

Lakeshore Soccer League

Rules & Operations Manual 2026



Table of Contents

Introduction	4
Lakeshore Soccer League Executive	4
Meetings	5
Division Conveners	6
Lakeshore Soccer League - Club Representatives:	7
Lakeshore League Soccer Rules	8
Rule 1 – Code of Conduct.....	8
Rule 2 – Injuries	8
Rule 3 – Coaching Standards.....	8
Rule 4 – The Field of Play	9
Rule 5 – Team-Player Bench	11
Rule 6 – The Ball	11
Rule 7 – The Players	12
Rule 8 – The Player’s Equipment.....	14
Rule 9 – The Referee.....	15
Rule 10 – The Assistant Referee (Linesperson).....	17
Rule 11 – Duration of the Match	18
Rule 12 – The Start of Play	19
Rule 13 – The Ball In and Out of Play	19
Rule 14 – Method of Scoring.....	20
Rule 15 – Offside (for U13 and above)	20
Rule 16 – Restart from the Sidelines/Touchlines.....	21
Rule 17 – The Corner Kick.....	21
Rule 18 – The Retreat Line Rule (for U11)	22
Rule 19 – The Goal Kick (for U11 and U13).....	22
Rule 20 – The Goal Kick (for U15 and above)	22
Rule 21 – Free Kicks (U11)	22
Rule 22 – Free Kicks (for U13 and above)	24
Rule 23 – The Penalty Kick	25
Rule 24 – Only the Captain.....	25
Rule 25 – Fouls and Misconducts	26
Discipline Fees	27

Lakeshore Soccer League Rule Book and Operations Manual - 2026

Standing Committee on Discipline.....	29
Structure	29
Discipline By Review System (DBR).....	29
Discipline By Hearing (DBH).....	30
Discipline Hearing Schedule 2026	30
Miscellaneous	30
Lakeshore Cup.....	31
The 2026 Lakeshore Cup Dates and Locations	33

Introduction

The Lakeshore Soccer League Executive would like to welcome you to the 2026 soccer season. Please take the time to review this manual and familiarize yourself with the rules and policies that are in place to make your soccer season productive and enjoyable. Should you have any questions, please contact the most appropriate member of your soccer club or the Lakeshore Convener for the age group you are involved with.

This manual contains a Directory of the Lakeshore Soccer League Executive, the Division Convener roles and responsibilities, Club contact directory, Lakeshore Cup dates, and the Lakeshore League Rules and Regulations.

After reviewing this manual, please go to the link provided by your club reps/convenors to complete the Coach Contact Form and acknowledgment that you have read and agree to abide by Lakeshore Soccer League Rules.

For any other information, including field locations, schedules and team standings, please consult the Lakeshore Soccer League website at: www.lakeshoreleague.ca
All general inquiries should be directed to: lakeshoresoccerinfo@gmail.com

Lakeshore Soccer League Executive

President	Mils Farmus	lakeshoresoccerinfo@gmail.com
Vice President	Sarah Coleman	vplakeshoresoccerleague@gmail.com
Secretary	Sarah Coleman	vplakeshoresoccerleague@gmail.com
Treasurer	Chris Oberle	
Head Referee	Alex Sourkov	headrefwfc@gmail.com
Coach Coordinator	Erica McConachie	
Discipline Chair	Jeff Virgo	lsldiscipline@gmail.com
Tournament Chair	Jason Dantas	

Meetings

The Board of directors for the Lakeshore Soccer League shall meet periodically at the call of the President.

The Annual Members Meeting (AMM) of the league shall take place in October or November of each year where the principal officers shall be elected for a term of two (2) years and the town reps shall be elected for a term of one (1) year. Other suggested meetings are:

October	<ul style="list-style-type: none"> • Annual Members Meeting • Election of Principle Officers • Year end reports • Final bills and payments
January	<ul style="list-style-type: none"> • Reps from each community soccer club, association, or organizations register with the league • Set budget
February	<ul style="list-style-type: none"> • Appoint committees (referee, discipline) • Set clinics (referee, coaching)
March	<ul style="list-style-type: none"> • Committee reports (referee, discipline) • Clinic reports (referee, coaching) • Club reports (preliminary number of teams)
April	<ul style="list-style-type: none"> • Club reports (number of teams, colours, sponsors, coaches, fields) • Appoint division conveners • Set tournament dates and locations
May	<ul style="list-style-type: none"> • Distribute coaching manual • Distribute schedules • Club entry fees to be paid • Division Convener meeting • Club Head Referee meeting
September	<ul style="list-style-type: none"> • Season review

Division Conveners

Division Conveners are appointed annually for each division by the Lakeshore Soccer League President and approved by the Board of Directors

Division Conveners shall:

1. Approve and record all rescheduled games (including the reason for rescheduling) as reported by the Home Team Coach. Upon agreement of the rescheduled game by all parties, make the appropriate change to the schedule on the Lakeshore Soccer League website (lakeshoreleague.ca).
2. Organize and manage their Division's year-end tournament as part of the Lakeshore Cup.
3. Report all complaints received regarding any aspect of League operation to the Lakeshore Soccer League President and Discipline Chair.

The Division Conveners for 2026 are:

U11 Boys - West	Brian Binning	// *
U11 Boys - East	Lee Watson	// *
U11 Girls	Chris Winkels	// *
U13 Boys	Mils Farmus	// *
U13 Girls	Marissa Levene	// *
U15 Boys	Kellen Kieffer	// *
U15 Girls	Richard Sweeney	// *
U18 Boys	Stuart Killin	// *
U18 Girls	Jason Dantas	// *
Open Men	Jonathan Hopkins	// *
Open Women	Jason Dantas	// *
*E-mail	lakeshoresoccerinfo@gmail.com	for Convenor contact info

Lakeshore Soccer League - Club Representatives:

Blue Mountain	www.bluemountainsoccer.com
Club Rep	Marissa Levene
Chatsworth	chatsworthsoccer.ca
Club Rep	Erica McConachie
Chesley	Facebook: Chesley Minor Soccer
Club Rep	Chris Winkels
Hanover	www.hanoverminorsoccer.ca
Club Rep	Jonathan Hopkins
Kincardine	www.kincardinesoccer.com
Club Rep	Stuart Killin
Lucknow	www.lucknowrecreation.com
Club Rep	Angie Middelkamp
Markdale	www.markdaleminorsoccer.com
Club Rep	Richard Sweeney
Mount Forest	www.mtforestdistrictsoccer.ca
Club Rep	Colin Gade
Neustadt	Facebook: Neustadt Minor Soccer
Club Rep	Rheo Machina
Owen Sound	www.owensoundminorsoccer.ca
Club Rep	Jason Dantas
Saugeen Shores	www.ssunitedfc.com
Club Rep	Brian Binning
Tara	www.taraminorsoccer.com
Club Rep	Amber Spencer
Walkerton	www.walkertonsoccer.com
Club Rep	Kellen Kieffer
West Grey	www.westgreysocccer.ca
Club Rep	Lee Watson

Lakeshore League Soccer Rules

Rule 1 – Code of Conduct

- 1.1. Visiting Team Coaches must be advised of changes in location by the Home Team Coach **no later than 3 hours prior to kick off** on gameday to ensure that affected players can also be notified.
- 1.2. **Players, Coaches, Referees, Parents, and Spectators are to demonstrate good behavior, follow the principles of fair play, respect for others & good sportsmanship**
- 1.3. Zero Tolerance Policy – Alcohol & Drugs:
 - LSL has a zero-tolerance policy regarding alcohol or drugs at games. This encompasses coaches, players and parents/spectators.
 - No alcohol or drugs are permitted at the soccer fields before, during, or after LSL scheduled games.
 - Violation of this policy will be met with disciplinary action from the League, as well as its affiliates (Club, District, Ontario Soccer, Town/City, and Police).
 - Smoking cigarettes, including electronic cigarettes or vaping in the playing and spectator area is prohibited.

