



ONTARIO PREMIER LEAGUE OPERATIONS AND GAME DAY MANUAL

-2026 Season-

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Sanctioned by  ONTARIO
SOCCER



TABLE OF CONTENTS

	PAGE
SECTION I – ORGANIZATION	
1.1 Strategic Direction	5
1.2 Technical Oversight	5
1.3 License Holder Advisory Role	5
1.4 Establishment of Sub-Committees / Working Groups	5
1.5 Discipline Code and the Administration of Discipline	6
SECTION II – COMMITMENT REQUIRED OF TEAMS PARTICIPATING IN 2026 SEASON	
2.1 Standards	7-8
2.2 License Agreement and Payment of Team Fees	8
2.3 Scheduling	8
2.4 Annual Performance Review	9
2.5 Canada Soccer National Club Licensing	9
SECTION III - STRUCTURE	
3.1 Eligibility to Participate in Official OPL Competition	10
3.2 Game Format	10
3.3 Playing Season and Competition Calendar	10
3.4 Competition Structure	10-12
3.5 League Cup Tournament	12
3.6 Competition Schedule	12-14
3.7 Substitution Policy for “Normal” Substitutions	14
3.8 Concussion Substitution Protocol	15-16
3.9 Incomplete Games and Match Delays	16
3.10 Rescheduling of Matches	16-17
3.11 Forfeits	17
3.12 Match Forms	17-18
3.13 Assignment of Match Officials	18
3.14 Reporting of Match Results	18
SECTION IV - PLAYER ELIGIBILITY AND TEAM ROSTERS	
4.1 Player and Team Official Registration	19-20
4.2 Registration Deadlines and Roster	20-21
4.3 Affiliation Agreements	21
4.4 Player Movement Within an Organization and Trial Players	22
4.5 Ineligible Players	22
4.6 International Transfers	22
4.7 Player Transfer, Player Loan and Player Release Policy	23
4.8 Termination of Contracts	23-24
4.9 Improper Player Recruitment and Solicitation	24
4.10 Residency Rules	24
SECTION V - TEAM AND MATCH OFFICIALS	
5.1 Team Officials	25
5.2 Assignment of Match Officials	25
5.3 Match Official Conduct	25-26
SECTION VI - TECHNICAL PRINCIPLES AND STANDARDS	
6.1 Technical Objective	27
6.2 Guiding Principles	27
6.3 Technical Program Standards and Responsibilities	28-29
6.4 Ontario Soccer Talented Pathway	29



SECTION VII – STANDARDS FOR MEDICAL PERSONNEL ON MATCH-DAY	PAGE
7.1 Objective	30
7.2 Standard	30
7.3 Minimum Qualifications for Match-Day Medical Staff	30
SECTION VIII – PLAYER MOVEMENT WITHIN AN ORGANIZATION FOR THE 2026 SEASON	
8.1 Approved Player Movement	31-33
SECTION IX – CONCUSSION POLICY AND ROWAN'S LAW	
9.1 Policy Objective and Origin	34
9.2 What is a Concussion?	34
9.3 What to do in the Event of a Suspected Concussion?	34
9.4 Recognition and Management of a Concussion	34-36
9.5 Taking Action in the Event of a Suspected Concussion	36
9.6 Re-Entry of a Player/Participant with a Suspected Concussion	36-37
9.7 Recovery and Return to Play for Player/Participant with a Suspected Concussion	37
9.8 Reassessment of a Player/Participant with a Suspected Concussion	37
9.9 Rowan's Law	37-38
SECTION X – ONTARIO PREMIER LEAGUE MATCH-DAY OPERATIONS AND FACILITY STANDARDS	
10.1 Match-Day Facility	39
10.2 Match-Day Staffing	39
10.3 Field of Play Preparation	39
10.4 Soccer Goals	40
10.5 Advertising Signage	40
10.6 Game Balls	40-41
10.7 Match Official Services	41
10.8 Team Dressing Rooms	42
10.9 Match-Day Ticketing Services/Spectator Services	42-43
10.10 Public Address Announcer/Timekeeper	43
10.11 Media and Broadcast Services	43-44
10.12 Security Services	44
10.13 Youth Programme Supervisor	44-45
10.14 Ball Retrievers	45
10.15 Game Day Program	45-46
10.16 Match Video	46
10.17 Game Day Promotions	46
10.18 Post Game Media Mixed Zone	46
10.19 Arrival Time at Stadium	47
10.20 Match Forms	47
10.21 Player Identification	47
10.22 Uniform Requirements	48-49
10.23 On Field Warm Up Sessions for Teams	49
10.24 Pre-Game Entry of Team Officials and Substitute Players	49
10.25 Pre-Game Ceremony	50-51
10.26 Dress Code for Substitute Players and Team Officials	51
10.27 Substitutions	51
10.28 Dismissals	51
10.29 Half-Time Protocol	51
10.30 Game Sheets, Match Report and Reporting of Match Results – In-Match and Post Match	52
10.31 Pre-Match, In-Match and Post-Match Food and Refreshments	52
10.32 Protocol In The Event Of A Racist Incident During A Match	52-53
10.33 Liquor License Requirements	53



