

Leamington Minor Soccer

Rules and Regulations



A) Registration

- 1) Player registration shall be conducted in one of two ways:
 - a) In Person – dates, times and locations will be advertised each year.
 - b) On-Line – conducted on the LMS website:
www.leamingtonminorsoccer.com starting on or about January 1st and ending on or about March 31st each year.
- 2) Cost of Registration shall be:
 - All children registered in U5 pay \$60.
 - All children registered in U7 to U17 pay: \$80 (1st child), \$80 (2nd child), \$70 (3rd child), and \$60 (all other children). Late fees for late registration will be applied according to the following schedule:
 - January 1st to March 31st – No late fee.
 - After March 31st - \$25 late fee.
- 3) After March 31st players will be placed on a numbered waiting list if the predetermined division maximums are exceeded.
- 4) Refund Policy will be as follows:
 - a) Up to and including March 31st – 100% refund.
 - b) April 1st to May 15th – 50% refund.
 - c) After May 15th – No refund.

B) Team Selection

- 1) All players will be placed on teams in corresponding divisions according to their birth year. A parent may request to move their child to the next oldest age group, subject to the LMS Registrar's approval.
- 2) Coaches' children will always be on the coaches' team unless otherwise requested.
- 3) The team sponsor's children will always be on the team they sponsor unless otherwise requested.
- 4) Siblings that fall in the same age divisions shall be placed on the same team unless otherwise stated.
- 5) The remaining players of the team will be placed randomly, but consideration will be made to balance the following:
 - Equal number of players on each team.
 - Equal number of players rated #1, #2, #3 and #4 on each team.
 - Same Boy/Girl Ratio on each team.
 - Any other factor as deemed necessary by LMS.
- 6) Requests made for players to be placed on the same team for any other reason other than the above listed will not be considered.

C) Game Schedules

- 1) Each season will commence with a Saturday kick-off on or near May 1st. Each team will play at least one game, as scheduled by LMS.
- 2) Each team will play at least one game each week thereafter, according to the published schedule.
- 3) Each season will end with a Sunday windup day on the weekend prior to the Canada Day Weekend. Each team will play at most 2 games that day.
- 4) Any games cancelled due to inclement weather or unplayable field conditions will be rescheduled (if possible) on the next rain date as advertised on the schedule.
- 5) All schedules are subject to change and will be posted on our website: www.learningtonminorsoccer.com.
- 6) Games in the U9 Division and older shall be officiated by LMS referees.
- 7) U5 and U7 Divisions do not require referees.

D) Uniforms and Equipment

Soccer players will require a few essential items:

- Your uniform (jersey, shorts, and socks) must be worn at all games.
- Shin guards and soccer shoes are required for games AND practices. These are available at most local sporting goods stores.

- Mouth guards, while not required, can be worn.
- In cold weather you may wear warm clothing under your uniform, if needed.
- Players should bring their own water bottle to games and practices.
- Jewelry is NOT permitted, especially loops or dangling earrings. If jewelry cannot be removed, then tape can be used to cover it.
- If your child wears glasses, then safety glasses or sports goggles are recommended.

E) Rainouts

LMS games can be played in rainy and/or cold weather. All rainouts and cancelations will be posted on www.learmingtonminorsoccer.com by 4 PM each day. Cancellation of games may occur if fields are deemed unplayable or unsafe. If a game is cancelled it will be rescheduled on the next scheduled rain date indicated on the season schedule.

F) Lightning Safety/Severe Weather Policy

The safety of players, coaches, management and spectators is the primary concern in any weather event that occurs during LMS matches. By understanding and following the information below, the safety of everyone shall be greatly increased. A decision to restart a match will be made after the coaches, referees and LMS officials (if present) deem it safe to resume.

30/30 RULE

When you see lightning, count the time until you hear thunder. If the time is 30 seconds or less, seek proper shelter. Wait 30 minutes after hearing the last thunder before leaving the shelter. If play is suspended due to lightning or inclement weather, it is recommended that all players, coaches and spectators take cover in the canteen-side shelter located in the center of the park.

G) Concussion Policy

A concussion is a common form of brain injury, and can be caused by a direct or indirect hit to the head or body (for example, a car crash, fall or sport injury). This causes a change in brain function, which results in a variety of symptoms. **All concussions should be taken seriously!**

Signs and Symptoms

You can't see a concussion. Signs and symptoms of a concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your child reports one or more symptoms of concussions listed below, or if you notice the symptoms yourself, keep your child out of play and seek medical attention right away.

Symptoms may include **headache, difficulty remembering, nausea or vomiting, dizziness, blurred or double vision, irritability, balance problems, fatigue or low energy, sensitivity to light or noise, nervous or anxious, delayed verbal and motor responses, disorientation, excessive drowsiness, disequilibrium, confusion and/or difficulty concentrating.**

Action Plan

If you suspect an athlete has had a concussion you should take the following steps:

1. Remove the athlete from play.
2. Inform the athlete's parent/guardian(s) about the possible concussion. Do not allow the athlete to drive or leave without adult accompaniment.
3. Instruct the athlete's parent/guardian(s) to contact their family doctor or nurse practitioner immediately to book an appointment.
4. Allow the athlete to return to play at a later date only when you have received parent/guardian permission **AND** written clearance by a healthcare provider (i.e. physician and/or nurse practitioner).

H) Wearing of a Cast

This rule is in place to protect the safety of all players, and not only the player with a cast. A player who is **wearing a hard cast**:

- May not play in games, even with parent/guardian permission.
- May not cover it with a softer material to play in a game.
- May not participate in scrimmages during practices.
- May participate in skills training provided there is no physical contact with other players.