Rule 2 – Injuries

- 2.1. Blood:
 - Any player that bleeding or has blood on them must leave the field of play.
 - The player may only re-enter on receiving a signal from the referee, who must be satisfied that the bleeding has stopped and there is no blood on the equipment
- 2.2. Concussions:
 - The league recommends that teams/coaches follow the, “When in doubt sit them out,” rule when dealing with concussions and/or any injury to the head/neck.
 - Clubs are to follow their set protocols and guidelines & resources as outlined by Rowan’s Law and Ontario Soccer.

Rule 3 – Coaching Standards

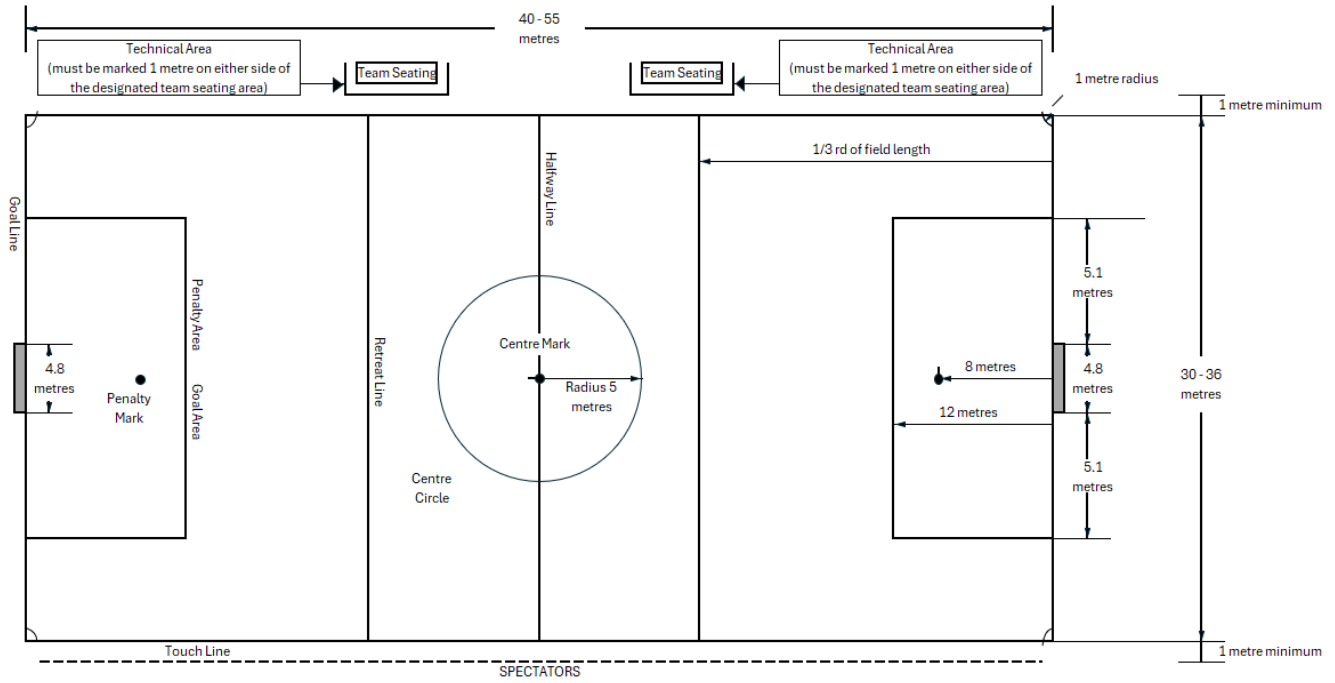
- 3.1. Coaching Standards– CSA Club Certification Standard
 - The League strongly recommends that all coaches should have CSA Grassroots Coach Education and Respect In Sport Activity Leader certifications. Both are part of the CSA Quality Soccer Provider Standard.
 - When dealing with contentious issues, Coaches should exercise the “24 hr. cooling off period” before sending an incident report or a complaint to the Division Convener, Club Rep or Discipline Chair.
- 3.2. Coaches are responsible for reviewing and understanding the Lakeshore Soccer League Manual and must sign the acknowledgement form, available on the Lakeshore Soccer League website:
<https://www.lakeshoreleague.ca/Lakeshore-Coaching-Manual--Forms/>

Rule 4 – The Field of Play

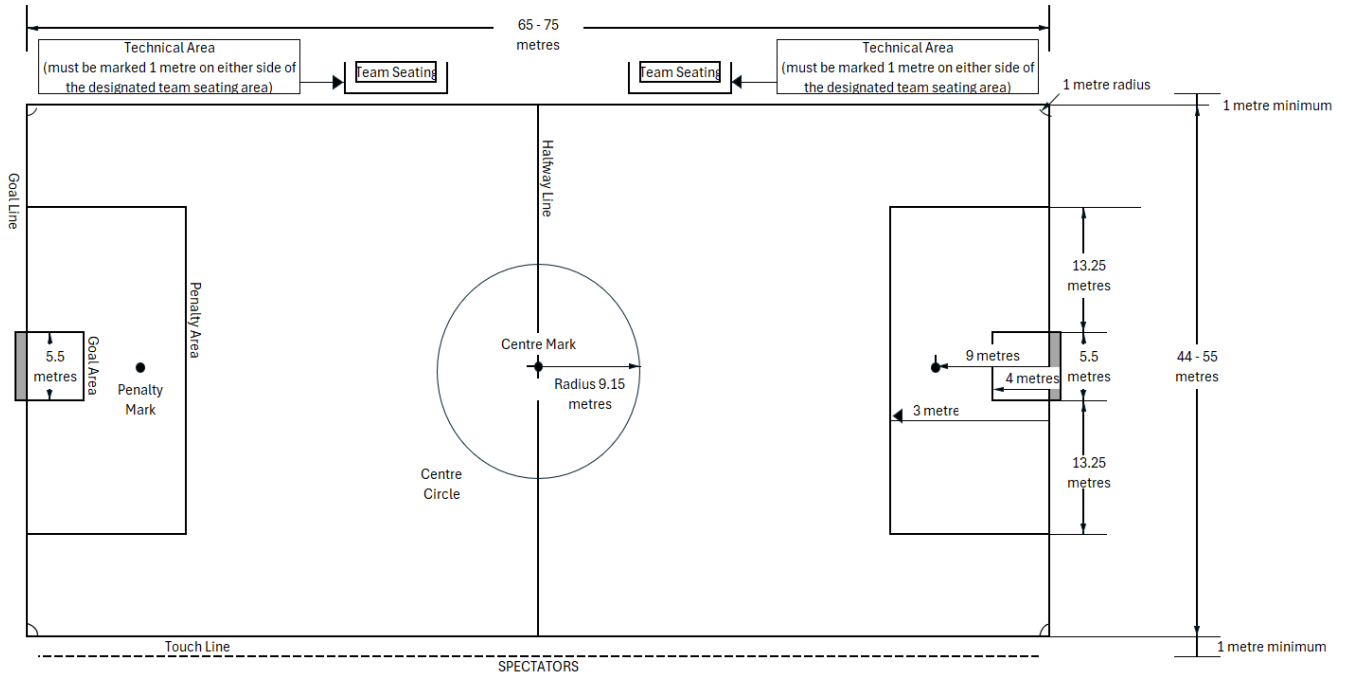
- 4.1. U11 field size is to be 30-36m wide by 40-55m long. U13 field size is to be 44-55m wide by 65-75m long. U15, U18, and Open field size is to be 45-90m wide by 90-120m long. The touchline must be longer than the goal line.
- 4.2. Field of play must be properly marked with goal areas, penalty areas, halfway line, centre mark, centre circle, goal lines, touchlines, and technical areas.
 - 4.2.1. The technical area is marked by white lines and extends 1 meter on either side of the designated team seating area and a minimum of 1 meter from the touchline. Each team has its own technical area. There is to be a minimum of 2 meters between the two technical areas.
- 4.3. Goals are to be equal sized. Maximum goal size for U11 is 1.83m x 4.88m. Maximum goal size for U13 is 1.83m x 5.49m. Goal size for U15, U18, and Open is 2.44m x 7.32m. The goal posts must be white and must not be dangerous. **All goals (including portable goals) must be firmly secured to the ground.**
- 4.4. Corner flags are recommended. Corner flag posts must not be less than 1.5m (5ft) high, with a non-pointed top. If corner flags are not available, appropriate (safe) pylons may be used.
- 4.5. Home clubs are responsible for provisioning a suitable field of play as defined above.