APPENDICES

APPENDIX A –	ONTARIO SOCCER STANDARDS FOR HIGH-PERFORMANCE SENIOR LEAGUES	54-57
APPENDIX B –	COMPETITION STRUCTURE AND BREAKING OF TIES IN LEAGUE STANDINGS	58-66
APPENDIX C –	CODE OF CONDUCT	67
APPENDIX D –	SOCIAL MEDIA POLICY	68-70
APPENDIX E –	INTERNATIONAL TRANSFER CERTIFICATES (ITC)	71-72
APPENDIX F –	NCAA PLAYER ELIGIBILITY REGULATIONS	73
APPENDIX G –	ROLE DEFINITION FOR GAME DAY STAFF	74
APPENDIX H –	REQUIREMENTS FOR FIELD OF PLAY SETUP	75-77
APPENDIX I –	MATCH VIDEO RECORDING SPECIFICATIONS	78
APPENDIX J –	UNIFORM STANDARDS & ADVERTISING GUIDELINES	79-82
APPENDIX K –	GAME DAY TIMING GUIDELINE	83-84
APPENDIX L –	HEAD SHOT PHOTO SPECIFICATIONS	85-86
APPENDIX M –	BRAND GUIDELINES	87
APPENDIX N –	GUIDELINES FOR GRANTING OF PERMITS FOR 2009-2010 BORN PLAYERS	88-89
APPENDIX O –	CANADIAN CHAMPIONSHIP ROSTER DECLARATION REGULATIONS	90
APPENDIX P –	TRIALS/TRYOUTS AND SHORT-TERM PLAYER REGISTRATION (STRP) – 2026 OUTDOOR SEASON	91
APPENDIX Q –	LEAGUE ISSUED ACCREDITATION DEVICES - 2026 SEASON	92
APPENDIX R –	FIELD OF PLAY ACCESS FOR ACCREDITED MEDIA	93
APPENDIX S –	POLICY ON TRANSGENDER ATHLETES	94
APPENDIX T –	SMOKE AND INCINDIARY DEVICE DISCHARGE POLICY	95
APPENDIX U –	SPECIAL ROSTER RULES FOR PROFESSIONAL CLUB ACADEMY TEAMS AND NATIONAL DEVELOPMENT CENTRE TEAMS FOR THE 2026 SEASON	96



SECTION I - ORGANIZATION

Ontario Premier League (OPL) is a high-performance, standards-based senior soccer league, operated by League1 Ontario Inc.

1.1 Strategic Direction

- a) OPL shall be governed by the League1 Ontario Inc. Board of Directors (“**BoD**”). Resolution of any matter not specifically addressed within this document will be the responsibility of the BoD.

1.2 Technical Oversight

- a) The OPL Technical Committee (“**Technical Committee**”) shall provide guidance and advice to the BoD on all technical matters.

1.3 License Holder Advisory Role

- a) Organizations granted licenses by League1 Ontario Inc. to operate teams in OPL competition (“**License Holders**”) shall have the opportunity to provide feedback to the BoD and the Technical Committee through the License Holder Advisory Group.
- b) The OPL Managing Director will Chair all meetings of the License Holder Advisory Group and shall serve as the official conduit between License Holders and both the BoD and the Technical Committee.
- c) License Holders shall designate a minimum of two (2) and a maximum of three (3) representatives to the Advisory Group. At least one (1) representative must come from the license holder’s team operations leadership group (e.g., Club President, Game Day Manager, etc.) and at least one (1) representative must come from the license holder’s technical leadership group (e.g., Technical Director, Head Coach, etc.)
- d) Advisory Group meetings shall be called as deemed necessary by the OPL Managing Director and/or the BoD, but no less than two (2) times per calendar year. License Holders will be given a minimum of fifteen (15) days advance written notice for the scheduling of any official Advisory Group meeting.
- e) License Holders who fail to have appropriate representation at a properly scheduled Advisory Group meeting will be sanctioned as per the OPL Discipline Code. At the discretion of the OPL Managing Director, a License Holder may be granted permission to attend an Advisory Group meeting remotely via an approved means of communication technology when it is feasible to do so.

1.4 Establishment of Sub-Committees / Working Groups

- a) The BoD has the authority to establish subcommittees or working groups, as necessary.
- b) A sub-committee or working group will have clearly specified Terms of Reference delineating its mandate, role, responsibility, authority, and term limits.
- c) The BoD will appoint a chairperson for each sub-committee/working group that is established.
 - i. The sub-committee/working group chairperson has the authority to nominate sub-committee/working group members, but the BoD has final decision-making authority on sub-committee/working group membership.
 - ii. The sub-committee/working group chairperson must report back to the BoD within fourteen (14) days of the staging of any meeting. Minutes must be kept for each meeting that is conducted. The minutes shall be distributed through the OPL Managing Director.
- d) When it is determined that a specific sub-committee / working group has completed its task or mandate, the Board of Directors shall dissolve that sub-committee.



1.5 Discipline Code and the Administration of Discipline

- a) The OPL Managing Director shall have ultimate oversight over all matters related to Discipline and is responsible for ensuring that OPL has a pool of qualified, certified individuals that may be selected to serve on Discipline Panels.
- b) The OPL Managing Director shall appoint a Discipline Case Manager who is responsible for the administration of all discipline matters that arise from official OPL competition, including but not limited to discipline hearings, protests, appeals and formal complaints, in accordance with the most current, published OPL Discipline Code. The Discipline Case Manager shall provide regular reports to the OPL Managing Director.
- c) The OPL League Administrator shall be responsible for the administration of all League Standards non-compliance matters, in accordance with the most current, published Discipline Code. The OPL League Administrator shall provide regular reports to the OPL Managing Director and OPL League Operations Manager.
- d) Members of the League1 Ontario Inc. BoD and members of committees and sub-committees established by the BoD are excluded from serving on a Discipline Panel. League1 Ontario Inc. employees and contractors are also excluded from serving on a Discipline Panel.
- e) License Holders shall adhere to all regulations and policies set out in the OPL Discipline Code.



