



RULES AND REGULATIONS #2

Rules and Regulations respecting the Representative and Adult Teams

of the

ROCKLAND UNITED SOCCER CLUB (RUSC)

1. GENERAL

1.01 Representative Soccer means the youth competitive component of the soccer program operated by The Club.

1.02 Adult Soccer means the adult program operated by The Club under the auspices of the Ottawa Carleton Soccer League (OCSL).

1.03 All representative and adult team members, (coaches, team officials and players), will be selected from members in good standing of The Club.

2. REPRESENTATIVE PROGRAM DIRECTOR

2.01 The Representative Program Director, in accordance with the Constitution and The Club Rules and Regulations, shall be responsible for the administration of the representative program.

2.02 All representative team members are answerable to the Board of Directors through the intermediate of the Representative Program Director.

3. ADULT PROGRAM DIRECTOR

3.01 The Adult Program Director, in accordance with the Constitution and The Club Rules and Regulations, shall be responsible for the administration of the adult program.

3.02 All adult team members are answerable to the Board of Directors through the intermediate of the Adult Program Director.

4. LIMITATION

4.01 The players selected for the youth representative teams shall be residing within the boundaries of The Club (as defined in the Constitution) at the time of registration with the exception of a maximum of 25% of the players selected which may reside outside these boundaries unless otherwise approved, in writing, under exceptional circumstances, by the Board of Directors.



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4.02 The representative and adult teams shall obtain the approval from The Club before playing in any organized league. Where warranted, representative teams that wish to play at a higher level in the pyramid for play shall be supported and authorized by The Club.

5. LEAGUES OF PLAY

5.01 Representative teams will be formed based on the number of qualified players available for play in a season and on the availability of such a team within the competitive leagues sanctioned by the Canadian Soccer Association, the Ontario Soccer Association and the Eastern Ontario District Soccer Association.

5.02 To avoid issues related to team selection, only one representative team per age level shall be selected for the highest competitive division in each specific age group category. Where the number and quality of competitive calibre players permit, an additional representative team may be registered at a lower competitive level. Where there is more than one team playing in a Division, one team will be made up of the top assessed players.

5.03 Representative Teams shall be created based on single-year ages of players. In the event that not enough players are available for a single-year age group, a two-year age group shall be used and the category shall be named after the oldest players in the age group (i.e. U12 and U13 girls would combine and become U13 Girls). Multiple-age Representative Teams in the U8 – U12 age groups shall adhere to the OSA's Long Term Player Development guidelines, particularly the requirements related to a two-year or more age gap.

5.04 Adult teams will be formed by the respective team official and on the availability of such a team within the competitive leagues sanctioned by the Canadian Soccer Association, the Ontario Soccer Association and the Eastern Ontario District Soccer Association.

6. REPRESENTATIVE TEAMS HEAD COACHES

6.01 Certification - Each youth representative and adult team head coach must be certified at the required coach certificate level within the meaning of the OSA Coaches Certification program.



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6.02 Communications with The Club - The official line of communication for representative team head coaches shall be through the Representative Program Director and for adult team head coaches shall be through the Adult Program Director.

6.03 Revoking the position of head coach - The privilege of being a representative team head coach can be revoked at any time by The Club if the rules and regulations regarding the coaching are deemed encroached upon by the representative team head coach.

6.04 Teams under the control of The Club - Each representative and adult team shall remain under the control of The Club at all times. Under no circumstances shall a representative or adult team head coach engage in discussion with other clubs regarding the move of players to other Clubs or otherwise attempt to relocate teams to other clubs.

6.05 Application - Any member, with the appropriate qualifications, may apply for the position of representative or adult team head coach by submitting a duly filled 'RUSC Team Head Coach Application Form' to The Club. This form shall be submitted no later than four (4) months prior to the beginning of the season.

6.06 Selection Criteria - The criteria for the selection of Representative Teams Head Coaches shall be as follows:

- a. qualifications;
- b. experience; and
- c. past performance.

6.07 Selection Committee - A selection committee shall be appointed by the Board of Directors and shall be mandated to review each application for the position of representative team head coach received by The Club.

6.08 Vacancies - Should a vacancy occur after the start of the soccer season, a new representative team head coach shall be assigned by the Board of Directors to fulfil the vacancy for the remaining time of the soccer season.

7. COACH / PARENT MEETINGS

7.01 Each representative team head coach shall hold at least two (2) meetings with the parents or legal guardians of their players during the soccer season with one meeting being held prior to the season. The first meeting shall introduce the coach and other team officials, highlight the coach's expectations and team objectives. The second meeting shall



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cover any issues that have developed with respect to team officials, players, parents/guardians as well as to adjust team objectives, as required.

