

Metro Senior Men's Soccer League Rules and Regulations

Rule 1 Team Registration

A Fees

- i Team registration fees must be paid in accordance with the procedure as set out in the MSMSL Constitution.
- ii All teams must be "in good standing" with the league

B Team Contacts

- i Upon payment of the registration fees, each team must provide the names and addresses, including telephone numbers and e-mail address, of four contact persons for the purpose of receiving all communications from the MSMSL for that team.
 - a Each team must name a team manager and a team treasurer out of these four contacts.
- ii Team Contacts must each have a valid current e-mail address and phone number.
- iii It is the explicit responsibility of the team to ensure that the MSMSL is notified, in writing, of any changes in these contacts and to provide updated information.

C New or Re-Applying Teams

- i New and re-applying teams shall refer to the MSMSL constitution for processes regarding applications to the MSMSL.

Rule 2 Player Registration and Eligibility

A Registration Dates and Process

- i Teams shall register players in accordance with rules set forth by Soccer Nova Scotia. The deadlines for player registration shall be as designated by Soccer Nova Scotia
- ii The league may set its own registration date before the Soccer Nova Scotia to facilitate the running of the league.
- iii No player shall be deemed registered for participation nor shall a player compete in any game of the MSMSL unless they are registered with Soccer Nova Scotia and confirmation of their registration has been forwarded to the MSMSL Registrar 48 hours prior to play.
 - a No player in non good standing shall be register to play unless
 - i The player makes complete restitution to the league as described in the league constitution.
 - ii The team registering the player in question agrees to assume the financial obligations of the player.

Metro Senior Men's Soccer League Rules and Regulations

- iv Teams shall register
 - a No less than fourteen (14) and no more than twenty-seven (27) players on an outdoor team;
 - b No less than twelve (12) and no more than eighteen (18) players on an indoor team.

B Eligibility

- i All players must be 19 years old by December 31st of the present season.
- ii All players must be "in good standing" with the league. Players can be in "not in good standing" by:
 - a Being a member of a team in a previous season that has been placed in "not in good standing".
 - b Being expelled from the league or under sanctions from Soccer Nova Scotia due to violent or other conduct.
 - c Players can appeal their "not in good standing" as per League Constitution.

C Unregistered Players

- i A player who is not registered as per the registration process shall be deemed as an ineligible player. If a team uses an illegible player, the player and team shall be sanctioned as per Rule 10E.

D Players Under Suspension

- i Players serving suspensions due to card infractions or other issues shall be deemed ineligible for completion until such time that their suspension has been served. If a team uses an illegible player, the player and team shall be sanctioned as per Rule 10E.

Rule 3 Player Movement

A Call ups to MSMSL

- i The MSMSL does not permit call-ups from other leagues.

B Call- Ups to Other Leagues

- i The MSMSL allows players under the age of 45 to be called to "play up" for a maximum number of three games per season. Players playing more than the three games prescribed will be deemed ineligible and not be able to return to the MSMSL for the remainder of the season.
- ii Players being called up to another league must inform the league and follow proper call up procedures as designated by Soccer Nova Scotia.

Rule 4 Rules Governing Games

A Laws of the Game

- i Games shall be played according to the Laws of the Game as established by FIFA, with the following exceptions:
 - a No slide-tackling rule.

Metro Senior Men's Soccer League Rules and Regulations

- b Unlimited substitution
- c Number of Officials

B Substitution

- i Unlimited substitutions will be allowed at the referee's discretion.
 - a The exception to this rule would be for indoor league or other competition where substitution on the fly is acceptable.
 - b All substitutions must be made at the half line.

