12 Fouls and Misconduct

3.12.1

General Fouls and misconduct are penalized by free kicks and, depending on the seriousness of the offence, a player being cautioned or sent - off.

3.12.2

A direct free kick is awarded when a player commits any of the following offences:

a) Kicks or attempts to kick an opponent; b) Trips or attempts to trip an opponent; c) Jumps at an opponent; d) Charges at an opponent in a violent or dangerous manner or charges an opponent from behind (unless the latter was obstructing); e) Strikes, attempts to strike or spits at an opponent; f) Pushes an opponent; g) Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball h) Holds an opponent; i) Handles the ball deliberately (except for the goalkeeper within his own penalty area).

A direct free kick is taken from where the offence occurred.

* In the case of a handball, the offence must be considered by the referee to be deliberate. Thus, if the ball hits a player's hands when they are at his side or when a female is protecting her breasts, no foul has been committed.

3.12.3

A penalty kick is awarded when an infraction normally leading to a direct free kick (see 3.12.2 above) occurs in the offending side's penalty area, irrespective of the position of the ball, provided it is in play.

3.12.4

An indirect free kick is awarded when a player commits one of the following infractions:

a) Playing in a manner considered by the referee to be dangerous, e.g. attempting to kick the ball while held by the goalkeeper; b) Impeding the progress of an opponent or charging a player who does not have the ball; c) When not playing the ball, intentionally obstructing an opponent; d) Charging the goalkeeper or preventing the goalkeeper from releasing the ball from his hands; e) When playing as a goalkeeper and within his own penalty area:

1) From the moment he takes control of the ball with his hands, he takes more than six seconds while controlling the ball with his hands before releasing it from his possession;

2) Having released the ball into play before, during or after the 6 seconds, he touches it again with his hands, before it has been touched or played by another player of the same team outside of the penalty area, or by a player of the opposing team either inside or outside of the penalty area;

3) Touches the ball with his hands after it has been deliberately kicked to him by a teammate;

4) Touches the ball with his hands after he has received it directly from a throw - in taken by a teammate, and;

5) Indulges in tactics which, in the opinion of the referee, waste time (takes more than 6 seconds to put the ball in play).

The indirect free kick is taken from where the offence occurred, unless it was in the goal area at that time, in which case the kick shall be taken on that part of the goal area line which runs parallel to the goal line, at the point nearest to which the offence occurred.

3.12.5

L.S.C. Goalkeepers are afforded considerable protection in soccer games. They may not be charged at all (contact is permitted only if the goalkeeper and opponent are both going for the ball and the opponent clearly was not attempting to interfere with the goalkeeper). Attempting to

kick the ball when it is held by or under control of the goalkeeper is considered dangerous play. Opponents must move away from the goalkeeper to permit him to put the ball back into play.

3.12.6

A referee shall send off a player or coach at his discretion for:

a) Violent or serious foul play (including spitting); b) Using offensive, insulting or abusive language; c) Persistent misconduct after receiving a caution.

Sending off shall be indicated by the showing of a red card.

3.12.7

A referee shall issue a caution to a player or coach for:

a) Persistent infractions; b) Dissent (by word or action); c) Unsporting behaviour, including leaning on a player of his own team in order to head the ball, and shouting in a manner which could lead opposing players to think that the shout was addressed to them; d) Failing to respect the required distance at a restart of play; e) Delaying the restart of play.

A caution shall be indicated by the showing of a yellow card. Two yellow cards given in the same game to the same player is equal to one red card. The second yellow card is shown at the same time along with the red card.

3.12.8

"Cooling - off Periods" Referees may, without prior warning, send a player off the field for a fixed period of time if his conduct makes it necessary. The player sent off may be replaced by another eligible player. The referee shall have the option not to administer a caution. The length of each cooling - off period shall be 5 minutes (7 - a - side) and 10 minutes (11 - a - side). Coaches of both teams must immediately be notified of this action. There is no appeal against the referee's decision.

3.13 Free Kick

3.13.1

Free kicks can be direct or indirect (L.S.C., in 7 - a - side, all free kicks are direct). Note that on a direct free kick a goal can be scored directly without another player touching the ball.

3.13.2

On an indirect free kick the ball must be touched by a second player (of either team) before a goal can be scored. Referees will indicate indirect free kick by raising their arm straight up, keeping it in that position until the ball touches the second player mentioned above.

3.13.3

Encroachment, 11 - a - side On free kicks all opposing players must be 9.15 metres from the ball and, if the kick is in the kicking side's penalty area, outside that area as well. If the free kick is in the kicking side's penalty area, the ball must go outside the area before it can be played again. If the free kick is within 9.15 metres of the defending team's goal line, the players may stand along this line, inside the goalposts, in order to defend the free kick.

