



RULES AND REGULATIONS #1

Rules and Regulations respecting the general operations of ROCKLAND UNITED SOCCER CLUB (RUSC)

1. OFFICIAL NAME AND COLOURS

1.01 The Club shall be known as the Rockland United Soccer Club (“The Club”).

1.02 The official colours of The Club shall be gold and royal blue.

1.03 The colours and logo of The Club shall not be used, for any reason, without the expressed approval of the Board.

1.04 Teams representing The Club shall bear the logo and colours of The Club.

1.05 Optional colours can be used in the recreational program.

2. EQUAL TREATMENT OF PLAYERS

2.01 All players registered shall be provided an equal opportunity to develop their soccer skills and abilities in an environment that promotes teamwork, respect, skill development, personal growth and self-confidence.

2.02 The Club adopts a policy of zero tolerance of harassment, abuse and discrimination regarding its players. Any knowledge or incidents of harassment or misconduct involving a team official, parent/guardian or player shall be reported immediately to the police and the team official, parent/guardian or player whom is alleged to have committed the harassment or misconduct will be suspended indefinitely forthwith from the activities pending the outcome of the investigation.

3. RESPONSIBILITY AND LIABILITY

3.01 Indemnity - Every officer, member or any other volunteer of The Club shall be indemnified for all costs, losses and expenses incurred by them while in or about the discharge of their respective duties, except such as happens from their own respective wilful neglect or defaults.

3.02 Debts - The Club shall not be held responsible for any debts incurred by an individual or team unless authorized in writing by the Board.

3.03 Equipment - Proper, approved protective equipment shall be worn at all times while participants are playing or practicing soccer. The coach of each team shall be responsible to ensure that all players are so equipped. The provision of all such equipment shall be the responsibility of the child’s parent or guardian. The wearing of shin guards by players is mandatory during practices and games. The wearing of mouth guards is mandatory to claim dental insurance.



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3.04 Team Coach - The team coach shall be responsible for the conduct of the players and his or her parents of his or her team during the course of any game or practice. The team coach shall ensure that only members of his or her team are engaged in team activities during games or practices.

3.05 Referees - The referees shall be responsible for enforcing all officiating rules of The Club, the Ontario Soccer Association (OSA) and the Eastern Ontario District Soccer Association (EODSA) regarding safety and discipline of game participants and spectators.

4. DISCIPLINE

4.01 All cases involving breaches of discipline by players, coaches and assistants must be brought before the Discipline Committee for review. All disciplinary actions will be in accordance with OSA rules and regulations.

4.02 Any and all verbal or physical assault directed to referees will be directed to the EODSA as per OSA rules and regulations.

4.03 Any coach who suspends a player for discipline reasons shall report such suspension, including the circumstances, to the applicable convenor within forty-eight (48) hours.

5. CODE OF CONDUCT FOR PLAYERS, COACHES AND PARENTS

5.01 All team officials, players and parent/guardians shall read and sign the Code of Conduct of The Club. Team officials, players and parent/guardians of players while in attendance at, or participating in games, are to conduct themselves according to the best interests of the game of soccer and athletic competition, remembering that sports is meant to be fun and enjoyable. They shall respect the team officials, players, officials and other parents/guardians and the rules of soccer. Any form of unacceptable behaviour or disrespect shall be avoided at all times.

5.02 No Smoking or Alcohol - At no time shall a team head coach, team official, player or parent/guardian be smoking on or near the field, or otherwise within the view of the players. The team head coach, team officials, players and parent/guardians shall abstain from consuming alcoholic beverages at or on the field or prior to all practices or match play.

5.03 Standard of conduct - All team head coaches shall maintain and observe the highest standard of personal conduct and fair play and shall treat players with respect at all times.



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They shall not place themselves in situations that could be construed as offensive or of sexual in nature.