SECTION II – LICENSE HOLDER STANDARDS, OBLIGATION AND ENTITLEMENTS

2.1 Standards

- a) OPL is sanctioned by FIFA, through the domestic authority of Canada Soccer and Ontario Soccer.
- b) License Holders shall adhere to Ontario Soccer's Standards for High-Performance Senior Leagues (refer to Appendix A of this document), as well as to the terms and conditions of the League1 Ontario Inc. License Agreement and the regulations set forth in the OPL League Operations and Game Day Manual and the OPL Discipline Code.
- c) OPL operates the following competitions:
 - i. Men's Ontario Premier League1 ("M-OPL1"), which is Tier 1 of the Men's OPL Competition Pyramid.
 - ii. Men's Ontario Premier League2 ("M-OPL2"), which is Tier 2 of the Men's OPL Competition Pyramid.
 - iii. Men's Ontario Premier League3 ("M-OPL3"), which is Tier 3 of the Men's OPL Competition Pyramid.
 - iv. Men's Ontario Premier League U20 ("M-OPL U20"), a development league that operates separate of the Men's OPL Competition Pyramid.
 - v. Women's Ontario Premier League1 ("W-OPL1"), which is Tier 1 of the Women's OPL Competition Pyramid.
 - vi. Women's Ontario Premier League2 ("W-OPL2"), which is Tier 2 of the Women's OPL Competition Pyramid.
 - vii. Women's Ontario Premier League3 ("W-OPL3"), which is Tier 3 of the Women's OPL Competition Pyramid.
 - viii. Women's Ontario Premier League U20 ("W-OPL U20"), a development league that operates separate of the Women's OPL Competition Pyramid.
- d) License Holders have exclusive rights to enter teams in official M-OPL1, W-OPL1, M-OPL2, W-OPL2, M-OPL3 and W-OPL3 competition.
 - i. A License Holder whose Men's "First Team" (or "A Team") participates in either M-OPL1 or M-OPL2 shall enter a "Second Team" (or "B Team") in M-OPL3 and is entitled to also enter a "Third Team" (or "C Team") in M-OPL U20. A License Holder may not enter more than three (3) Men's teams in official OPL competitions in any year, unless provided special dispensation, in writing, by OPL Management.
 - ii. A License Holder whose Women's "First Team" (or "A Team") participates in either W-OPL1 or W-OPL2 shall enter a "Second Team" (or "B Team") in W-OPL3 and is entitled to also enter a "Third Team" (or "C Team") in W-OPL U20. A License Holder may not enter more than three (3) Women's teams in official OPL competitions in any year, unless provided special dispensation, in writing, by OPL Management.
 - iii. A License Holder, whose Men's "First Team" (or "A Team") participates in M-OPL3 shall also enter a "Second Team" (or "B Team") in the M-OPL U20. However, a new Men's Division License Holder may request an exemption from OPL Management, seeking to waive the requirement to field a "B" team, but only in their first season of operations.
 - iv. A License Holder, whose Women's "First Team" (or "A Team") participates in M-OPL3 shall also enter a "Second Team" (or "B Team") in the W-OPL U20. However, a new Women's Division License Holder may request an exemption from OPL Management, seeking to waive the requirement to field a "B" team, but only in their first two (2) seasons of operations.
 - v. A License Holder that does not enter a "Second Team" (or "B Team") in any season shall be assessed a fine as per the OPL Discipline Code, unless granted an exemption by OPL Management.



- vi. License Holders shall ensure that all the teams entered in OPL competition, regardless of competition tier, wear largely identical uniforms for all official OPL matches to ensure uniformity in appearance for all the teams. **Those uniforms shall only bear the official logo of the license holder on the chest of the shirt, the shorts and the socks worn by players.**
 - vii. License Holders shall ensure that all official OPL matches in which their teams are designated as the “Home Team” are staged at an approved venue located in the license holder’s designated home community, unless granted special dispensation by OPL Management.
 - viii. License Holders are solely responsible for all discipline and standards non-conformances arising from the actions of any of their teams that participate in official OPL competition.
- e) M-OPL1, W-OPL1, M-OPL2 and W-OPL2 will be referred to publicly as PRO-AM Soccer Leagues. License Holders shall be permitted to enter either All-Amateur and or Professional teams in those competitions.
- i. **Please refer to Appendix A for detailed minimum financial and administrative standards required of License Holders that choose to operate Professional teams in any given year.**
- f) M-OPL3, W-OPL3, M-OPL U20 and W-OPL U20 shall only permit the participation of All-Amateur teams.
- i. License Holders that operate “All-Amateur” teams in OPL competition at any tier are exempt from section 2.14 of the Ontario Soccer Standards for High-Performance Senior Leagues (refer to Appendix A).

2.2 License Agreement and Payment of Team Fees

- a) Participation in OPL competition is contingent on the signing of a License Agreement by a binding authority of the License Holder, as well as payment in full of the annual league fees as ratified by the BoD.
- i. Failure to pay league fees in full by the established due date will result in OPL Management deeming that the License Holder’s teams shall be ineligible to participate in official OPL competition in that season. Furthermore, the Licensee will be deemed to be in breach of the terms of the License Agreement and will be granted fourteen (14) days to remedy said breach. If not remedied, the remedies established in the License Agreement shall be imposed, including termination of the agreement.

2.3 Scheduling

- a) All teams participating in OPL competition shall participate in all official matches for which they are scheduled during any season. Failure to field a team for a scheduled, official OPL match shall result in sanctions being imposed in accordance with the OPL Discipline Code.
- b) Pre-season, in-season and post-season exhibition matches, tournaments and other competitions that would require formal sanctioning from a governing body, but which are not included in the official OPL season schedule, may be entered into at the discretion of the License Holder. **However, official OPL matches that are included in the published schedule will always take precedence over any other match or competition that a License Holder may seek to participate in.**
- i. License Holders are responsible to secure the appropriate permits from the appropriate governing body/bodies for their teams to participate in any match that is not part of the official OPL season schedule and that would require such permits.
- c) Whereby a License Holder chooses to withdraw a team(s) from official OPL competition after the schedule has been published for that season, that License Holder will be sanctioned in accordance with the OPL Discipline Code.



2.4 Annual Performance Review

- a) To ensure that the technical, organizational and facility standards and licensee requirements established in the License Holder Agreement and Ontario Soccer's Standards for High-Performance Senior Leagues are adhered to, all License Holders shall be subject to ongoing evaluation and review, culminating with an annual Performance Review meeting that is conducted at the conclusion of each season.
- b) License Holders shall ensure that representatives from their organization attend the annual review meeting, either in person, via telephone conference call or via video conference call, and will provide all information requested, either in advance or during the meeting.
- c) The Performance Review process may also identify opportunities for improvement that are not necessarily related to standards compliance.
- d) The Performance Review process shall also be an opportunity for participants to bring forth issues to OPL Management and present feedback for the continuous improvement of league operations and services.