8. PLAYING TIME

8.01 The representative head coaches shall, under normal circumstances, provide equal and fair playing time for all players. Playing time during a game should only be restricted as a result of disciplinary issues. If disciplinary issues continue, the Coach shall inform the Representative Program Director for support in any decisions.

9. PLAYER DISCIPLINE PROBLEMS

9.01 The representative team head coach shall inform, in writing, the Representative Program Director of the name and reasons for the suspension of a player.

9.02 The adult team head coach shall inform, in writing, the Adult Program Director of the name and reasons for the suspension of a player.

10. SELECTION OF TEAMS

10.01 Try-outs - The representative team head coaches, in co-operation with the Club, shall conduct a minimum of three try-out sessions before the start of the soccer season. Try-outs for adult teams will be at the discretion of the team official.

10.02 Evaluation of players - The Club shall use an assessment tool that fairly rates players and can be justified as such. All players shall be evaluated a minimum of two times in order to be selected and eligible to play on a representative team.

10.03 Selection - The representative team head coaches shall not declare the representative team roster until the entire team has been selected. The assessment process shall be fair and transparent.

11. PLAYERS

11.01 Any and all representative and adult team players shall be registered as a player with The Club.



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11.02 All players registered are considered recreational players until their selection to a representative or adult team roster.

12. TEMPORARY PLAYING UP

12.01 The playing-up rules established by the league or tournaments in which a representative or adult team is playing shall be followed by every team. Playing up will be encouraged from a recreational to a representative team or from a lower to a higher division.

12.02 Before playing up a player, coaches shall ensure that the lower division team has sufficient players for its upcoming games. Before playing up a player, the coaches shall ensure that the sanctioned League limits on the temporary playing up of players is followed. The playing up of players in tournaments and during the regular season shall be encouraged by the coaches and shall be done in the best interest of the player's development.

12.03 A player from the same age group shall be selected for playing up in priority to any lower age group player. A lower age group player can be selected for playing up only if the representative team requesting the call-up and the lower league team of the said priority age group do not both have a game scheduled for the same day. Priority for playing up shall be in the following manner:

- a. Representative player in the same age group;
- b. Recreational league player in the same age group; and
- c. Any player from the next lower age group.

13. TEAM MANAGEMENT

13.01 Accountability - The representative and adult team head coach is accountable for all of his or her team operations.

13.02 Assistant Coach - Each representative team shall have at least one assistant coach.

13.03 Trainer – Each representative team should have a first-aid certified trainer.



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13.04 Team Manager - All representative team head coaches shall select a team manager. The team manager selected shall be responsible for the team administration and shall report to the head coach and to the Representative Program Director.

13.05 Attendance Required - The team managers shall attend all meetings as requested and scheduled by the Representative Program Director. If a team manager cannot attend, a team official shall be designated to attend.

13.06 Forecast Documents - The representative and adult teams shall prepare and maintain a forecast of activities, team budget and method of fund-raising using the Club's template. These documents shall be submitted to the Director of Representative Teams or to the Adult Program Director in the case of adult teams, for approval at latest on the 15th day of June of the current year.

13.07 Payments Deadline - All of the representative and adult team fines, surcharges and/or loans shall be paid at the latest on the 15th day of May of the current year.

13.08 Final Financial Report Deadline - A detailed final financial report shall be submitted to the Director of Representative Teams or the Adult Program Director at the latest on the 15th day of September of the current year.

13.09 Sanctions - If a representative or adult team fails to finalize its financial obligations to The Club or others in the previous year, this team and its head coach shall be considered not in good standing and shall not be permitted to play in the next soccer season.

14. SPONSORSHIP

14.01 Funds donated to a representative or adult team or player from a sponsor shall be fully accounted for in the team financial report and available for audit upon request. Teams shall be allowed to receive sponsorships upon approval of the Representative Program Director who will ensure team sponsorships do not infringe on Club sponsors prior to approving the sponsorship.

15. TOURNAMENTS

15.01 Travel Permits - When playing in tournaments out of the EODSA district, the representative teams shall make a request to the Representative Program Director and



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the adult teams shall make a request to the Adult Program Director to obtain a travel permit. No team shall play in a tournament that is not sanctioned and recognized by the OSA to ensure that the tournament rules are in line with OSA rules and regulations and for the purposes of insurance coverage.

15.02 Fees - All fees relating to obtaining a travel permit shall be paid by the team requesting such permit.

15.03 List of Tournaments - A list of tournaments expected to be attended during the upcoming season by a representative team shall be submitted to the Representative Program Director or Adult Program Director no later than the 15th day of June of the current year.

16. GAMES

16.01 Scheduled Games - Except as provided in the appropriate League's by-laws, all games scheduled by the representative and adult team's league of play shall be played in accordance with the published schedule.

17. LAWS OF THE GAME

17.01 General - The game of soccer shall be played in accordance with the principles of the Laws of the Game as established by the International Federation of Football Associations (FIFA).