C Slide Tackle Rule

- i If a player goes to the ground to play a ball within playing distance of an opponent an indirect free kick is awarded to the opposing team for dangerous play.
- ii If a player makes contact with an opponent while playing a ball while going to the ground a direct free kick is awarded and the player may be shown a yellow card depending on the severity of the contact.
- iii If a player goes to the ground in a reckless manner and makes contact with an opposing player a direct free kick is awarded and the player **MUST** be shown at least a yellow card.
- iv Any slide tackles from behind an opponent must be treated as serious foul play with intent to injure and a red card should be shown to the guilty player.
- v A player **MAY** go to the ground to prevent a ball from going out of bounds or to score a goal if there is no opposing player within playing distance.
- vi Goalkeepers are permitted to go to the ground to play the ball; however normal rules apply with regard to contacting opponents.

D Number of Officials

- i All games shall have three official scheduled to attend every match.
- ii In such cases that only one or two officials attend, the match shall be played and the results stand.
- iii Only the lead game official may cancel the match should the official warrants that the game not be played in the name of safety or fairness.
 - a Should the game official cancel the match, the official must sign both games sheets and submit a report detailing the reasons for the cancellation within 48 hours to the league.
- iv Any team refusing to play the match with less than the full complement of game officials the team shall be charged with a forfeit and be responsible with all fees as described in the league rules
- v If both teams refuse to play the match with less than the full complement of game officials both teams shall be charged with a forfeit and be responsible with all fees as described in the league rules.

Metro Senior Men's Soccer League Rules and Regulations

E Game Sheets

- i Each team must be completed the game sheet as provided for by the League and handed to the referee prior to the kick-off.
 - a If a player's name is missed at the start of the game, the Referee will add the name and note that the player was not on the game sheet at kick off. The added player(s) will be considered eligible if they are registered team players
- ii The names of all players likely to participate in a match must be listed on the game sheet.
- iii No additional names may be added to the sheet after kick-off. Game sheets must be signed by each manager/team official and the referees at the end of each game. In addition to the referee's remarks, any protest(s) concerning the game shall be noted in brief.
- iv Each team shall be responsible for the collection of a copy of the game sheets at the end of each game.
- v Any game in which there is an ejection, for a straight red or double yellow, shall have a copy of the game sheets faxed to the league within 48 hours.

F Duties of Each Team

- i Each team will be responsible for hanging its goal mesh and providing 2 corner flags. The exception to this rule is the artificial turf or indoor fields where goal meshes and corner flags are provided.
- ii The home team is responsible for providing a good match ball.
- iii Each team is responsible for its share of the referee's fees where not included in league registration.
 - a Fees are to be paid to officials at half time.
 - b The league is responsible for setting fees for officials.
 - c Failure to pay officials shall result in sanctions as per Rule 10C
- iv The responsibility of reporting of Game results including discipline
 - a Is ultimately the responsibility of the winning team through the league website within 48 hours.
 - b Is, in the event of a tie, that of the home team.
 - c Must be reviewed by both teams to ensure that no errors or omissions have been made. Failure to submit scores or discipline shall result in sanctions as per Rule 10C. Errors on game results shall be reported within 72 hours of input onto the league website.

Metro Senior Men's Soccer League Rules and Regulations

G Uniforms

- i Each team participating in the MSMSL shall have two sets of shirts and socks in two distinct colours.
- ii Teams will declare their home colours and will wear these colours at all home games.
- iii Prior to the commencement of the game, if both teams are wearing the same or similar colors, the "away" team must change. Pinnies are acceptable.
- iv All players of a team, with the exception of the goalkeeper, shall wear the same distinct combination of jersey, shorts and sock colors. Each player's jersey shall have a unique number on the back. Swapping of jersey's is not permitted.