6. PLAYER REGISTRATION

6.01 Players shall be registered in accordance with procedures laid down by the Board.

6.02. Registration shall take place at the location and in accordance with the dates and times as decided by the Board.

6.03 Players under eighteen (18) years of age are required to be registered by the parent or legal guardian. At the time of registration, legal proof of age, and proof of residency for all **new** registrants **to the Club** must be shown.

6.04 A player shall register **in a format** ~~on a form~~ as approved by the Board and shall pay the required fee prior to participating in any program or activity of The Club.

6.05 Other than in those instances where exceptions may be granted by the Board and by The Club Rules and Regulations, a player shall be registered to play for only one team.

7. REGISTRATION FEES

7.01 The registration fees shall be as set out by the Board as per the Constitution:

- a. Players on Representative Teams will be required to pay a surcharge in addition to the basic registration fees. This surcharge is to recover additional administrative and support costs and must be paid to The Club no later than 1 May, in order to retain representative status and club sanction.
- b. Additional fees may be levied for special projects, training (other than coach certification training), or events as approved by the Board.
- c. The fee structure shall be as follows:
 - 1) 1st child at published registration fee for the applicable age group;
 - 2) 2nd child at published registration fee for the applicable age group;
 - 3) 3rd child at published registration fee for the applicable age group less \$25.00;
and
 - 4) 4th child or more free of charge.

8. COMPOSITION OF TEAMS



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8.01 Recreational Teams - Age categories shall be comprised of teams of players who have not attained the limiting age before the 31 of December of the year for which they have registered and shall be divided as follows:

a. Youth Teams:

- 1) U-18: a player shall not have attained the age of 19 before the 31st day of December of the current year;
- 2) U-17: a player shall not have attained the age of 18 before the 31st day of December of the current year; and
- 3) U-16: a player shall not have attained the age of 17 before the 31st day of December of the current year.
- 4) U-15: a player shall not have attained the age of 16 before the 31st day of December of the current year;
- 5) U-14: a player shall not have attained the age of 15 before the 31st day of December of the current year;
- 6) U-13: a player shall not have attained the age of 14 before the 31st day of December of the current year;
- 7) U-12: a player shall not have attained the age of 13 before the 31st day of December of the current year; and
- 8) U-11: a player shall not have attained the age of 12 before the 31st day of December of the current year.

b. Micro Teams

- 1) U-8: a player shall not have attained the age of 9 before the 31st day of December of the current year; and
- 2) U-7: a player shall not have attained the age of 8 before the 31st day of December of the current year.
- 3) U-6: a player shall not have attained the age of 7 before the 31st day of December of the current year;
- 4) U-5: a player shall not have attained the age of 6 before the 31st day of December of the current year; and
- 5) U-4: a player shall not have attained the age of 5 before the 31st day of December of the current year.

8.02.1 Adding age groups - The Board may adopt a one-year group division if registration numbers permit such division in a particular age group.

8.02.2 Combining age groups - The Board may combine certain age groups to form a division if registration numbers are insufficient to form a normal division in a particular age group.



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8.03 Certification - Each recreational team head coach is encouraged to be certified at the required coach certificate level within the meaning of the OSA Coaches Certification program.

8.04 A player will be registered according to his / her age as of 1 January of their birth year. A player must play in his / her age classification, unless it is deemed to be in the best interest of The Club, or due to the child's exceptional ability to play in a higher age grouping. All player moves must be approved by The Club for players being registered in a higher age group.

9. TEAM SIZE, DURATION OF GAMES AND BALL SIZES

9.01 The maximum team size, the duration of the games and the ball size to be used for each age category from U4 – U 11 shall follow the published OSA LTPD Recreational and Representative (Development) Matrices.

9.02 For other age groups in the Recreational Leagues, the following shall apply:

League	Age group range	Maximum team size	Game Format	Game duration (halves)	Ball size
Recreational	U13 – U15	16	11 v 11 (GK)	2 x 40 min	5
	U16 – U17	20	11 v 11 (GK)	2 x 45 min	5

9.03 For other age groups in the Representative Leagues, the rules as stipulated by the Eastern Ontario District Soccer League and Eastern Region Soccer Leagues shall apply.