	U11	U13	U15, U18, Open
Field Width	30 – 36m	44 – 55m	45 – 90m
Field Length	40 – 55m	65 - 75m	90 – 120m
Goal Size	1.83 x 4.88m (maximum)	1.83 x 5.49m (maximum)	2.44 x 7.32m
Goal Area	12 x 15m	4 x 5.5m	5.5 x 18.32m
Penalty Area	Same as goal area	13 x 32m	16.5 x 40.32m
Penalty Spot (distance from goal line)	8m	9m	11m
Centre Circle (radius)	5m	9.15m	9.15m
Retreat Line	1/3 rd of field	N/A	N/A

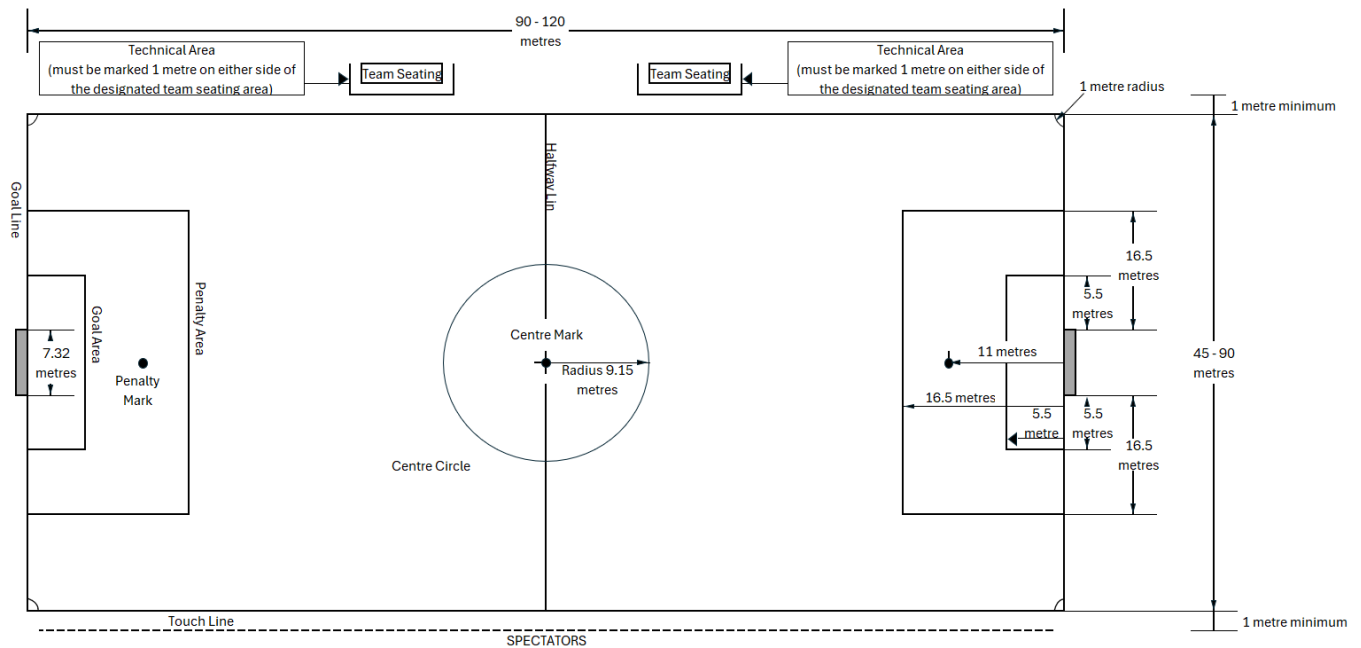
U11 Field



U13 Field



U15, U18, Open Field



Rule 5 – Team-Player Bench

- 5.1. Coaches, bench staff, and team players must locate themselves on the OPPOSITE side of the field from the spectators during all games.
- 5.2. Only registered team officials (coaches, trainers, managers) are eligible to be on the team bench. Exception made for club president and technical director
- 5.3. A maximum of four (4) team officials are permitted at the bench.
- 5.4. Team Officials will coach within the technical area of their bench and are not permitted to walk up and down the touchline.
- 5.5. Spectators shall not be allowed in or around the bench area or behind the goals.
- 5.6. Club/Team officials shall be responsible for the conduct of their spectators and ensuring that the above rules are followed.

Rule 6 – The Ball

- 6.1. The Home Team shall supply two (2) regulation game balls, in good condition, to the referee prior to the start of the match.

Requirement	U11 & U13	U15, U18, Open
Size	4	5
Pressure	7.3 lbs/sq. in – 10.2 lbs/sq. in in 0.5 – 0.7 atmosphere	8.5 lbs/sq. in – 15.6 lbs/sq. in in 0.6 – 1.1 atmosphere

Rule 7 – The Players

- 7.1. All teams and players must be registered with the Ontario Soccer Association through their local district and all applicable registration fees paid before participating in Lakeshore Soccer League practices or games.
- 7.2. A match is played by two (2) teams, one player from each team must be a goalkeeper.
- 7.3. A match may not start or restart if either team has present fewer than the minimum number of players noted in the chart.

	U11	U13	U15, U18, Open
Minimum number of players per team on the field	5	6	7
Maximum number of players per team on the field (except for 4 up – 1 up rule)	7	9	11
Ideal number of players per team dressed on game day	12	14	18
Maximum number of players per team dressed on game day	14	18	25

- 7.4. Let Us Play rule:
 - Applicable for U11 and U13
 - When a team has less than the required number of players to start a game, players can be borrowed from the opposition so that a game may take place.
 - This rule can also be implemented to assist a team with 6 to 8 players to allow both teams to have 9 players on the field.
 - Players must agree to play on the other roster for the game.
 - Rosters could also be completely mixed up to allow the players to play in a pressure free environment.
- 7.5. 4 Up – 1 Up rule:
 - Applicable for U11 and U13
 - When the goal difference between two teams rises to 4 goals, the losing team has the option of adding a player to make the game more competitive and encourage a better learning environment for all involved.
 - When the goal difference is reduced to 3 goals, the additional player is removed, such that both teams once again have the same number of players on the field.
 - If the goal difference rises to 8 goals, a second additional player may be added.