H Forfeiture and Default

- i A team cannot take the field;
 - a With less than 7 players in an eleven a side game
 - b With less than 5 players in an seven or eight a side game
- ii Default is defined as follows:
 - a A defaulted game is one in which a team fails to field a team for the scheduled game.
 - a If a team is unable to field a team for a scheduled game and notifies the league scheduler 48 hours in advance, the team will not have to pay for field fees or game official costs. This is on the first offence only. Rule 10D will apply to all other incidents.
 - ii If a team fails to field a team for the scheduled game without 48 hours notice, team will have to pay for all field fees and game official costs. Demerit points will not be assigned for the first offence, however subsequent offences will be governed by Rule 10D. The game score shall be 3-0.
- iii Forfeit is defined as follows:
 - a A forfeited game is one that is played and subsequently forfeited for a rule violation. Forfeiting a game shall result in sanctions as per Rule 10D.
 - i The game score shall be 3-0.

I Scheduling

- i Team requests for schedule exemptions
 - a In the summer season must be submitted these by the first general meeting in May or date set by the league
 - b In the winter season must be submitted these by the first general meeting in October or date set by the league..
- ii The league will guarantee only one schedule exemption per team, but will try to accommodate teams requests.

Metro Senior Men's Soccer League Rules and Regulations

J Rescheduling of Games

- i Teams reaching an agreement to re-schedule a game must receive the League's approval of the revision.
- ii Both teams must be contacted by phone & email and agree to the rescheduled date.
- iii If both teams cannot agree on a date the game will be played as originally scheduled.
- iv Both teams will be assessed an administration fee of \$20.00 for the schedule change after the original exemption date and the home team will have to pay for all field fees required for the schedule move.
- v The exception to this rule shall be if only one team wishes to reschedule and the other team agrees, the team wishing to reschedule shall be assessed an administration fee of \$40.00 for the schedule change after the original exemption date and have to pay for all field fees required for the schedule move.

K Delayed Kickoff

- i All matches must begin no later than 15 minutes after the scheduled kick-off time unless there is mutual agreement of the 2 teams and the referee to the extent of this time.
- ii Games of less than sixty minutes in length must begin no later than 10 minutes after the scheduled kick-off time unless there is mutual agreement of the 2 teams and the referee to the extent of this time.

L Game Protests

- i All protests, concerning games, must be received in writing by the President or Vice-President, within 72 hours of the game in question.
- ii A \$25 deposit must accompany all protests. This deposit will be refundable, if the Executive Committee has deemed the protest just.
- iii Protests, once deemed just, will be ruled upon within ten business days with a representative from each team present for discussion.

M Abandoned Matches

- i Abandoned due to weather, lighting or field conditions including broken goalposts:
 - a Result stands after 75 minutes, with the exception of :
 - i Playoff or Cup games where the result stands after halftime.
 - ii Indoor or Spring League games, which have a duration of 60 minutes; these results will stand after halftime.
 - b Abandoned due to actions by a player or players of team leading:
 - i Team leading is charged with a forfeit. Refer to Rule 4-H-iii of the League Rules and Regulations
 - c Abandoned due to actions by a player or players while the teams are drawing:
 - i The team which caused the abandonment is charged with a forfeit. Refer to Rule 4-H-iii of the League Rules and Regulations.

Metro Senior Men's Soccer League Rules and Regulations

- d Abandoned due to actions by a player or players of the team losing:
 - i The team losing is charged with a default and the existing score is taken if it is more advantageous to the winning team than the 3-0 given for a forfeit.
- e Abandoned due to the actions of both teams:
 - i The result will and both teams will be sanctions as per Rule 10D

Rule 5 The League Standings **A Standings**

- i A team's standing is determined on a points basis with 3 points for a win, 1 for a draw and 0 for a loss.
- ii League standings will be determined by
 - a points,
 - b head to head (if more than two teams are tied its total points for games played against each other),
 - c most wins,
 - d goal differential,
 - e goals for,
 - f goals against,
 - g coin toss.

Rule 6 League Playoffs **A Rules**

- i The League executive will determine rules of any season playoffs prior to their commencement.
- ii Players must be registered before the deadline to be eligible.

Rule 7 Discipline

A Responsibility

- i The Vice-President will be responsible for the League discipline. He shall chair any discipline meetings conducted by the Discipline Committee as per the MSMSL constitution.
- ii Teams shall be responsible for tracking of the cards and points assigned to their players.

