



New Player Introduction League Information

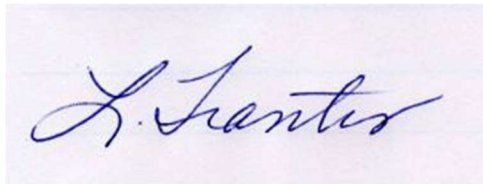
Welcome Letter

On behalf of the North Shore Thirty-Something Women's Soccer League, I'm pleased to welcome you to our league. Our league was formed in June of 1992, when we started out with a couple of teams and women with varying levels of skill. The league now has 13 teams and continues to provide an opportunity for women with various levels of skill and ability to play soccer. The motto of the league is "Fun, Fitness and Friendship."

We hope you find the team you have joined—and the league—provides you the experience expressed in our motto.

Please don't hesitate to reach out to your team captain, or me, if you have any questions or concerns as you begin, or continue, your soccer career.

Sincerely

A handwritten signature in blue ink that reads "L. Tranter". The signature is written in a cursive style and is centered within a light blue rectangular box.

Linda Tranter

President

North Shore Thirty-Something Women's Soccer League

General League Information

The North Shore Thirty-Something Women's Soccer League is made up of eight teams in the Over-30 Age Division and five teams in the Over-45 Age Division.

Players may choose to stay in the Over-30 division even when they have reached 45 years of age. It is your choice when you wish to move to the Over-45 division, but at a minimum, you must be turning 45 in the season you do.

Our teams play in two seasons: Fall/Winter, from September to March, and Spring/Summer, from April to June/July. Our teams are predominantly from the North Shore, except for one team in the Over 30 division in Squamish, where teams will travel to once for a game in the Fall/Winter season. All other games are in North Vancouver or West Vancouver.

In the Fall/Winter season, teams will usually practice once a week, and play one game on Sunday mornings, with the occasional Friday night game. Sunday morning games are on grass fields and Friday night games are on an artificial turf field.

In the Spring/Summer season, teams do not typically practice, but there may be two to three games a week depending on the schedule. All Spring/Summer games are on turf fields in North Vancouver and West Vancouver.

The league does not keep track of games scores or keep standings.

Each team is responsible for playing a role in the running of the league, whether it is an individual team member volunteer on the executive committee, or the team as a whole taking on a league duty. As well, each team is required to send a team rep to the monthly league meetings during the Fall/Winter Season. In May, the league holds its Annual General Meeting (AGM). A minimum of six players from each team are required to attend the AGM; however, it's great if most players can come and hear the league updates and enjoy the social part of the meeting.

Purposes of the Society

Our league is a not-for-profit organization registered under the BC Societies Act. Our purposes are outlined in our Constitution:*

- To provide fun, develop fitness and promote friendship for women over the age of thirty (30) through the game of soccer,
- To promote player safety, courtesy and fairness in a non-competitive environment,
- To safeguard the interests of teams comprising the league; and,
- To facilitate active participation by women over thirty (30) in the game of soccer.

Special League Provisions (Bylaws & Rules)

- FIFA Rules apply in all games, with some exceptions, including:
 - a) Slide tackling is forbidden. Any slide tackling will result in a minimum of a yellow card.

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- b) All efforts will be made to avoid contact with the goalkeeper in the penalty box; however, the goalie must exercise caution to not put herself or others in danger of injury.

Additional special provisions are:

- The League discourages unsporting behaviour and playing in a dangerous manner.
- Provided a player is prepared to play any position other than the goalkeeper, a team must do its best to give all players equal playing time at each game unless a player requests less.

*The Purposes and special league provisions are stated in our Constitution, Bylaws and Rules which can be found on our website at <https://thirtysomethingsoccer.com> under Documents.

Player Requirements

All players are required to complete their registration with the league Registrar, which involves providing proof of address (living on the North Shore—considered the area from Pemberton to Deep Cove) or work address, for those who work in North Vancouver. Players must also submit a photo which will be included on their digital player card. Players are required to be present their card at every game (including those where they may sub for another team).

All players are required to provide your own footwear, whether that be cleats or turf boots, depending on the playing surface of your field, and shin guards.

Each team has their own requirements for uniforms, but typically they will supply all team members with a uniform shirt and shorts.

Other Considerations

- Players should make their best effort to attend scheduled practices and games, and should inform the team captain, coach or manager of expected absences as soon as possible.
- Players must show respect to other players, coaches and officials, both on and off the field, including at practice, during meetings, and in e-mail communications.
- Players are encouraged to work collaboratively with their teammates to resolve internal team issues. Where needed, the President and/or Vice-President are available on a confidential basis to assist players and/or team management.

Subbing for Other Teams

We encourage players to support other teams on days when their own team is not playing. In each of our seasons, we prepare a Players Pool list of those players interested in subbing when they are not playing on their own team. This is a great way for you to meet other players in the league, play in positions you may not normally play and experience different team strategies.

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To participate in the Players Pool, please check the box for this option during the registration process.

Player Transfers

Players may request a transfer to another team, for a variety of reasons. We ask that any player wanting a transfer contact our Registrar (registrar@thirtysomething.com) to follow the proper procedures. A player may request a specific team to transfer to, or if they don't have a specific team in mind, we will look at team numbers and advise the player which teams have roster space to move to.

If you have only recently joined the league, you must play with the team you are placed on for one full season (either the Fall/Winter season, or the Spring/Summer season).

Injury Information

BC Soccer provides insurance coverage to all registered players of the North Shore Thirty-Something Women's Soccer League as a full member association.

Group Accident # ACL 6022 (please enter ACL 6022 under GROUP POLICY No. on the claim form).

The insurance provider is All Sport Insurance and BC Soccer uses the broker SBC Insurance.

IT IS IMPORTANT THAT THE INSURER (SBC INSURANCE) RECEIVE NOTICE OF THE ACCIDENT WITHIN 30 DAYS AND RECEIVE CLAIM DOCUMENTATION WITHIN 90 DAYS OF THE ACCIDENT.

You can find the claim form under Documents on our website or, alternatively, you can review the insurance information and obtain the claim form from BC Soccer's website.

<https://www.bcsoccer.net/insurance>

Who to Contact

There are many people who are available to you if you have any questions. Your team captain or manager is a great source of information. You may also reach out to any of the following people, who volunteer in several capacities for the league:

Linda Tranter – President	president@thirtysomethingsoccer.com
Carey Hall – Vice-President	vicepresident@thirtysomethingsoccer.com
Colette Baber – Registrar	registrar@thirtysomethingsoccer.com
Shahla Moodad – Player Coordinator	waitlist@thirtysomethingsoccer.com
Sharon Muzzin – Treasurer	treasurer@thirtysomethingsoccer.com
Andrea Burbidge – Referee Assignor	burb@telus.net

Helpful Links

It is useful to read our Constitution, Bylaws and Operating Rules -
https://thirtysomethingsoccer.com/webapps/doc_appz/doc_default

(NSTSWSL BYLAWS Updated AGM 2019.docx)

League Website - <https://thirtysomethingsoccer.com/home>

Follow these Twitter Accounts for field condition updates:

- DNVFields
- CNVFields
- WestVanFields

**Thank you again for your interest in being part of a
wonderful women's soccer league!**