2.5 Canada Soccer National Club Licensing

- a) Canada Soccer has introduced a "National Two Club Licensing" Standard. If not already licensed to the National Two standard, **all License Holders shall apply to Canada Soccer to be licensed to their National Two Club Licensing standard on or before December 31, 2026.**
- b) All License Holders that operate their own youth soccer programs shall be licensed, at minimum, to the Canada Soccer MA Level 2 Club Licensing Standard. If a License Holder does not operate its own youth soccer programs, then their official affiliate(s) shall be licensed to the MA Level 2 standard.
 - i. Any License Holder whose own youth soccer program is not yet certified to the Canada Soccer MA Level 2 standard shall apply to Canada Soccer for this license on or before December 31, 2026.
 - ii. Any License Holder who does not operate its own youth soccer program and whose official affiliate is not yet certified to the Canada Soccer MA Level 2 standard shall ensure that affiliate applies to Canada Soccer for this license on or before December 31, 2026.
- c) **Failure to apply for certification to either of these licensing standards by the established deadline will result in sanctions in accordance with the OPL Discipline Code.**



SECTION III – ONTARIO PREMIER LEAGUE STRUCTURE AND REGULATIONS

3.1 Eligibility to Participate in the Ontario Premier League (OPL) Competition Pyramid

- a) As per section 2.1(c), License Holders have exclusive rights and obligations to enter teams in the M-OPL1, W-OPL1, M-OPL2, W-OPL2, M-OPL3 and W-OPL3 divisions, which together comprise the official OPL Competition Pyramid.
- b) League management reserves the right to invite Guest Teams to participate in the M-OPL U20 and W-OPL U20 divisions (Summer and Fall seasons). The inclusion of Guest Teams requires ratification by the Board of Directors.

3.2 Game Format

- a) The Laws of the Game shall be those adopted by the International Football Association Board (IFB) each year and shall come into force as mandated by Canada Soccer, unless exceptions are clearly noted in this Operations Manual.
- b) Field dimensions and field surface preparation for official OPL matches shall comply with FIFA regulations (Law 1 of the FIFA Laws of the Game) and Ontario Soccer's Standards for High Performance Senior Leagues. Refer to Appendix A and Appendix H of this document for more details.
- c) Goals used in official OPL matches shall comply with FIFA regulations (Law 1 of the FIFA Laws of the Game). Refer to Appendix H of this document for more details.
- d) All OPL matches shall consist of two (2) forty-five (45) minute halves, with a fifteen (15) minute half time interval. Refer to Appendix B of this document for regulations detailing the circumstances when an official OPL match may require extra time or kicks from the penalty spot to determine a match winner.

3.3 Playing Season and Competition Calendar

- a) The official OPL Competition Calendar shall be ratified annually by the BoD, after consulting with the Technical Committee and the License Holder Advisory Group.

3.4 Competition Structure

- a) The assignment of teams to the M-OPL1, W-OPL1, M-OPL2, W-OPL2, M-OPL3, W-OPL3, M-OPL U20 and W-OPL U20 divisions shall be ratified annually by the BoD and will be communicated in writing to participating teams by no later than January 31 of each year. Final team assignments shall also be published on www.OPLSoccer.ca.
- b) The competition structure for all OPL competition tiers shall be ratified annually by the BoD, after consulting with the Technical Committee and the License Holder Advisory Group. The approved competition structure will be communicated in writing to participating teams by January 31 of each year and will also be published in this Operations Manual. Refer to Appendix B of this document for more details.
- c) The BoD may, at its sole discretion and following consultation with the Technical Committee and the License Holder Advisory Group, establish additional competition tiers to satisfy competitive balance or to achieve other priorities.
- d) For regular season league competition, three (3) points will be awarded for a win. One (1) point will be awarded to each team if a match ends in a draw. No point will be awarded for a loss.
- e) The process for determining the champions of the M-OPL1, W-OPL1, M-OPL2, W-OPL2, M-OPL3, W-OPL3, M-OPL U20 and W-OPL U20 divisions, as well as the method for the breaking of ties in the league standings, shall be ratified annually by the BoD, after consulting with the Technical Committee and the License Holder Advisory Group. The approved process for determining champions and the breaking of ties will be communicated in writing to participating teams by January 31 of each year and will also be published in this Operations Manual. Refer to Appendix B of this document for more details.
- f) The M-OPL1, W-OPL1, M-OPL2 and W-OPL2 divisions are designated as Open-Age competitions. No maximum age limit shall be applied to players registered to the teams participating in these competitions. Refer to Appendix T for special roster rules that apply to the teams that are entered in OPL competition by Inter Toronto and NDC Ontario.