B Reporting of Incidents

- i All incidents involving either a yellow or a red card shall be reported via the MSMSL website so they may be duly recorded within 48 hours.
- ii Incidents that involve referee abuse or violent conduct shall be reported directly to the Vice President within 48 hours.

C Discipline Action

- i Discipline action shall generally follow that as established by the CSA and SNS.
- ii The Discipline Committee shall handle all disciplinary matters not already handled by SNS.

D Appeals

- i All appeals on discipline matters shall be made in writing to the body issuing the sanction according to the appeals procedures laid down in the SNS Constitution.

Metro Senior Men's Soccer League Rules and Regulations

- Rule 8** **Player/League Restrictions**
- A** **Player Restriction**
- i No player under the age of 45 shall be permitted to play in more than one league in the same outdoor season.
- B** **League Restriction**
- i No player under the age of 35 shall be permitted to play in the Master's Division in the summer season.
- Rule 9** **Player Discipline**
- A** **Discipline**
- i Teams are responsible for knowing game penalties their players have.
 - ii Both teams are responsible to ensure that cards are reported to the league website.
 - iii The league imposes penalties for incidents involving other players.
 - iv Soccer Nova Scotia imposes penalties for physical incidents involving game officials.
 - v Discipline committee will contact team managers within three business days with a ruling on all incident which require review.
 - vi Incidents requiring hearings or appeal hearings with the league will be held within ten (10) business days of the incident or appeal.
- B** **Game Penalties -Cautions (Yellow Cards)**
- i First Caution
 - a No action to be taken on the first caution of a season.
 - ii Second Caution
 - a No action to be taken on the second caution of a season unless first and second caution are presented in the same game see Rule 9 Bvii.
 - iii Third Caution
 - a Third caution of the season will result in a one game suspension.
 - iv Fourth Caution
 - a No action to be taken on the fourth caution of a season unless third and fourth caution are presented in the same game see Rule 9 Bvii.
 - v Fifth Caution
 - a Fifth caution of the season will result in a two game suspension.
 - vi Sixth or and Subsequent Caution
 - a Sixth or any subsequent caution of the season will result in a three game suspension.
 - vii Receiving Two Cautions in the Same Game
 - a For which neither caution was directed at the game official(s):
 - i First seasonal offence will result in a one game suspension.
 - ii Second seasonal offence will result in a two game suspension.
 - iii Third and any subsequent seasonal offence will result in a discipline hearing with Soccer Nova Scotia.
 - b For which one of the cautions was directed at the game official(s):
 - i First seasonal offence will result in a two game suspension.
 - ii Second seasonal offence will result in a four game suspension.
 - iii Third and any subsequent seasonal offence will result in a discipline hearing with Soccer Nova Scotia.

Metro Senior Men's Soccer League
Rules and Regulations

C Game Penalties -Ejections (Red Cards)

- i Dismissed for red card offences (with the exceptions of Rule 9 C ii thru Rule 9C x).
 - a First Ejection (Red Card)
 - i First seasonal offence will result in a one game suspension.
 - b Second Ejection (Red Card)
 - i Second seasonal offence will result in a two game suspension.

- ii Dismissed for red card offences for using offensive, insulting or abusive language and/or gestures toward anyone other than a game official.
 - a First Ejection (Red Card)
 - i First seasonal offence will result in a one game suspension.
 - b Second Ejection (Red Card)
 - i Second seasonal offence will result in a three game suspension.

- iii Dismissed for red card offences for using offensive, insulting or abusive language and/or gestures toward a game official.
 - a First Ejection (Red Card)
 - i First seasonal offence will result in a two game suspension.
 - b Second Ejection (Red Card)
 - i Second seasonal offence will result in a four game suspension.