3.13.4

L.S.C., Encroachment, 7 - a - side Same as 3.13.3 but the distance is 6 metres.

3.13.5

Any free kick awarded to the defending team within its penalty area shall be taken as a goal kick. Any indirect free kick awarded to the attacking team within its opponent's goal area shall be taken from the part of the goal area line which runs parallel to the goal line, at the point nearest to where the offence was committed.

* L.S.C., In 7 - a - side, the goal area and penalty area are the same.

3.14 Penalty Kick

3.14.1

11 - a - side A penalty kick is taken from the penalty spot with all players except the goalkeeper and kicker outside the penalty area, and also 9.15 metres from the ball. All players other than the goalkeeper must be positioned behind the penalty spot. The goalkeeper must remain on the goal line, facing the kicker, between the goalposts until the ball has been kicked. The kicker may only play the ball a second time after another player has played it, i.e., he can kick it again if it bounces off the goalkeeper but not directly off the posts.

If a player of the defending side moves into the penalty area before the kick is taken and a goal is scored, it counts; if no goal is scored the kick is to be retaken. The reverse situation prevails if an attacking side player moves into the penalty area prior to the kick.

3.14.2

L.S.C., 7 - a - side All players except the goalkeeper and the kicker must be outside the penalty area and 6 metres from the ball. All other rules apply.

3.15 Throw - In

3.15.1

When the whole of the ball passes over a touch line, either on the ground or in the air, it shall be thrown in from the point where it crossed the line, in any direction, by a player of the team opposite to that of the player who last touched it. The thrower, at the moment of delivering the ball, must face the field of play and part of each foot shall be either on the touch line or on the ground outside the touch line. The thrower shall use both hands and shall deliver the ball from behind and over his head. The ball shall be in play immediately after it enters the field of play, but the thrower shall not again play the ball until it has been touched or played by another player. A goal shall not be scored directly from a throw - in.

If, when a throw - in is being taken, any of the opposing players dance about or gesticulate in a way calculated to distract or impede the thrower, it shall be deemed unsporting behaviour, for which the offender(s) shall be cautioned.

A throw - in taken from any position other than the point where the ball passed over the touch line shall be considered to have been improperly thrown in.

3.15.2

L.S.C., 7 - a - side Normal throw - in rules shall apply except that in the event of a miss - throw in U08, one "retry" shall be allowed. The referee shall instruct the errant player in the correct procedure and allow him a second attempt (retry) to successfully complete the throw - in.

3.16 Goal Kick

3.16.1

When the whole of the ball passes over the goal line excluding that portion between the goalposts, either in the air or on the ground, having last been played by one of the attacking team, it shall be kicked directly into play from any point within the goal area by a player of the defending team. A goalkeeper shall not receive the ball into his hands from a goal kick in order that he may therefore kick it into play. If the ball is not kicked beyond the penalty area, i.e., directly into play, the kick shall be retaken. The kicker shall not play the ball a second time until it has been touched or has been played by another player. A goal may be scored directly from a goal kick. Opponents remain outside the penalty area until the ball has been kicked out of the penalty area.

3.16.2

L.S.C., 7 - a - side Goal kicks shall be taken by any member of the defending team from any point within the penalty area. At such times, all opposing players shall be outside the penalty area and 6 metres from the ball. All other rules apply.

3.17 Corner Kick

3.17.1

When the ball completely passes over the goal line, excluding that portion between the goalposts, either in the air or on the ground, having last being played by one of the defending team, a member of the attacking team shall take a corner kick, i.e., the ball shall be placed within one metre of the nearest corner (if there is a flag post, it must not be moved), and it shall be kicked from that position. A goal may be scored directly from such a kick. Opposing team players shall not approach within 9.15 metres of the ball until it is in play, i.e., it has moved the distance of its own circumference. The kicker shall not play the ball a second time until it has been touched or played by another player.

3.17.2

L.S.C., 7 - a - side Opponents must be six metres from the ball at the time of the kick. All other rules apply.

4. Complaint Procedure

4.1

Complaints with regard to coaches not fulfilling their responsibilities (see Section 2.1) will be examined by the Executive Board when the following procedures have been followed:

- 1) Complaint is made within 72 hours of the incident concerned;
- 2) Complaint made in writing and addressed to the appropriate Division Manager or to a member(s) of the Executive Committee; and
- 3) The letter is signed by the complainant.

* On receipt of a formal complaint, a true copy of the complaint, together with the complainant's name, shall be immediately transmitted to the person involved in the complaint, and he will be given the opportunity to submit a formal reply in writing to the Executive.