- g) All teams participating in the M-OPL1, W-OPL1, M-OPL2 and W-OPL2 divisions shall comply with the following “Minutes Played Quotas” for U20 players (born 2006 or later) and/or U23 players (born 2003 or later):
- i. “A” Teams participating in Men’s OPL1 and OPL2 Division
 - U23 players shall play a collective minimum total of 9,000 minutes during the 2026 regular season.
 - U20 players shall play a collective minimum total of 1,250 minutes during the 2026 regular season.
 - Minutes played by U20 players are counted toward a team’s U23 minutes played quota requirements.
 - ii. “A” Teams participating in Women’s OPL1 and OPL2 Division
 - U23 players shall play a collective minimum total of 6,500 minutes during the 2026 regular season.
- h) The M-OPL3 and W-OPL3 divisions shall feature the “A” teams of certain License Holders as well as the “B” teams of License Holders whose “A” teams participate in either of the M-OPL1, W-OPL1, M-OPL2 or W-OPL2 divisions. Different roster rules shall apply to the designated “A” teams and designated “B” teams participating in M-OPL3 and W-OPL3 official competition.
- i) All “A” teams assigned to the M-OPL3 and W-OPL3 divisions are designated as Open-Age teams. No maximum age limit shall be applied to players registered to “A” teams participating in the M-OPL3 and W-OPL3 divisions. However, those “A” teams participating in the M-OPL3 and W-OPL3 divisions shall comply with the following “Minutes Played Quotas” for U20 players (born 2006 or later) and/or U23 players (born 2003 or later):
- i. “A” Teams participating in Men’s OPL3 Division
 - U23 players shall play a collective minimum total of 5,700 minutes during the 2026 regular season.
 - U20 players shall play a collective minimum total of 800 minutes during the 2026 regular season.
 - Minutes Played by U20 players are counted toward a team’s U23 minutes played quota
 - ii. “A” Teams participating in Women’s OPL3 Division
 - U23 players shall play a collective minimum total of 5,000 minutes during the 2026 regular season.
- j) All “B” teams assigned to the M-OPL3 and W-OPL3 divisions are designated as U23 teams. Only players born 2003 or later shall be registered to the official roster of “B” teams assigned to the M-OPL3 and W-OPL3 divisions.
- i. All “B” teams assigned to the M-OPL3 and W-OPL3 divisions shall ensure that U23 players shall play a collective minimum of 12,000 minutes during the 2026 regular season.
 - ii. Notwithstanding the age restrictions established herein, all “B” teams assigned to the M-OPL3 and W-OPL3 divisions may include “overage players” (born 2002 or earlier) on their official match roster that are “playing down” from the License Holders “A” team, but only in regular season competition. “Overage players” shall be limited to a collective maximum of 1,860 minutes. No permit is required for such downward movement.
- k) The M-OPL U20 and W-OPL U20 divisions are strictly age restricted competitions. Only players born between 2006 and 2010 may be registered to the official roster of teams assigned to the M-OPL U20 and W-OPL U20 divisions.
- i. The M-OPL U20 and W-OPL U20 divisions shall feature the “B” teams of any License Holder whose “A” team participates in the M-OPL3 and W-OPL3 divisions, as well as the “C” teams of any License Holders whose “A” teams participate in either the M-OPL1, W-OPL1, M-OPL2 or W-OPL2 divisions. OPL Management reserves the right to also invite Guest Teams to participate the M-OPL U20 and W-OPL U20 divisions.
 - ii. Notwithstanding the age restrictions established herein, all “B” teams assigned to the M-OPL U20 and W-OPL U20 divisions may include “overage players” (born 2005 or earlier) on their official match roster that are “playing down” from the License Holder’s “A” team that participates in the M-OPL3 and W-OPL3 divisions, but only in regular season competition. “Overage players” shall be limited to a collective maximum of 1,260 minutes. No permit is required for such downward movement.



- l) 2009-born and 2010-born players may only be registered to an official team roster and may only be eligible to participate in official OPL competition upon receipt of an Exceptional Player Permit or Special Circumstances Permit. Refer to Appendix N of this document for more details.
- m) Any License Holder with teams participating in official OPL competition that fails to comply with the “Minutes Played Quotas” set forth herein shall have sanctions imposed as per the OPL Discipline Code.

3.5 League Cup Tournament

- a) The BoD, in consultation with the Technical Committee and the License Holder Advisory Group, shall determine annually if a League Cup tournament will be staged.
- b) If a League Cup tournament is staged, the competition structure for the tournament and the Cup Draw regulations shall be ratified by the BoD, in consultation with the Technical Committee and the License Holder Advisory Group. The League Cup competition structure will be communicated in writing to participating teams by January 31 of each year and will also be published in this Operations Manual. Refer to Appendix B of this document for more details.
- c) A License Holder shall be permitted to only enter their designated “A” team in the League Cup tournament. No License Holder shall be allowed to enter more than one team per gender in the League Cup tournament. Guest Teams are not permitted to enter teams in the League Cup tournament.
- d) The League Cup tournament is designated as an Open-Age competition. However, all teams in the League Cup tournament are required to roster and dress a minimum of eight (8) U23 players on the match-day roster for all official League Cup matches in the 2026 season. For the 2026 season, a U23 player must be born in the year 2003 or later.

3.6 Competition Schedule

- a) OPL Management are responsible for developing the official competition schedule annually, in conjunction and consultation with the License Holder Advisory Group and ratified annually by the BoD.
- b) All License Holders with teams participating in official OPL competition in the 2026 season shall provide league management with a list of home dates and match start times by **January 23, 2026**. Failure to do so will result in sanctions being assessed in accordance with the OPL Discipline Code.
 - i. License Holders whose “A” Team participates in either the M-OPL1 or M-OPL2 division shall provide no less than seventeen (17) potential hosting dates for the 2026 season. The License Holder must also provide the name and address of the home venue, and the proposed kickoff time for each home match.
 - ii. License Holders whose “A” Team participates in either the W-OPL1 or W-OPL2 division shall provide no less than fifteen (15) potential hosting dates for the 2026 season. The License Holder must also provide the name and address of the home venue, and the proposed kickoff time for each home match.
 - iii. License Holders whose “A” or “B” teams participate in either the M-OPL3 and W-OPL3 divisions shall provide no less than eleven (11) potential hosting dates for the 2026 season. The License Holder must also provide the name and address of the home venue, and the proposed kickoff time for each home match.
 - iv. License Holders whose “B” or “C” teams participate in either the M-OPL U20 or W-OPL U20 divisions shall provide no less than eleven (11) potential hosting dates for the 2026 season. The License Holder must also provide the name and address of the home venue, and the proposed kickoff time for each home match.
- c) License Holders are required to have access to a suitable match venue that meets minimum stadium standards and which can be permitted to host matches in April and May of each season. For the 2026 season, License Holders are prohibited from blocking out three (3) or more consecutive potential hosting dates between April 6 and May 31, 2026.
- d) The potential hosting dates provided by License Holders to OPL Management shall align with the approved matchday “windows” set out in the official OPL competition calendar for each tier of competition, as follows:



- i. All official M-OPL1, W-OPL1, M-OPL2 and W-OPL2 matches, as well as all official M-OPL3 and W-OPL3 matches hosted by a License Holder's "A" team, shall be staged on Friday, Saturday, and Sunday only. However, OPL management has established windows during the season whereby official matches in these divisions shall be played on Tuesdays, Wednesdays, or Thursdays.
 - ii. All official M-OPL3 and W-OPL3 matches hosted by a License Holder's "B" team, as well as all M-OPL U20 and W-OPL U20 matches, shall be staged on Monday, Tuesday, Wednesday, Thursday, and Friday only. However, for all M-OPL3 and W-OPL3 matches and all M-OPL U20 and W-OPL U20 matches, if the away team must travel more than 100km in each direction (measured from the away team's home stadium to the home team's stadium), the home team shall stage those matches on a Saturday or Sunday only.
 - iii. All League Cup matches shall be played on Tuesday, Wednesday or Thursday only, although league management reserves the right, at its sole discretion, to permit League Cup matches to be played on Fridays, Saturdays or Sundays under special circumstances.
- e) Official OPL matches played on Monday, Tuesday, Wednesday, Thursday, and Friday shall not kickoff earlier than 6:00pm, unless mutually agreed upon by both teams and OPL Management. If an away team must travel more than 100km in each direction (measured from the away team's home stadium to the home team's stadium) and agrees to play the match on a weekday, then the earliest permitted kickoff time is 7:30pm.
 - f) Official OPL matches played on Saturday and Sunday shall not kickoff earlier than 12:00pm, unless mutually agreed upon by both teams and OPL Management. If an away team must travel more than 100km in each direction (measured from the away team's home stadium to the home team's stadium), the earliest permitted kickoff time is 1:00pm.
 - g) OPL management reserves the right, at its sole discretion, to schedule matches on dates or at times that deviate from the established match scheduling policies established in Section 3.6 (d) to (f) so long as:
 - i. The impacted teams are provided a minimum of thirty (30) days advance notice, or
 - ii. It is deemed necessary to do so due to commercial considerations or due to circumstances that are beyond the league's control.
 - h) License Holders should stage "A" team home matches on days of the week and at kickoff times that are most conducive for players to perform at the best of their abilities and that have the potential to deliver optimal commercial outcomes for the hosting team.
 - i) A minimum interval of seventy-two (72) hours is required between official OPL matches (from kickoff to kickoff) to ensure adequate rest and recovery for players. However, league management reserves the right, at its sole discretion, to shorten this interval to forty-eight (48) hours (from kickoff to kickoff) in exceptional circumstances.
 - j) Once published, changes to the official schedule, including postponements, may only be granted in exceptional circumstances, at the sole discretion of OPL management and will only be considered upon presentation of a Schedule Change Agreement Form to the OPL League Administrator.
 - i. The Schedule Change Agreement Form must be completed by the team requesting the change and must be signed by a representative of the opposing team. An administration fee of \$100.00 + HST shall also be assessed to the team requesting the change.
 - ii. OPL Management reserves the right to reject any schedule change requests.
 - iii. To request a change of venue for an official match, a minimum of forty-eight (48) hours' notice is required.
 - iv. To request a date change and/or a kickoff time change for an official match, a minimum of fourteen (14) days' notice is required.
 - v. Once a schedule change request is approved, league management will notify all impacted parties and update the published schedule accordingly.



3.7 Substitution Policy for “Normal” Substitutions

- a) A maximum of seven (7) substitutions shall be permitted for all official M-OPL1, W-OPL1, M-OPL2, W-OPL2, M-OPL3, W-OPL3 and League Cup matches, with no re-entry permitted. A substituted player must proceed immediately to their team’s technical area or dressing room and may not take any further part in the match.
 - i. Teams participating in official M-OPL1, W-OPL1, M-OPL2, W-OPL2, M-OPL3, W-OPL3 and League Cup matches may utilize a **maximum of five (5) substitution opportunities to make their maximum seven (7) substitutions**. Substitutions that are made at the Half-Time interval do not count against a team’s permitted substitution opportunities.
 - ii. During official M-OPL1, W-OPL1, M-OPL2, W-OPL2, M-OPL3, W-OPL3 and League Cup matches, substitute players shall report to the 4th Official (or the Assistant Referee if no 4th Official is assigned to the match) at midfield and must present a completed substitution slip to the Match Official. Substitutes may not enter the field of play without the Referee’s permission.
- b) A maximum of six (6) substitutions shall be permitted during active play for any official M-OPL U20 and W-OPL U20 matches. Furthermore, unlimited substitutions are permitted during the half-time interval, which will not count against a team’s six (6) permitted substitutions. Re-entry of a substituted player is permitted. The re-entry of a previously substituted player will be counted against a team’s six (6) permitted substitutions if it occurs during active play.
 - i. Teams participating in official M-OPL U20 and W-OPL U20 matches may utilize a **maximum of four (4) substitution opportunities to make their maximum six (6) substitutions**. Substitutions that are made at the Half-Time interval do not count against a team’s permitted substitution opportunities.
 - ii. During an official M-OPL U20 and W-OPL U20 matches, each team shall designate a member of staff to be responsible for recording their substitutions on the Record of Substitution Form. **NO SUBSTITUTION SLIP IS REQUIRED**. Substitutes may not enter the field of play without the Referee’s permission. **Failure by a team to accurately record their substitutions will result in sanctions as per the OPL Discipline Code.**
- c) When an official OPL match proceeds to extra time in order to determine a winner, each team shall be granted one (1) additional substitution during the extra time, as well as one (1) additional substitution opportunity. Substitutions made during the brief intermission after the end of regulation time and during the brief intermission between the two 15-minute extra time periods shall not count against the permitted substitution opportunities.
- d) Substitutions shall be permitted, at the discretion of the Referee, at any stoppage in play.
- e) The player exiting the field of play during the course of a match must leave at the nearest point on the boundary line unless the Referee indicates that the player may leave directly and immediately at the halfway line or another point.