- iv Dismissed for red card offences for spitting at an opponent or any other person other than a game official.
 - a First Ejection (Red Card)
 - i First seasonal offence will result in a four game suspension.
 - b Second Ejection (Red Card)
 - i Second seasonal offence will result in an eight game suspension.

- v Dismissed for a third seasonal offence will result in a discipline hearing with Soccer Nova Scotia.

- vi Dismissed for game official assault will result in a discipline hearing with Soccer Nova Scotia.

D Serious Foul Play/ Violent Conduct

- i The difference between "Violent Conduct" and "Serious Foul Play":
 - a Serious Foul Play is done with the ball in playing distance.
 - i ie: An attacker beats the defender, the defender grabs him and shoves him to the ground.

Metro Senior Men's Soccer League Rules and Regulations

- b If a player is shown the Red Card for "Serious Foul Play"
 - i *First Ejection (Red Card)*
 - a First seasonal offence will result in a two game suspension.
 - ii *Second Ejection (Red Card)*
 - a Second seasonal offence will result in a four game suspension.
- c Violent Conduct is done with play stopped or when the ball is not near the infraction.
 - i ie. An attacker beats the defender then takes a shot and the ball goes out of play. The defender grabs him and shoves him to the ground
- d If a player is shown the Red Card for "Violent Conduct" there is an automatic 3 game suspension. This suspension could be more depending on the circumstances.
 - i The discipline committee may assess from the original three (3) to fifteen (15) game suspensions, as well as, administrative charges from twenty five (\$25.00) to two hundred dollars (\$200.00) depending on the offence.
 - a Ruling must be put to the league executive for a vote.
 - ii If the discipline would like to impose greater sanctions, a proposal would have to present to the board of directors for a discussion and vote.

E Other Player Discipline

- i Supplementary discipline may be imposed for incidents that are written up by the match referee.
- ii Any actions deem detrimental to the leagues image, shall be investigated by the discipline committee.
 - a The discipline committee may assess from five (5) to thirty (30) game suspensions, as well as, administrative charges from twenty five (\$25.00) to two hundred fifty dollars (\$250.00) depending on the offence.
 - b Ruling must be put to the league executive for a vote.
 - c If the discipline would like to impose greater sanctions, a proposal would have to be presented to the board of directors for a discussion and vote.
- iii Persisting using offensive, insulting or abusive language and/or gestures toward a game official(s) after being dismissed that is directly in the area(s) of the soccer field. There is an automatic 4 game suspension. This suspension could be more depending on the circumstances.
 - a The discipline committee may assess from the original four (4) to fifteen (15) game suspensions, as well as, administrative charges from twenty

Metro Senior Men's Soccer League Rules and Regulations

five (\$25.00) to two hundred dollars (\$200.00) depending on the offence.

- i Ruling must be put to the league executive for a vote.
- b If the discipline would like to impose greater sanctions, a proposal would have to present to the board of directors for a discussion and vote.
- iv The discipline committee shall investigate any threats towards a league official.
 - a The discipline committee may assess from five (5) to thirty (30) game suspensions, as well as, administrative charges from twenty five (\$25.00) to two hundred fifty dollars (\$250.00) depending on the offence.
 - b Ruling must be put to the league executive for a vote.
 - c If the discipline would like to impose greater sanctions, a proposal would have to be presented to the board of directors for a discussion and vote.

Rule 10 Team Discipline

A Demerit Point system

- i The league will use a demerit system where teams will be assessed penalty points and administration fees for each of the following offenses.
- ii Once a team reaches five (5) points, a letter from the Executive will be issued to that teams Board of Director Representative.
 - a Once a team reaches six (6) the Executive will present this information to the Board of Directors where a vote will take place to determine the teams standing within the league.
- iii If a team is expelled from the league;
 - a All games played versus this team will be reversed 3-0 (includes goal scorers).
 - b No funds will be reimbursed to the expelled team.
 - c The expelled team will have to re-apply for admission to the league as per Rule 1C.
 - d At the end of every season (including playoffs), two (2) demerit points will be removed from every team to move the team towards zero points. Teams can not have demerit point credits
 - e IE A team having 2 points at the end of the season, does not have -1 points to start the next season.