- 7.6. If a team has less than the minimum number of players required to start the game:
- First Offence: warning and automatic forfeiture loss of the game.
 - All subsequent offences: automatic forfeiture loss and fine of \$100/game to be paid to the Lakeshore Soccer League
- 7.7. Conveners will keep track of “no shows” and teams that do not have enough players. The Discipline Chair will send warnings and/or fines based on information provide by the Convenor.
- 7.8. A player is not permitted to register for more than one (1) team in the Lakeshore Soccer League.
- 7.9. Any player registered as a competitive (rep) level player (i.e. SWRSA/EMSA rep) may only register for a Lakeshore team at least one age division higher, as per OSA rules.
Examples:
Rep U9 may play U11
Rep U11 may play U13
Rep U12 may play U15
Rep U13 may play U15
Rep U14 may play U18
Rep U15 may play U18
- 7.10. Players may be called up to a higher age division team within the following guidelines:
- The player must be registered to a recreational (old L7 or L6) team in the same club, in the age division directly below the age group for which they are called up to play for
 - If the club does not have a division directly below the age group for which they are called up to play for, then the club can use a player from a division two (2) age groups below. Special consideration should be taken by the coach to ensure the player being called up is of adequate size and has a minimum skill level to ensure his/her safety.
 - Within the same age division or one age division directly below, girls can be called across to the mixed division, however, boys cannot be called across to the girls division.
 - Players may only be called up to replace missing players or until a maximum of fourteen (14) dressed players at U13 and sixteen (16) at U15/U18/Open is reached, whichever is greater.
 - If a player is registered to two (2) teams in different clubs, they may not be used as call up in games against either club
 - Before a player may be called up, the coach **must** get permission from the player’s parents and coach.
- 7.11. A team shall only have on the field of play no more than one (1) more player than the opposing team. In the case of a team receiving a red card during a game, the offending team may play with more than one less than the opposition.
Examples:

- Team A only has nine (9) players available; Team B shall play with only ten (10) players.
 - If Team A has another player arrive and now has ten (10) players, both teams would be allowed to add another player to the field.
 - Team A player receives a red card, then Team A would play with eight (8) players and Team B would play with ten (10) players.
 - Team B player receives a red card, then Team B would play with nine (9) players and Team A would play with nine (9) players.
- 7.12. During the game play, an unlimited number of player substitutions may be made, upon permission from the referee during the following stoppages in play:
- U11 and U13
 - Any stoppages except free kicks and penalty kicks
 - This means that substitutions can be made on any thrown-in / kick-in, injury stoppage, corner kick, etc.
 - U15, U18, and Open
 - Goal is scored (by either team),
 - Goal kick (by either team),
 - Throw in (the team awarded the throw-in or by the opposing team only after substitution has been requested by the team awarded the throw-in), or
 - Player injury (substitution for injured player only).
- 7.13. All substitutions must enter the field at the half line after substituted players have left the field.
- 7.14. No substitutions will be allowed to replace a player issued a red card.
- 7.15. If a player is issued a yellow card, they must exit the field. A substitution may occur and the carded player may only return to the field on the next available substitution.

Rule 8 – The Player’s Equipment

- 8.1. Safety
- A player must not use equipment or wear anything that is dangerous.
 - All jewelry is to be removed; no taping of any kind is permitted. This includes all rings, earrings, piercings, necklaces and Fitbit-type watches or similar devices. The player must leave the field while removing jewelry. The Player is not allowed back on the field until the Referee has inspected the player to ensure compliance. A substitute shall NOT be allowed in this instance
 - Exceptions:
 - Medic Alert Bracelets are allowed but must be taped. The taping should be such that the description of the medical problem is clearly visible.
- 8.2. Colours
- Teams must wear matching uniforms (i.e., socks, shorts, and jersey) that distinguish them from each other and the match officials
 - Each goalkeeper must wear colours that are distinguishable from the other players (of both teams) and the match officials

- Competing teams must wear uniforms of differing colours. The home team must arrange for alternate uniforms or pinnies if their uniform colours are considered by the referee to be too similar to the visitor's uniform colours.

8.3. Compulsory Equipment

The compulsory equipment of a player comprises the following separate items:

- A shirt with sleeves
- Shorts
- Socks
- Shin guards – these must be made of a suitable material and be of an appropriate size to provide protection and be covered by the socks
- Footwear

8.4. Other Equipment

- Non-dangerous protective equipment, for example gloves, headgear, facemasks and knee and arm protectors made of soft, lightweight padded material is permitted
- Casts (hard plaster) are considered to pose a danger and are not permitted on the field of play.
- Any hard plastic or metal of braces (ex. Knee brace, elbow brace, wrist brace) need to be padded and covered.
- Goalkeepers' caps are permitted
- Eyeglasses are permitted. Referees should show common sense and allow spectacles as long as they are not dangerous. Players may use sports spectacles but these are not necessary to play in Lakeshore Soccer League
- Headscarves and turbans are permitted as long as they adhere to the following:
 - They must be safe and not pose a danger to the wearer or other participants.
 - They must not be attached to the jersey
 - They must not have any part(s) extending out from the surface (no protruding elements)

Rule 9 – The Referee

9.1. The authority of the referee

- Each match is controlled by a referee who has full authority to enforce the Laws of the Game in connection with the match.

9.2. Decisions of the referee

- Decisions will be made to the best of the referee's ability according to the Laws of the Game and the 'spirit of the game' and will be based on the opinion of the referee, who has the discretion to take appropriate action within the framework of the Laws of the Game.
- The decisions of the referee regarding facts connected with play, including whether or not a goal is scored and the result of the match, are final. The decisions of the referee, and all other match officials, must always be respected.

9.3. Referees and Game Officials will follow the Ontario Soccer Policy, Code of Ethics & Professional Conduct for Match Officials. This will include following the four ethical principles: Integrity, Competence, Respect and Responsibility. Officials will come under

the League's and/or Ontario Soccer discipline protocol if any misconduct is reported. Reports are to be filed by Coaching Staff & Club and sent to the league President & Discipline Chair for review and follow up.

- 9.4. For U11, referees must be a minimum Ontario Soccer Association (OSA) Small-Sided referee. For U13 and up, referees must be a minimum OSA Entry Level referee. All referees should be a minimum two (2) years older than the age group of the teams they are officiating.
- 9.5. A Referee must be available to officiate each game, arranged for and compensated by the local soccer club, association or organization. Referee compensation will be set by the Lakeshore League in consultation with member clubs and taking into account OSA recommendations. All clubs shall compensate Lakeshore Referees the agreed upon rate per game.
- 9.6. Following the game, the Referee must complete the e-game sheet including all goals, infractions, and field conditions. The referee must also complete any additional paperwork / forms on all discipline matters. These forms can be found on the Lakeshore Soccer League website.
- 9.7. Spectators will have no interactions, of a conflicting nature, with game officials before, during and after games. Referees and Coaches shall follow these steps if an incident occurs on the field.
 - Referee will stop play. Play will remain stopped until the incident has been resolved
 - Referee will discuss the incident with the coach(es) and the action that is to be taken
 - Coach(es) will talk to parent/spectator to communicate a one time only warning or to communicate their removal from the field / park
 - If unable to get the parent/spectator off the field/park, the game will be canceled. The League will consider the case before deciding on a reschedule or forfeiture.
 - The Referee will file a report to the League Discipline Chair, President & their Club Representative.
- 9.8. The League understands the hard work that goes into being referee. The league will make sure to keep referees protected as well as continuing ongoing education on the laws of the game and league rules and policies.
- 9.9. Take 5 Rule for U11 and U13
 - a) Spectators will have no interactions, of a conflicting nature, with game officials before, during and after games.
 - b) Take 5 is an initiative to specifically address spectator behaviour, that goes beyond being acceptable, immediately in the moment
 - c) The approach involves a total of 3 Stages:
 1. Warning
 2. Timeout
 3. Abandon

- d) The following are examples of unacceptable behaviours (this is not an exhaustive list):
- Sarcastic clapping
 - Attempts to intimidate the referee
 - Name calling
 - Dissenting and rude comments
 - The use of foul language
 - Any attempts to enter the field of play to confront a Match Official
 - Other actions deemed inappropriate by the Match Official
- (e) If unable to get the parent/spectator off the field/park, the game will be canceled. The League will consider the case before deciding on a reschedule or forfeiture.