3.8 Concussion Substitution Protocol

- a) An additional permanent concussion substitution occurs when a player has an actual or suspected concussion and is substituted and takes no further part in the match. This substitution does not count as one of the “normal” permitted substitutions (or substitution opportunities, where applicable).
- b) To ensure that a team does not suffer a numerical disadvantage as a result of prioritizing a concussed player’s welfare, each team is permitted to use a maximum of one (1) “concussion substitute” in a match.
- c) A “concussion substitute” substitution may be made regardless of the number of substitutes already used by a team in that match.
- d) If the number of named substitutes on the official game sheet for any official OPL match is equal to the number of “normal substitutes” that can be used in that competition, a “concussion substitute” can be a player who had previously been substituted from the match and will be permitted to re-enter the match, regardless of the number of “normal” substitutions already used.



- e) When a “concussion substitute” is used by a team, the opposing team then has the option to use an “additional substitute” for any reason.
- f) A “concussion substitution” may be made:
 - i. Immediately after the concussion occurs or is suspected.
 - ii. After an on-field or off-field assessment has been made by the team medical professional.
 - iii. At any other time when a concussion occurs or is suspect, including when a player was previously assessed and has returned to the field of play but is subsequently determined not fit to continue.
- g) A team seeking to make a “concussion substitution” during an official OPL match will notify the Referee or Fourth Official accordingly.
 - i. For official M-OPL1, W-OPL1, M-OPL2, W-OPL2, M-OPL3, W-OPL3 and League Cup matches, the team will provide the fourth official or assistant referee with a substitution slip, clearly checking the **Concussion Substitution** box on the slip.
 - ii. For official M-OPL U20 and W-OPL U20 matches, the team will note that the substitution was a **Concussion Substitution** on the Record of Substitution Form.
- h) The opposing team shall be informed by the match officials that it has the option of using an “additional substitute” and an “additional substitution” opportunity, which may be used concurrently with the “concussion substitution” made by the other team or at any time thereafter (except as outlined otherwise in the Laws of the Game).
- i) A player with concussion or suspected concussion is not permitted to take any further part in the match, including penalties (penalty shoot-out), and should be accompanied to the dressing room and/or a medical facility.
- j) The use of a Concussion Substitution does not count against the number of substitution opportunities a team is permitted during an official match.
 - i. If a team makes a “normal” substitution at the same time as a Concussion Substitution, that “normal” substitution shall be counted toward the team’s permitted substitution opportunities.
 - ii. If a team has used all its “normal” substitution opportunities, it cannot use a Concussion Substitution as an opportunity to make a “normal” substitution.
- k) Match officials shall not be part of a team’s decision-making process as to whether a player should be substituted, nor whether a player should be replaced via a “normal” substitution or a Concussion Substitution.
- l) Match officials shall not decide whether an actual or suspected injury should qualify for a Concussion Substitution to be used but are required to inform OPL management in their post-match report if they have a concern that a “Concussion Substitution” was made inappropriately.

3.9 Incomplete Matches and Match Delays

- a) If a match cannot continue through full regulation play, the match shall be considered completed if a minimum of **seventy (70) minutes** has been played. The score at the time of abandonment will count as the final result, with points awarded accordingly.
- b) Whereby a match is abandoned for a reason other than inclement weather, the BoD reserves the right to review the circumstances surrounding the abandonment and will determine if:
 - i. The final score at the time of abandonment shall stand, or
 - ii. The abandoned match will be rescheduled and replayed, and/or
 - iii. Reason(s) for abandonment can be subject to sanction in accordance with the OPL Discipline Code.



- c) If it is determined that a match must be delayed due to inclement weather or unplayable field conditions **prior to kickoff**, all parties will wait a minimum of sixty (60) minutes after the scheduled kickoff time before considering abandonment of the match.
- d) The Referee shall have the final decision on delaying or suspending of matches due to weather or field conditions **after kickoff**. All parties will wait a minimum of sixty (60) minutes before fully considering abandonment of a match that has been delayed, unless both teams, the Referee and OPL Management agree to an alternate plan.
- e) In the event of a delay of any official OPL match where a Match-Day Operations Coordinator (MDOC) is assigned, the MDOC shall communicate the delay by telephone or electronic message to the designated Match-Day Supervisor. The Supervisor will then communicate this information to all affected stakeholders.
- f) In the event of a match delay for any official OPL match where a Match-Day Operations Coordinator (MDOC) is not assigned, a representative of the home team shall communicate the delay by telephone or electronic message to the OPL League Administrator who will then communicate this information to all affected stakeholders.
- g) If not resumed the same day, a match abandoned prior to the completion of seventy (70) minutes of play will be considered incomplete and must be rescheduled on another date, and replayed in its entirety. Any match that must be rescheduled due to abandonment must be replayed within forty-five (45) days of the original date of the game, but no later than three (3) days after the final scheduled league match of the season. Rescheduling will be organized between the OPL League Administrator and the affected teams.