B Payment of Administrative Fees

- a Administrative fees shall be paid within twenty-one (21) days of notification of team representatives.
- ii Failure to pay fines in such time will result in team being placed in non-good standing with the league and being sanctioned as per Rule 10C.

Metro Senior Men's Soccer League Rules and Regulations

C Administrative Demerits

- i The failure to provide a representative at two (2) consecutive league meetings shall result in 1 point and an administrative fee of twenty-five dollars (\$25.00).
- ii The failure to provide a representative at the MSMSL Annual General Meeting (AGM) shall result in 1 point and an administrative fee of twenty-five dollars (\$25.00).
- iii Failure to pay administrative fee within in 21 days or by the league deadline shall result in 1 point and an administrative fee of fifty dollars (\$50.00).
- iv Providing the MSMSL with a Non Sufficient Funds (NSF) for payments of any league fee shall result in 1 point and an administrative fee of fifty dollars (\$50.00) plus any other bank charges.
- v Failure to return League Trophy to designated official by a league deadline shall result in 1 point and an administrative fee of twenty five dollars (\$25.00).
- vi Failure to place player photos on league website by the league deadline shall result in 1 point and an administrative fee of fifty dollars (\$100.00).
- vii Failure to input or correct inputted game data on league website within 72 hours shall result in 1 point and an administrative fee of twenty-five dollars (\$25.00).
- viii Failure to pay a game official shall result in 2 points and an administrative fee of fifty dollars (\$50.00) and the reimbursement of such fees to the league.

D Game Demerits

- i A second default, as defined in Rule 4-H-ii, within a season shall result in 2 points and an administrative fee of fifty dollars (\$50.00).
- ii A third default, as defined in Rule 4-H-ii, within a season shall result in 4 points and an administrative fee of seventy five dollars (\$75.00).
- iii A forfeit , as defined in Rule 4-H-iii, within a season shall result in 4 points and an administrative fee of seventy five dollars (\$75.00). Team forfeiting shall pay for complete field fees and costs of officials.
- iv Failure to play a game without a complete set of uniforms shall result in 1 point and an administrative fee of twenty-five dollars (\$25.00).
 - a This includes the swapping of jerseys.
- v A game that is abandoned due to the actions of one or two teams shall result in 2 points and an administrative fee of fifty dollars (\$50.00).
- vi Any actions deem detrimental to the leagues image, shall be presented to the leagues Board of Directors, by the league executive, who will vote on these actions.
 - a Board of Directors may assess from two (2) points to four (4) points as well as administrative charges from fifty (\$50.00) to two hundred dollars (\$200.00).

Metro Senior Men's Soccer League Rules and Regulations

E *Player Demerits*

- i The use of an unregistered player as defined in Rule 2-C shall result in 1 points and an administrative fee of fifty dollars (\$50.00). As well, teams
 - a Must pay for game officials costs to the other team.
 - b Be subject to Rule 4-G-ii , resulting in a 3-0 score and face demerits and fees as per Rule 10-D-iii.
- ii The use of an ineligible player as defined in Rule 2-D shall result in 1 points and an administrative fee of fifty dollars (\$50.00). As well, teams
 - a Must pay for game official's costs to the other team.
 - b Be subject to Rule 4-H-ii , resulting in a 3-0 score and face demerits and fees as per Rule 10-D-iii.

Metro Senior Men's Soccer League
Rules and Regulations

<i>Date</i>	<i>Item</i>	<i>Authors</i>
May 17,2005	Complete revision of the rules.	D Hailstone; S Musseau
Jan 17,2007	Revisions	D Hailstone; S Langille; R McConnell; T Murgratroyd; M Boyce; M Dauphinee