How it works:

Step 1 – Warning

- The first time that spectator behaviour crosses the acceptable threshold, the referee will pause the game
- The referee will address the behaviour with the coaches, who will then address their team's spectators
- No additional time is added for the warning stoppage (that is, the time keeps running)
- Play is restarted accordingly

Step 2 – Timeout

- The second time spectator behaviour crosses the acceptable threshold, the game is paused for five minutes
- No additional time is added for this stoppage (that is, the time keeps running)
- No activity is allowed on the field during this time
- Once the 5 minutes have elapsed, play is restarted accordingly

Step 3 – Abandon

- The third time spectator behaviour crosses the acceptable threshold, the game is abandoned
- The referee will submit a report to their Club Head Referee detailing the incident
- The Club Head Referee will inform both team's ICSL Club Representatives and the ICSL President for disciplinary review

Rule 10 – The Assistant Referee (Linesperson)

- 10.1. For U13 and up, Assistant Referees should be a minimum Ontario Soccer Association (OSA) Entry Level.
- 10.2. For U11 and up, two (2) Assistant Referees are strongly recommended for each game, arranged and compensated by the local soccer club, association or organization.

Rule 11 – Duration of the Match

11.1.

	Time per Half	Time per Half-time	Preferred Day
U11	25	5	Tuesday
U13	35	5	Thursday
U15	40	10	Wednesday
U18	45	10	Tuesday
Open	45	10	Sunday

11.2. Kick off for games will occur at the scheduled time.

11.3. Games may be rescheduled by the mutual consent of the home team coach and the visiting team coach. Reasons for rescheduling may include weather, air quality, school trips and events or conflicts with other sporting events but all reschedules must be approved by the Division Convener and subject to the following guidelines:

- All regular rescheduling, with the exception of weather and air-quality cancellations, **must** be done at least seven (7) days prior to the game date. Reschedules with fewer than seven (7) days until the game may be considered by the Convenor on a case-by-case basis.
- A new game date **must** be decided upon before the reschedule will be permitted.
- A field and referee must be available **and** booked by the home team coach before the reschedule will be permitted.

Note: Do not postpone the rescheduled game(s) to the end of the season since timing may not allow it to be played.

11.4. Only the referee can cancel play during the game or just prior to the start of the game. Reasons for cancellation can include lightning or heat.

- Note: The Home Coach should notify the visiting coach of inclement weather or field closure no later than 3 hrs to kick off.

11.5. If a game is cancelled while in progress, the game must be rescheduled unless:

- It has been played fifteen (15) minutes into the second half, at which time it is considered official, or
- It has been mutually agreed between opposing coaches to call the game at its current standing.

11.6. For cancelled games, both coaches **must** arrange to reschedule a cancelled game within one week. The Division Convener must be notified by the home team coach.

11.7. If the coaches can not agree on a reschedule date (due to a reschedule request or cancellation) the game will not be played and no points will be awarded for that game.

11.8. **Lakeshore Inclement Weather and Air Quality Policy:**

To ensure player safety teams will follow the direction of Game Officials regarding inclement weather. Game Officials will determine before the start of the game whether water breaks are necessary. Game Officials will also have final say whether

the game should be canceled due to inclement weather as outlined by the criteria listed below.

- **Thunder and Lightning:**
 - If you can hear thunder, you can get hit by lightning. As soon as you hear thunder, quickly get to a safe location. More people are struck before and after a thunderstorm than during one. Stay inside for 30 minutes after the last rumble of thunder.
 - Get to a safe place. A safe location is a fully enclosed building with wiring and plumbing. Sheds, picnic shelters, tents or covered porches do NOT protect you from lightning. If no sturdy building is close by, get into a metal-roofed vehicle and close all the windows
 - When considering resumption of any athletics activity, wait at least thirty (30) minutes after the last flash of lightning or sound of thunder before returning to the field.
- **WARNING LEVELS for Severe Weather:**

Environment Canada Range of Humidex & Temperature
Caution: mandatory water breaks when Humidex of 30-39°C and 28°-30°C Temp.
Dangerous: Cancellation of Game when Humidex of 40°C+ and 31°C+ Temp.
- **WARNING LEVELS for Air Quality:**

Caution: games will be played under a Caution if the expected air quality in a hosting town is as follows - Air Quality Index (AQI) between 5 and 6. Additional water breaks are mandatory and the game official may abandon a game early if the air quality becomes worse.
Dangerous: games will be Cancelled if the expected air quality in a hosting town is as follows - Air Quality Index (AQI) of 7 or higher.

Note: The League holds final say whether a game will be cancelled due to the Humidex, Temperature and Air Quality levels being exceeded. An email will be sent out by the League to all Division Convenors, Head Referees, and Coaches who are on the League's weather/air quality advisory email list, and a message will be posted on the League website no less than 3 hours prior to kick off.

Rule 12 – The Start of Play

- 12.1. At the beginning of a game, choice of halves and the kickoff shall be decided by the toss of a coin. The team which wins the toss, shall have choice of which end to start the game, the other team shall take the kick off.

Rule 13 – The Ball In and Out of Play

- 13.1. The ball is out of play when it has wholly crossed the goal line or the touch line, on the ground or in the air and play has been stopped by the referee.
- 13.2. The ball is in play at all other times including rebounds off game officials (when they are on the field of play), goalposts, crossbars, or corner posts, which result in the ball remaining in the field of play.

Rule 14 – Method of Scoring

- 14.1. Failure of the Referee to attend a game for which they are scheduled will result in a win by the Visiting Team (by a score of 1-0 by default). Assistant Referees are desirable but not mandatory for a game to be played and their absence will not result in a default. Home Team Coaches should verify with their Referee Schedulers or Referees that they are available and will attend their designated game.
- 14.2. A no show or failure of a team to field at least five (5) players for U11, at least six (6) players for U13, or seven (7) players for U15, U18 and Open divisions, will result in forfeiture of the game. The opposition team will be awarded a win (by a score of 1-0 by default). If both teams don't field the minimum number of players, the game will be removed from the schedule and will not be rescheduled except under circumstances approved by both the Division Convener and League President.
 - Under the "Let Us Play" rule, as per section 7.3, a U11 or U13 game can still be played if one team is unable to field the minimum number of players.
 - If there is a game, there should still be a game sheet
- 14.3. Teams shall be awarded points during the regular season based on the following formula:
 - 3 points are awarded for a WIN
 - 1 point is awarded for a TIE
 - 0 points are awarded for a LOSS
- 14.4. Team standing are determined in the following order: a.
 - Total points
 - If tied, the total goals against (least goals against),
 - If tied then the best record between tied teams,
 - If tied, the coin toss (administered by Convener).
 - If teams have played an unequal number of games because of cancellations or scheduling, "win percentage" shall be used to determine standings when the above determinants are inconclusive.
- 14.5. Every game shall be recorded on the e-Game Sheet. Both teams will complete their section prior to the start of the game. The game sheet must be completed following the match and submitted by the Referee. One representative from each team, the convener, and the referee will be emailed a copy of the game sheet automatically by the e-Game Sheet software.