I) Player Discipline

- 1) Any player receiving a Red Card before, during or after a scheduled game may be subject to discipline including suspension and/or removal from a team for the season. The LMS Discipline committee will make a decision within 2 days of the report based on the circumstances of the incident, coaches' reports, referee report and any other reports received.
- 2) A suspended player is not allowed to attend games as a player, coach or spectator until the suspension is complete. Failure to comply may result in further disciplinary action, as deemed necessary by LMS.
- 3) Any player receiving 2 Red Cards in a season shall be suspended for the remainder of the season, pending a LMS investigation and decision.
- 4) Any player receiving 2 Yellow Cards in the same game may be subject to discipline as outlined above in I) 1).
- 5) All decisions of the discipline committee are deemed final and cannot be appealed.

J) Risk Assessment

The first principle of screening is risk management, which simply means, “What could go wrong here” and “How do we avoid it?” Risk management involves looking at the possibilities of loss or injury that might arise in programs, activities and services and taking steps to stop, minimize, prevent or eliminate them all together. This includes the Club’s obligation to take all reasonable measures to care for and protect their participants from harm. The need to screen an applicant is dictated by the nature of the position and its inherent level of risk. When determining risk, LMSA considers such factors as the participant, the environment, the nature of the activity, the level of supervision and the nature of the relationship.

Definition of Positions:

The various levels of play in the sport are ranked according to the level of risk associated with that position and the appropriate screening measures have been assigned to each level of risk.

a) High Risk Positions:

- Competitive team Coaches and Managers: Rep, Select and All-Star Teams

b) Low Risk Positions:

- Recreational team volunteer parent coaches
- Non-parent volunteer coaches in all recreational divisions
- Recreational division conveners

All house league volunteers enlisted by LMS fall under the category of Low Risk Positions and do not require a Police Clearance. These volunteers shall:

- never be alone with a player
- not be responsible for transportation to/from practices/games/tournaments
- be a role model - no drugs/alcohol/smoking or abusive language at practices/games/tournaments
- comply with the Dress Code as defined by the Club
- adhere to LMSA policies
- embrace Club values, principles, and policy as per Club Constitution
- demonstrate the ability to set and maintain standards for players (i.e. respect, self-discipline, fair play)

House league travel (Sun County Soccer) coaches and volunteers do fall under High Risk and are required to have a Police Clearance (Vulnerable Sector) in place prior to commencing their coaching duties. These volunteers may have to transport players to and from games and practices and may be with players in change rooms without parent supervision.

K) Code of Conduct

The purpose and intent of the Leamington Minor Soccer Club's philosophy is to promote the advancement of youth soccer in Leamington, to encourage the development of player skills and abilities, promote programs that teach individual and team skills, and support the development of volunteer coaches and referees. The goal and value of player participation is to have fun while playing soccer, to develop self-esteem and confidence through skill development while promoting a sense of fair play and good sportsmanship.

The key elements of the LMS soccer experience are developing individual and team skills in all players in a fun, family environment that builds character, competence and confidence. The LMS Club adopts P.R.I.D.E. as the values that define its philosophy:

Positive Attitude, Respect, Integrity, Diversity, and Excellence

In order to uphold the P.R.I.D.E. and promote a high level of community spirit, LMS adopts the following Code of Conduct for all players, parents/guardians, and coaches.

1) PLAYERS

All players participating in LMS shall:

- Demonstrate good sportsmanship and encourage it from fellow players.
- Play by the rules of the game.
- View playing soccer as an opportunity to learn and have fun.
- Remain respectful toward other players, coaches, referees and spectators.
- Never argue or complain about referees' calls or decisions.
- Make every effort to attend ALL practices and games and arrive on time.
- Maintain an even temperament and resist retaliation.
- Give 100% effort at practice and games.
- Focus on doing their best in school.

2) PARENTS/GUARDIANS

All parents shall:

- Encourage good sportsmanship and self-discipline in their children and their teammates through example.
- Make athletic participation for their child and others a positive and fun experience.

- Give encouragement and show interest in their child's teams.
- Encourage their child to show good sportsmanship in every game.
- Attempt to minimize the pressure of competition and place the emotional and physical well-being of players ahead of a desire to win.
- Be respectful toward coaches, referees, players, other parents and children.
- Alert coaches of any players' health conditions.
- Actively support the removal of verbal abuse from all soccer activities.
- Refrain from coaching and refereeing "from the sidelines".

3) **COACHES**

All coaches shall:

- Provide a positive role model for their players and parents by consistently acting in a positive, controlled and mature manner expected by LMS.
- Demonstrate good sportsmanship and maintain a proper perspective on the purpose of LMS soccer, namely, participation is for the enjoyment and benefit of the players.
- Learn the rules of soccer to the best of their ability.
- Above all else, maintain the safety and well-being of their players.
- Explain to and remind parents what is expected of them and their children.
- Provide a positive, enjoyable atmosphere for the players and parents.
- Refrain from open arguments with referees and other coaches.
- Encourage parents to support their child and be present at all games.
- Ensure equitable playing time for all players.
- Provide necessary guidance at games and practices.
- Discipline players in a FAIR and CONSISTENT manner.
- Refrain from making negative comments about other coaches, players, parents and referees.

All participants of LMS shall abide by the above Code of Conduct at all times. Inappropriate behavior that is determined to violate this Code of Conduct may result in disciplinary action by the LMS Board of Directors, up to and including, without limitation, expulsion from the game/field, and expulsion from the LMS.