9.04 For all age categories above U5, the total playing time shall be divided into two equal playing halves with a five minute break at half time.

10. CANCELLATION OF GAMES

10.01 Recreational League games may only be cancelled by the referee, or by the Convenor in the case in which a referee is not required at the game, if, in his or her opinion, the weather is of danger to the players. Normal rainfall will not be justification for cancellation of a game. A game cannot be cancelled and rescheduled between coaches without the approval of the Convenor of the division. At all times, the Club's Accident Management Policy shall prevail.

10.02 Representative and Adult League games are governed by the rules of the appropriate League.



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11. CHANGE OF GAME TIMES

11.01 Games are to commence at the published times. Referees will have discretion to commence U13 to U17 Recreational League games up to 15 minutes early if, in their opinion, the game may be completed prior to the arrival of inclement weather.

12. SOCCER FIELDS

12.01 Field Opening - No teams shall be permitted on soccer fields until such time as the Facilities Manager advises them through the Convenors / Director of Representative Teams that the fields are open for the season or pre-season.

12.02 Field Use Restriction - If the Municipality or local Schools and their Boards restrict or prohibit use of their fields for the preservation of the conditions of such soccer fields, the Facilities Manager shall send out an advisory to that effect and restrict or prohibit teams from using those fields for practices, games or both until such restriction or ban is lifted. The Convenors shall be responsible to notifying teams and league officials (representatives) when such event occurs. The Convenors shall designate alternate field locations for upcoming matches.

13. MEMBERS AND TEAMS NOT IN GOOD STANDING

13.01 Members - Any and all members (players, coaches, managers, parents, officers, etc.) who are in violation of any of the RUSC Constitution and its Rules and Regulations will be considered members not in good standing.

13.02 Teams - Any and all recreational or representatives teams who are in violation of any part or section of the articles of the Constitution and its Rules and Regulations shall be considered teams not in good standing. The team coach shall be held responsible and shall be considered a member not in good standing.

13.03 Sanctions - Any and all members or teams not in good standing are subject to the following sanctions:

- a. suspension;
- b. forfeiture of all registration fees and OSA insurance coverage;
- c. forfeiture of any performance bond or equipment deposit;
- d. withdrawal from the league of play; and
- e. refusal to sign travel permits

13.04 Reporting - The names of members not in good standing shall be reported to the EODSA and to the League of Play, if applicable, for further sanctions by these organizations.



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13.05 Appeals - All appeals must be directed in writing to the Board within fifteen (15) days of the notification of a sanction or sanctions to a member or a team.

14. ADDITIONAL RULES AND REGULATIONS

14.01 The Board may make such additional rules and regulations as may be deemed necessary to promote, develop and govern the game of both recreational and representative soccer within its jurisdiction.

15. INDIVIDUAL RIGHTS AND FREEDOMS

15.01 No such regulation may violate the individual rights and freedoms except as may be required to protect the rights and freedoms of any other individual and/or to ensure the stability of the basic structure of the game.

16. REIMBURSEMENT OF TRAVEL COSTS OF OFFICERS ON OFFICIAL BUSINESS

16.01 Any and all reimbursements are subject to the approval of the President and are limited to actual and reasonable expenses incurred. Every reimbursement, except for the mileage, shall be paid only when supported by a receipt.

16.02 Travel Costs - The officers of The Club shall be reimbursed for the travel costs and expenses incurred for the purposes of attending meetings (i.e. EODSA General Meetings) or to conduct business on behalf of The Club. Payment of mileage shall be reimbursed at a rate of .25 cents/km.

16.03 Meal Costs - Meals shall be reimbursed in cases where the officer is required to be present over a meal hour and food was not supplied.

16.04 Telephone Charges - Telephone charges made in the course of the duties of an officer shall be reimbursed when proof of such calls is established.