Rule 15 – Offside (for U13 and above)

- 15.1. Offside does not apply to U11
- 15.2. Offside applies to all ages divisions U13 and up
- 15.3. A player in an offside position is only penalized if at the moment the ball touches or is played by one of their teammates, or in the opinion of the referee, they are involved in the play by:
 - Interfering with play,
 - Interfering with an opponent, or

- Gaining an advantage by being in that position
- 15.4. There is no offside if a player receives the ball directly from:
 - A goal kick,
 - A throw in, or
 - A corner kick

Rule 16 – Restart from the Sidelines/Touchlines

- 16.1. A restart from the touchline is awarded to the opponents of the player who last touched the ball when the whole of the ball passes the touchline, on the ground or in the air
- 16.2. For U11 the restart from the sideline (touchline) is a pass-in or dribble-in
 - A goal cannot be scored directly from a pass-in or dribble-in. If the ball enters the goal without touching at least two (2) players play is restarted with:
 - if the ball enters the opponents' goal – a goal kick is awarded
 - if the ball enters the thrower's goal – a corner kick is awarded
 - The ball is kicked from the touchline at the point where the ball left the field of play
 - The ball must be stationary
 - The ball is in play when it is kicked and clearly moves
 - All opponents must stand no less than three (3) metres from the point at which the pass-in or dribble-in is taken
- 16.3. For U13 and up the restart from the sideline (touchline) is a throw-in
 - A goal cannot be scored directly from a throw-in:
 - if the ball enters the opponents' goal – a goal kick is awarded
 - if the ball enters the thrower's goal – a corner kick is awarded
 - A Player must deliver the ball by:
 - Standing Facing the field of play at the point where the ball left the field of play,
 - Maintaining contact with part of each foot with the ground, on or outside the touchline,
 - Uses both hands, and
 - Throwing the ball from behind and over the head
 - All opponents must stand at least two (2) metres from the point on the touchline where the throw-in is to be taken
 - The thrower must not touch the ball again until it has touched another player

Rule 17 – The Corner Kick

- 17.1. A goal may be scored directly from a corner kick, but only against the opposing team; if the ball directly enters the kicker's goal, a corner kick is awarded to the opponents
- 17.2. Corner Kicks are taken from the corner arc of the nearest flag post from where the ball went over-the goal line.
- 17.3. The ball must be stationary and is kicked by a player of the attacking team
- 17.4. The corner flag post cannot be moved or repositioned when taking a Corner Kick
- 17.5. The ball is in play when it is kicked and clearly moves; it does not need to leave the corner area

- 17.6. U11 and U13 - Opponents must remain at least five (5) metres from the corner arc until the ball is in play
- 17.7. U15 - Opponents must remain at least 9.15 metres from the corner arc until the ball is in play

Rule 18 – The Retreat Line Rule (for U11)

- 18.1. The retreat line will come into play when the ball has gone out for a goal kick or when the goalkeeper has the ball in their arms.
- 18.2. The retreat line shall be marked at the 1/3rds of the field. The use of field markers outside the field of play to indicate the retreat line is recommended where a line is not painted on the field.
- 18.3. The ball is in play once it is kicked and clearly moves. All opponents must be behind the retreat line and cannot cross the retreat line until the ball:
 - Is touched by a player of the team releasing the ball or,
 - Leaves the field of play or,
 - Goes over the retreat line.

Note: If the goalkeeper chooses not to wait for the opposing players to "retreat" and releases the ball quickly, the opponents are permitted to challenge for the ball without going back to the retreat line.

Rule 19 – The Goal Kick (for U11 and U13)

- 19.1. Goal kick may be taken from anywhere inside the penalty area, by any player of the defending team.
- 19.2. The ball must be stationary when the kick is taken.
- 19.3. For U11 the ball is in play as per the retreat line rules.
- 19.4. For U13 the ball is in play when it is kicked and clearly moves.

Rule 20 – The Goal Kick (for U15 and above)

- 20.1. Goal kick may be taken from anywhere inside the goal area for U15, U18, and Open, by any player of the defending team.
- 20.2. The ball must be stationary when the kick is taken.
- 20.3. The ball is in play when it is kicked and clearly moves.

Rule 21 – Free Kicks (U11)

- 21.1. All free kicks are indirect with the exception of penalty kicks
- 21.2. Free kicks and penalty kicks can only be awarded for offences committed when the ball is in play.
- 21.3. The ball must be stationary when the kick is taken
- 21.4. The ball is in play when it is kicked and clearly moves
- 21.5. The kicker must not touch the ball again until it has touched another player

- 21.6. A goal cannot be scored directly from an indirect free kick, it must touch another player before it enters the goal
- 21.7. All opponents must be five (5) metres from the ball, with the exception of rule 21.8
- 21.8. If the free kick is taken within the team's defending 1/3rd of the field, all opponents must be behind the retreat line
- 21.9. An indirect free kick inside the penalty area shall be taken from the penalty area line parallel to the goal line at the point nearest to where the offence occurred
- 21.10. Where three (3) or more defending team players form a "wall", all attacking team players must remain at least one (1) metre from the "wall" until the ball is in play
- 21.11. When committed in the defending team's penalty area, the following offences result in a penalty kick:
 - a. Kicks or attempts to kick an opponent
 - b. Trips or attempts to trip an opponent
 - c. Jumps at an opponent
 - d. Charges an opponent
 - e. Strikes or attempts to strike (including head butt) an opponent
 - f. Pushes an opponent
 - g. Tackles an opponent
 - h. Throws an object at the ball, an opponent, or the referee, or makes contact with the ball with a held object
 - i. Holds an opponent
 - j. Impedes an opponent with contact
 - k. Bites or spits at someone on the team lists or the referee
 - l. Handball offence
- 21.12. When committed in the defending team's penalty area, the following offences result in an indirect free kick:
 - a. Plays in a dangerous manner
 - b. Impedes the progress of an opponent without contact being made
 - c. Prevents the goalkeeper from releasing the ball from their hands
 - d. Kicks or attempts to kick the ball when the goalkeeper is in the progress of releasing it
 - e. Is guilty of dissent, using offensive, insulting, or abusive language and/or action(s) or other verbal offences
 - f. The goalkeeper touches the ball with their hand/arm after it has been deliberately kicked to them by a teammate
 - g. The goalkeeper touches the ball with their hand/arm after receiving it directly from a pass-in/dribble-in taken by a teammate

- h. The goalkeeper touches the ball with their hand/arm after releasing it and before it has touched another player (this does not include bouncing the ball)

Rule 22 – Free Kicks (for U13 and above)

- 14.1. Direct and indirect free kicks and penalty kicks can only be awarded for offences committed when the ball is in play.
- 14.2. Direct Free Kick is awarded to the opposing team if a player commits any of the following offenses in a manner considered by the referee to be careless, reckless or using excessive force:
 - a. Kicks or attempts to kick an opponent
 - b. Trips or attempts to trip an opponent
 - c. Jumps at an opponent
 - d. Charges an opponent
 - e. Strikes or attempts to strike (including head butt) an opponent, or
 - f. Pushes an opponent

If an offence involves contact, it is penalised by a direct free kick.

- 22.3. Direct Free Kick is also awarded to the opposing team if a player commits any of the following offenses:
 - a. Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball,
 - b. Holds an opponent,
 - c. Bites or spits at someone on the team lists or a match official, or
 - d. A handball offence (except for the goalkeeper within their own penalty area)
 - e. Impedes an opponent with contact
 - f. Throws an object at the ball, an opponent or a match official, or makes contact with the ball with a held object
- 22.4. Indirect Free Kick is awarded to the opposing team if a goalkeeper, inside their own penalty area, commits any of the following offenses:
 - b. Touches the ball with their hands after the ball has been released from their possession and has not touched another player
 - c. Touches the ball with their hands after the ball is deliberately kicked to them by a teammate, or
 - d. Touches the ball with their hands after receiving a ball directly from a throw-in taken by a teammate.
- 22.5. A corner kick is awarded to the opposing team if a goalkeeper takes more than eight (8) seconds to release the ball while controlling the ball with their hands
- 22.6. Indirect Free Kick is also awarded to the opposing team if a player, in the opinion of the referee:

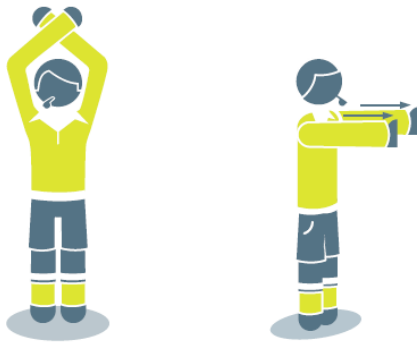
- a. Plays in a dangerous manner
- b. Impedes the progress of an opponent without any contact being made
- c. Prevents the goalkeeper from releasing the ball from their hands, or kicks or attempts to kick the ball when the goalkeeper is in the process of releasing it
- d. Commits any other offense, not previously mentioned in FIFA Law 12, for which play is stopped to caution or dismiss a player.
- e. Is guilty of dissent, using offensive, insulting or abusive language and/or action(s) or other verbal offences
- f. Initiates a deliberate trick for the ball to be passed (including from a free kick or goal kick) to the goalkeeper with the head, chest, knee etc. to circumvent the Law, whether or not the goalkeeper touches the ball with the hands; the goalkeeper is penalised if responsible for initiating the deliberate trick

Rule 23 – The Penalty Kick

- 23.1. For U11, a penalty kick is awarded for offences as described in Rule 21 – Free Kick (for U11)
- 23.2. For U13 and up, a penalty kick is awarded if any of the offenses that results in a Direct Free Kick is committed by a player inside their own penalty area, irrespective of the position of the ball, provided it is in play.
- 23.3. The kick is taken from the penalty mark, which for U11 is eight (8) metres, U13 is nine (9) metres, and for U15, U18, and Open is eleven (11) metres away from the back edge of the goal line.