17.02 Variance - Any variance to the Laws of the Game shall be adhered to by all teams as published by the league or tournaments in which the teams compete.

18. EQUIPMENT

18.01 Loan of Equipment - Each representative and adult team coach shall make arrangements with the Equipment Manager for the loan of equipment such as practice balls, pylons, shirts and other equipment for the try-outs and soccer season.

18.02 Equipment Return - The representative and adult team coach shall return all the equipment loaned to his or her team to the Equipment Manager. The equipment shall be returned promptly at the end of summer and winter seasons and it shall be ready for inspection.



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18.03 Quality of Equipment - The Club shall, to the best of its abilities, ensure that all players are loaned equipment of the same or equivalent quality.

19. NUMBER OF PLAYERS PER TEAM

19.01 A representative team head coach shall, to the best of their abilities, draft the full number of players allowed for their team. They shall ensure that the maximum possible number of players receive the opportunity to play for a representative team and receive the improved training generally associated with the representative program.

19.02 The representative teams shall be allowed to be composed of the following maximum number of players as indicated in the Rules and Regulations of the League in which the team is registered.

20. PLAYER ASSESSMENT CRITERIA

20.01 The representative team head coaches shall inform, before the start of the try-outs, the parents and the players what criteria will be used when selecting players for the team.

20.02 The player's assessments for representative team selection shall be conducted with a minimum of one outside assessor (other qualified coach) to promote fairness in the selection process.

21. RELEASE NOTICE

21.01 If a player unsuccessfully tried out for a representative team, that player or parent of that player under the age of eighteen (18) shall be entitled to an explanation as to why the player was unsuccessful.

22. PLAYERS PLAYING AT AN OLDER AGE CATEGORY

22.01 Rule - A player shall play at his or her age category according to Rules and Regulations #1.

22.02 OSA LTPD – The guidelines and policies published by the OSA shall apply with respect to players playing at an older age category.



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22.03 Exceptions - A player shall be allowed to play in an older age category in the following circumstances:

- a. Not enough players can be recruited and it is in the best interest of The Club to combine the two age groups to form a team. (e.g. U12 boys and U13 boys combined would play U13 boys.)
- b. It is the opinion of the representative team head coach, the Technical Director and other assessment coaches, together, that the under age player is clearly ranked in the top 20% of the players in the older age category.

22.04 A request to play at an older age category shall be presented, in writing, to Director of Representative Teams. The Director of Representative Teams together with the Technical Director and another member of The Club appointed by the President shall evaluate such request presented to them and their decision shall be final, without appeal.

23. POACHING

23.01 A representative or adult team head coach shall not engage in recruiting player or players from other clubs fielding representative or adult teams.

24. UNIFORMS

24.01 The representative and adult team colours shall be Gold and Royal Blue as per Section 1 of Rules and Regulations #1. The representative teams shall wear the soccer uniform selected by The Club. The primary jersey (home) shall be predominantly GOLD with ROYAL BLUE, and the secondary jersey (visitor) shall be predominantly ROYAL BLUE with GOLD. The Club shall be the sole approving authority for the pattern and design of uniforms and outer wear (such as track suits).

24.02 The representative and adult teams shall wear the jerseys as follows:

- a. for League games as the home team the primary (Gold) jersey shall be worn except when the colour conflicts with the opposition;
- b. for League games as the visiting team any approved jerseys shall be worn;
- c. for the Cup Games, the primary jersey shall be worn except when the colour conflicts with the opposition;
- d. for Tournaments the primary jersey shall be worn except when the colour conflicts with the opposition or when the primary jerseys need cleaning; and



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e. for Exhibition Games any approved jerseys shall be worn.

24.03 The uniforms approved for the representative and adult teams shall be worn at all times by all players of the representative and adult team and especially for the league, tournament and cup games.

25. DISCIPLINE - GENERAL

25.01 In accordance with section 4 of Rules and Regulations #1, no verbal or physical abuse, no harassment and no lack of discipline from players, parents, coaches or teams shall be tolerated. Any violation to this section or to any part of the Constitution and the Rules and Regulation of this Club shall not be tolerated and shall be reprimanded as required at the sole discretion of The Club.

26. FINES AND OTHER PENALTIES

26.01 A representative or adult league may bestow, at their sole discretion, fines and / or suspensions to the coaches or players in this league. If a representative or adult league's discipline committee calls a player to a hearing, this player must attend such discipline hearing and the respective team head coach shall attend with his or her player in order to present a case if one is warranted.

26.02 The coach and/or player found in default by a representative or adult league shall be held solely responsible for the payment of his or her fine.

26.03 The representative and adult team head coach shall advise, promptly, The Club of any incident where disciplinary action is likely to occur and of any disciplinary hearing that is convened for a player or coach.