4.2

Coaches must keep in mind that referees are often novices and may make mistakes interpreting and applying the rules. An essential part of a player's education is to learn to accept the referee's decisions without protest. Coaches must act as role models for their players by accepting refereeing decisions gracefully and by always treating the referee with a high level of respect.

* Nevertheless, constructive comments of a referee's performance - good or bad - is welcome and necessary and should be addressed to the Director of Referees.

4.3

Written complaints on refereeing decisions or actions should only be made in very exceptional circumstances. If a coach feels that "special administrative attention or review" is required

because of a refereeing situation that occurred during the course of a game then they must do the following:

- 1) Inform the referee at the field, at the end of the game, that an appeal will be filed; and write it on the game sheet at the end of the game, and
- 2) File a signed, written report to the Director of Referees within 72 hours of the incident.

6 Rules for Overtime and Shoot Outs in Knock - Out Competitions

Refer to the following link for the rules ([règlements de la coupe/official cup rules](#)).

7 Club Information

7.1 Health and Safety Issues

7.1.1

Climbing or hanging on soccer nets and goal posts is prohibited.

7.1.2

Hats cannot be worn by players while on the field of play.

7.1.3

Please inform the V.P. House League if your child has a medical or health problem. With parental approval, medical and health issues may be brought to the attention of your child's coach or manager.

7.1.4

Please inform the V.P. House League if a child incurs an injury during a game or practice.

7.1.5

Players should bring their own water bottle to games and practices. Encourage players to drink water frequently.

7.1.6

Please insure that the area outside the field of play (the sideline area) is safe for players and spectators. In order to avoid injuries, soccer balls should be kept under control, equipment arranged at a safe distance from the sideline and private games/practices organized well away from the field of play.

7.1.7

Parents and spectators: please keep a close watch on younger children and pets. Keep them a safe distance from the field of play.

7.1.8

The Club takes advantage of a free service offered by the muc Police Department that utilizes a system to perform background checks on all coaches and volunteers. No confidential or personal information is forwarded to the Club; we receive only a recommendation to accept or reject a volunteer. For more information, please contact the Club office.

7.2 Etiquette

7.2.1

Please be considerate of the people who live close to the soccer fields. Park your vehicle in an appropriate location, keep screaming and coarse language under control and maintain cleanliness in the park area.

7.2.2

As a courtesy to all field users, please obey the signage posted in local parks. Please respect field opening and closing dates and times.

7.2.3

Please refrain from walking on or too close to a playing field when games or practices are taking place there. Other sports need their space, too, so be considerate of their needs.

7.3 General Information

7.3.1

The Lakeshore Soccer Club maintains an extensive book and video library on soccer, coaching soccer and related topics. Call the Club office for information. Borrowing is free of charge but a refundable cash deposit is required.

7.3.2

Lost and Found items should be brought to/picked up from the Lakeshore Soccer office. At the end of the soccer season, unclaimed items will be donated to a charitable organization.

7.3.3

Old soccer uniforms (washed and in good repair) may be dropped off at the Lakeshore Soccer office for distribution to charitable organizations.

7.3.4

There are many excellent soccer related web sites on the internet. For example, official fifa (Federation Internationale de Football Association) rules in both English and French can be found at www.fifa.com.

7.3.5

The Lakeshore Soccer Club, with approximately 3,800 players, is the largest soccer club in Quebec and one of the largest amateur sports organizations in Canada.

8 Player's Code

- Play the game for the game's sake
- Be generous when you win
- Be gracious when you lose
- Be fair always, no matter what the cost
- Obey the laws of the game
- Work for the good of your team
- Accept the decision of the officials with good grace
- Believe in the honesty of your opponents
- Conduct yourself with honour and dignity
- Honestly and wholeheartedly applaud the efforts of your teammates and your opponents

10 Parent's Code

Parents should remember to:

- Encourage their children, not criticize them;
- Make athletic participation for their children and others a positive experience;
- Attempt to relieve the pressure of competition, not to increase it. A child is easily affected by outside influences;
- Be kind to your child's coach and to officials. The coach is a volunteer, giving personal time and money to provide a recreational activity for your child. The coach is providing a valuable community service, often without reward other than the personal satisfaction of having served his community;
- Remind their children that opponents are necessary friends; without them your children could not participate meaningfully;
- Applaud good plays by your team and by members of the opposite team;
- Realize that the official, who is caught between the exuberance of the winner and the disappointment of the loser, is watching the movement of every player and calling the game to the best of his ability;

- Not openly question the referees' judgment and never their honesty because they are a symbol of fair play, integrity and sportsmanship;
- Accept the result of each game.

Encourage children to:

1) Be gracious in victory, and

2) Turn defeat into victory by helping children work toward improvement.

If children enjoy the game, we are on the right track.