Rule 24 – Only the Captain

- 24.1. To prevent players mobbing or surrounding the referee in major situations, only one player from each team (usually the captain) is allowed to approach the referee and when doing so, they must always interact in a respectful manner
- 24.2. The referee may instruct/encourage players (verbally or with gestures) not to approach them
- 24.3. The team captains are responsible for helping to direct their team-mates away from the referee
- 24.4. Players who approach/surround the referee when they are not permitted to do so may receive a yellow card
- 24.5. The referee may delay the restart of play to allow the captain(s) time to speak with their team-mates to explain a decision and/or demand proper behaviour
- 24.6. If the team captain is substituted off or is the goalkeeper, another player may be nominated as a representative
- 24.7. The referee can initiate the “only the captains” guidelines by blowing the whistle and using the following signal:
 - Raising both arms above their head and crossing them at the wrists
 - Uncrossing their arms and moving them in front of their body with their palms open in a forward pushing motion to indicate that the players must not approach



24.8. A captain-only zone will then extend for four (4) metres around the referee

Rule 25 – Fouls and Misconducts

- 25.1. Coaches and team players must locate themselves on the OPPOSITE side of the field from the spectators during all games. Clubs and coaches are responsible for ensuring that parents and other spectators are aware of and comply with this rule.
- 25.2. It is the decision of the Referee as to whether a foul or misconduct has occurred. 12.3. The Division Convener will be notified of any Yellow and/or Red Card infractions via the e-game sheet
- 25.3. The Referee will report all infractions to the Discipline Chair within 24 hours. (see Rule 5.3) All Yellow and Red Card infractions will be dealt with by the Discipline by Review (DBR) process through the Lakeshore Soccer League Discipline Policy.
- 25.4. A Red Card infraction will result in:
 - The player being sent off
 - The offending player's team is not permitted to use a substitute to replace the offending player.
 - If the offending team has less than seven (7) players following the sending off, the referee will abandon the game (see Rules 7.2 and 7.5) and a win awarded to the opposing team.
 - The abandoned game will be reported to the President and the Discipline Chair by the Convenor within 24 hours.
 - The player and coach will wait for notification from the Lakeshore Soccer League Executive, the suspension length before sitting out any additional games
- 25.5. A Yellow Card infraction will result in the player being sent off (as per section 7.16)
- 25.6. The offending player or team official has the right to appeal the decision of the Lakeshore Soccer League Standing Committee on Discipline, SWRSA and/or OSA.
- 25.7. Any player or team official assaulting a referee or assistant referee shall be automatically suspended until such time that a Discipline by Review (DBR) is completed by the Lakeshore Soccer League Discipline Committee.
- 25.8. It is the responsibility of the offending player's Coach to administer all suspensions.

Discipline Fees

- All payments made by cheque or e-transfer to Lakeshore Soccer League. Monies will go into the Leagues general fund.
- Teams/Coaches along with Club rep will receive warning (only when its applicable) via email from the President and or Discipline chair.
- Teams (Clubs) have 21 days to pay fines. If the fine is not paid within the time limit, the matter will be sent to the Disciplinary Committee for follow-up.
- The league has the right to void any fee/fine if they deem it necessary (via League Executive vote per reports from the League Discipline Chair and or DBR).
- League Treasurer will be copied at the conclusion when said fines-fees have been confirmed and penalty notice has been sent to the Club. That email will include League President, Club Rep, and Club Senior Executive/Board of Directors
- Appealing / Requesting a Hearing
 - The “Request for a Hearing” fee is \$100 and must be paid prior to the form being completed and processed. If found not guilty, the fee will be refunded.
 - The accused shall submit the “Request for a Hearing” form within three (3) days of receiving the dismal. The request must be received before the date of the next scheduled Discipline Review meeting.

Lakeshore Soccer League Rule Book and Operations Manual - 2026

Ontario Soccer 2025-2026 Operational Procedures					
Section	Fee Description	First Offence Warning	Fee	Reporting Authority within LSL	League Authority
4.5	Home clubs failing to provide game provisions (ex. technical area being marked on field with cones/paint)	Yes	\$50	Convener	Discipline & President/VP
5.2	Coaching / bench staff not completing leagues required code of conduct are not allowed to participate	Yes	\$50	Convener	Discipline & President/VP
12.10.a	Playing under suspension	No	\$250	Ref/Coach	Discipline
12.10.b	Individual appeals (except automatic suspensions)	No	\$100 Refunded if found not guilty	n/a	Discipline & President/VP
12.10.e	Assault on a game official	No	\$250	Ref Report/IRF	Discipline President/VP
12.10.f	Appeal to the Ontario Soccer for assault on a game official	No	\$500	President	President w/ League Referee & Discipline
22.9	If a single team accumulates either 4 dismissals, or 8 cautions, or 10 combined through the season (this includes season, summer kickoff tournament, end of year tournament / Lakeshore Cup), the team will be fined. The league will remind and inform the Club and Team if they are near these limits.	No	1 st = \$50 2 nd = \$100 3 rd = \$150	Discipline	Discipline & President/VP
Lakeshore Soccer League Rule Book and Operations Manual 2025					
	Withdrawing/Adding a team after registration deadline	No	Team Fee <i>*fine waived if scheduling conditions prevails</i>	League Exec	League Exec Treasurer
	Team withdrawal after the season has begun.	No	Team Fee + \$250.00	League Exec	League Exec Treasurer
	Withdrawing a team from Lakeshore Cup 14 days prior tournament start	No	\$250	Div Convener	Tournament Chair
14.5	Team failing to complete electronic game sheets	Yes + <i>follow up from league exec</i>	League discretion * if this is a recurring issue fine will be levy \$50.00	Div Convener	Discipline Chair along with President/VP
7.6 & 14.2	Team has less than the minimum number of players required to start the game	Yes + <i>automatic forfeiture</i>	\$100/game + automatic forfeiture	Ref Report	Div Convener
1.3	Team officials under the influence of drugs or alcohol, smoking or vaping while coaching	No	\$100	Rep Report, IRF *Ref doesn't need to challenge at the field	Discipline Chair follow-up w/ Team + Club Rep

Lakeshore Soccer League Rule Book and Operations Manual - 2026

5.3	More than 4 team officials on bench/technical area (exception: club president and technical director)	Yes	\$50	Ref Report/IRF doesn't need to be challenge at the field	Discipline Chair follow-up w/ Team + Club Rep
11.3	Postpone/Cancel game without notice to Div Convener & other team	Yes	\$50	Div Convener	President Discipline Chair
14.2	No Show - Team does not show up for a game	<i>Circumstances will dictate</i>	\$150	Div Convener	Discipline Chair President/VP
Lakeshore Cup	Player not meeting eligibility criteria	No	\$100 <i>*Forfeit any wins</i>	Div Convener Tournament Chair	Tournament Chair
14.1	Referee No Show (Home Club pays Fine)		\$100	Team Coaches Div Convener	Head Referee
7.2	Exceeding the maximum roster size dressed for the game and/or on the game sheet 18 at U12, 25 at U15 and above	No	\$100	Div Convener via Game Sheet	Div. Convener

Standing Committee on Discipline

The Lakeshore Soccer League adopts the Ontario Soccer Association Policies and Procedures for Discipline when considering cases before the Discipline Committee.

Structure

The Discipline Chair will be the point of contact for all discipline related issues. The chair will present, to a three-person committee system, all relevant information/conflict reports from either match official, registrant, and/or third party. All persons called to the committee must be non-relevant (impartial) to the club or issue in question. In the event that a matter requires a Discipline by Hearing (DBH), the Discipline Chair may direct the case to the District Association and/or Sport Discipline for assistance.

Discipline By Review System (DBR)

- Unless otherwise prohibited by Ontario Soccer policy, all misconducts within the Lakeshore Soccer League will be dealt with by way of the Discipline by Review (DBR) system.
- The Discipline Committee will convene to read the documents, validate the charges, and render a decision (without a hearing).
- Decision must then be forwarded to all affected parties (Club, Team Head Coach, League Rep, and Division Convener) within four days and indicate:
 - Exact offence(s) of which they were charged and the resulting decision.
 - Starting date and the expiry date of the suspension or specific games from which the accused has been suspended and/or the specific fine that has been levied.

- Discipline decisions made under the Discipline by Review System cannot be appealed.

Discipline By Hearing (DBH)

- In the event that a matter requires a Discipline by Hearing (DBH), the Discipline Chair may direct the case to the District Association and/or Sport Discipline for assistance.
- All DBH will be held in Google Meets, or other virtual setting, following the league's set hearing schedule.

The Discipline Chair will keep a record of all yellow and red cards handed out throughout the season as well as any dismissals of team staff and/or any inappropriate behavior from players, team officials, and clubs reported by the Referee and/or other persons attending the game.

Discipline Hearing Schedule 2026

Discipline hearings shall be convened in accordance with the schedule outlined below. Hearings are scheduled to commence at 19:30 hours (7:30 p.m.) local time, subject to the active docket; should no cases be listed for a given date, the hearing will not proceed. No hearing dates shall coincide with a statutory or civic Holiday Monday. During the Lakeshore Cup period the league will schedule hearing dates every week, and any Holiday Monday will be moved to a Wednesday as outlined below.

Monday, May 25

Monday, June 8

Monday, June 22

Monday, July 13

Monday, July 27

Wednesday, August 5

Monday, August 10

Monday, August 17

Wednesday, September 9

Miscellaneous

- N.S.F cheques will be assessed a \$50.00 Admin fee
- If Lakeshore SL receives back from its bank NSF cheque, the Club of the disciplined player who has provide said NSF cheque becomes immediately responsible for full payment – the amount of the cheque plus handling fee.

Lakeshore Cup

The end of season tournament, The Lakeshore Cup, is seeded based on regular season standings. Tournament format and rules will be determined by the Tournament Chair and the Lakeshore Soccer League Executive. The schedule and rules will be issued to coaches prior to the start of the tournament and posted on the Lakeshore Soccer League website. Although it is expected that the tournament can be held over the course of one weekend, in some cases, it may be necessary to hold the first rounds in the week(s) prior to the tournament weekend

Players are eligible to play in the Lakeshore Cup if they meet one of the following requirements:

- a) They are registered to the team that they are playing for and have played a minimum of 3 regular season games with that team or,
- b) They are a call-up player and have met the requirements of Rules 7.8 and 7.9, and have played a minimum of 3 regular season games with the team they are being called up from.
- c) They are a call-up player to a team that would otherwise be unable to field a minimum roster to the Lakeshore Cup due to a shortage of players. Special dispensation by the Lakeshore League to participate in Cup play, despite not meeting the requirements of points a or b, must be requested by the team well in advance of Cup play. Player dispensation will be granted by the Lakeshore League only in extraordinary circumstances and will not be considered in cases where roster shortages arise because of suspensions or other disciplinary action.

On combining teams from the same club for Lakeshore Cup Play:

- a) Combining of teams for the Lakeshore Cup is not permitted
- b) Special consideration may be given in rare and exceptional circumstances when a team is critically short of players and will be forced to withdraw from a tournament. No team shall make such a request if they will have a minimum of 7 players (U12) or 9 players (U15, U18, Adult) present at the tournament. Notice of intent to combine must be given in writing by the Club President to the Division Convenor at least 14 days prior to the tournament date. In this case a "Tournament Committee" made up of the Tournament Chair, Division Convenor and Discipline Chair, and signed off by the President, shall decide whether combining teams is appropriate.
- c) Combining teams for the Early-On Invitational Tournament is permitted

Tournament Discipline:

- A red card, whether issued as a straight red or following two yellow cards in the same match, results in an automatic suspension.
 - NOTE: Game official must still fill out the referee reports and inform division convener, tournament chair, and discipline chair.
- Carry-Over: if a suspension cannot be fully served during the tournament, the remaining games will carry over to the sanctioned individual's next season.

Offence Category	Set Suspension
Technical/Tactical (examples may include DOGSO, arguing/dissent with the ref, x2 yellows)	1 game
3 yellows in the tournament	1 game
Serious Foul Play	Tournament
Violent Conduct	Tournament
Match Official Assault	Tournament

On Tournament Extra Time:

- a) During Lakeshore Cup match play, if teams are tied at the end of regulation time, the teams shall proceed immediately to Penalty Kicks.
- b) Tie Breaking Penalty Kick Rules:
 - i. As soon as regulation time is over, all players that are on the field must remain on the field while coaches, bench staff, any player not on the field of play, and spectators must remain off the field.
 - ii. The players on the field will all move to the center circle, where the first five shooters from each team and the order in which they will shoot, will be reported to the referee.
 - iii. The only player permitted to leave the circle at any given time is the current shooter.
 - iv. After the shooter has taken their shot, they must return to the circle.
 - v. If at the end of the 5 shooter per team round the score is still tied, 3 new players from each team that are in the circle will be identified to the referee as the next shooters and the order that they will be shooting in.
 - vi. The second round of penalty kicks is sudden death, meaning that one shooter from each team takes a shot and if the tie is broken the game is over, if the tie stands then the next shooter from each team takes their shot until all team members have had a chance to take a shot before repeat shooters are allowed.
 - vii. Coaches, bench staff, and any player that was not on the field during the penalty kicks can only enter the field once the referee has determined a clear winner of the game.
 - viii. The Sudden Death rounds shall continue until a winner is declared.

The Hosting Club has the following responsibilities on tournament day:

- The Hosting Club must designate a representative to be present and manage the tournament onsite and ensure its smooth operation.
- A copy of the tournament's game schedule must be posted onsite in a visible location.
- Fields must be lined, in good condition and with appropriately sized goals present. Corner flags are recommended.
- Referees and assistant referees must be scheduled for each game.
- Bathroom facilities must be available at the fields.
- Water and first aid supplies are recommended.

The 2026 Lakeshore Cup Dates and Locations

U11 Boys Tournament	West Grey	July 25/26
U11 Girls Tournament	Walkerton (Hosted by Chesley)	July 25/26
U13 Boys Tournament	Markdale	August 8/9
U13 Girls Tournament	Blue Mountain	August 8/9
U15 Boys Tournament	Walkerton	August 15/16
U15 Girls Tournament	Markdale	August 15/16
U18 Boys Tournament	Kincardine	August 8
U18 Girls Tournament	Owen Sound	August 9
Men's Tournament	Play-off Format	Play-off Format
Women's Tournament	Play-off Format	Play-off Format