3.10 Rescheduling of Matches

- a) If OPL Management determines that an official OPL match must be rescheduled, the Home and Away Teams shall have the following responsibilities.
 - i. Upon receipt of a **Match Reschedule Notice** from OPL Management, the Home Team has three (3) business days to provide a minimum of two (2) potential hosting dates for the rescheduled match (including the venue name and address and the proposed kickoff times), and to do so while considering all the scheduling regulations set forth in section 3.6 of this document.
 - ii. Upon receipt of a **Match Reschedule Notice** from OPL Management, the Away Team has two (2) business days to agree upon one of the dates put forward by the Home Team for rescheduling the match and the Away Team shall notify OPL Management of their preferred date in writing.
- b) If the Home Team fails to comply with requirements set forth in section 3.10 (a) (i), OPL Management reserves the right to allow the Away Team to host the match in question and the Home Team will be required to absorb all costs related to the Away Team hosting the match, including Venue Rental costs, Match Day Staffing costs, etc.
- c) If the Away Team fails to comply with the requirements set forth in section 3.10 (a) (ii), OPL Management will, at its sole discretion, select the most appropriate date for the rescheduled match to be played and the official schedule will be updated accordingly.
- d) If neither the Home or Away team provides suitable options for rescheduling a match, OPL Management, at its sole discretion, will schedule and host the match at a date, time and location of its choosing and invoice the Home Team for all associated costs.
- e) In exceptional circumstances, OPL Management reserves the right to reschedule a match at a date and time that does not align with the published policy of providing a minimum interval of seventy-two (72) hours (from kickoff to kickoff) between matches. OPL Management, at its sole discretion, may shorten this interval to forty-eight (48) hours (from kickoff to kickoff) if deemed necessary.



3.11 Forfeits

- a) Should any team fail to appear for an official OPL match or cannot complete an official OPL match, a forfeit will be declared, a 3-0 win shall be awarded to the team not at fault and the offending team will be assessed a fine and invoiced for all other match-related expenses, as per the OPL Discipline Code.

3.12 Match Forms

- a) For all official OPL matches, each team shall submit their official match-day roster electronically via the COMET competition management. The official match-day roster that each team submits shall list a minimum of seven (7) and a maximum of twenty (20) players. Teams shall designate up to a maximum of eleven (11) starting players and may list and dress up to a maximum of nine (9) substitute players. A Team Captain shall be designated, and accurate shirt numbers shall be provided for each player included on the match roster.
 - i. Teams participating in M-OPL1, W-OPL1, M-OPL2 and W-OPL2 matches shall submit their official match roster in the COMET system no less than twenty (20) minutes prior to the scheduled kickoff time.
 - ii. Teams participating in M-OPL3 and W-OPL3 matches, where at least one of the teams is a designated "A" Team, shall submit their official match roster in the COMET system no less than twenty (20) minutes prior to the scheduled kickoff time.
 - iii. Teams participating in M-OPL3 and W-OPL3 matches where both participating teams are designated "B" Teams, as well as teams participating in all M-OPL U20 and W-OPL U20 matches, shall submit their official match roster in the COMET system no less than five (5) minutes prior to the scheduled kickoff time.
 - iv. The assigned Referee shall not allow an OPL match to kickoff until both teams have submitted their official match rosters via the COMET system.
- b) For all M-OPL1, W-OPL1, M-OPL2, W-OPL2, M-OPL3, W-OPL3 and League Cup matches, a team official shall submit an official match roster via the COMET system that includes no less than fourteen (14) players **and one (1) coach, by the deadline established herein.**
- c) Teams participating in official M-OPL U20 and W-OPL U20 matches shall submit an official match roster via the COMET system that includes no less than eleven (11) players **and one (1) coach by the deadline established herein.**
- d) **All players and team officials included on the match-day roster for any official OPL match shall be present and available for an identification check by a match official prior to kickoff, as required.**
- e) For any official OPL match, players or team officials that are not present when match officials conduct an identification check prior to the kickoff of a match (i) shall not be eligible to participate, (ii) shall be removed from the match-day roster and (iii) shall not sit on the team bench for the match.
 - i. **If a team's designated medical staff arrives late and is not present for an identification check by a match official prior to kickoff, they will still be allowed to participate in a match.**
- f) For any official OPL match, a team's official match roster shall include all team officials that will be present on the bench, **with a minimum of one (1) coach** and a maximum total of six (6) team officials.
 - i. Permitted team official designations that can be selected in COMET for an OPL match are: **Head Coach, Assistant Coach, Goalkeeper Coach, Physical Trainer**, Athletic Trainer, Doctor, Physiotherapist, **Equipment Manager, Kitman, Team Manager**, Press Officer, Club Official and **Medical Staff**.
 - ii. Please Note: team Official designations that are noted in bold font are preferred by OPL Management.
- g) **Teams may submit a match-day roster with a seventh (7th) team official, but only if that seventh team staff member possesses the proper credentials to be designated as an Athletic Trainer, Doctor, Physiotherapist or Medical Staff (Refer to Section VII of this document), thus giving the team two (2) "medical" professionals for that match.**



- h) A maximum of three (3) “foreign players” may be included on the official match roster for any OPL match.
 - i. A “foreign player” is defined as a player who is not a Canadian citizen, nor do they possess a valid Canadian Permanent Resident card.
 - ii. License Holders operating in a designated “border city” or “remote community” shall be permitted to include a maximum of four (4) “foreign players” to their official match roster for any official OPL match. **For 2026, Windsor City FC, Tecumseh SC, St. Catharines Roma Wolves, Kingston Sentinels and Sudbury Cyclones will be permitted one (1) extra foreign player.**
- i) A player that is registered to a License Holder’s designated “A” or “B” Team (that is assigned to one of M-OPL1, W-OPL1, M-OPL2, W-OPL2, M-OPL3 or W-OPL3), shall be permitted to “play down” to that License Holder’s designated “B” or “C” Team (that is assigned to one of M-OPL3, W-OPL3, M-OPL U20 or W-OPL U20). However, that downward movement shall comply with all OPL competition and player movement regulations.
 - i. Refer to Section VIII of this document for details on permitted downward player movement.
- j) A player that is registered to a License Holder’s designated “B” or “C” Team (that is assigned to one M-OPL3, W-OPL3, M-OPL U20 or W-OPL U20), shall be permitted to “play up” to that License Holder’s designated “A” or “B” Team (that is assigned to one of M-OPL1, W-OPL1, M-OPL2, W-OPL2, M-OPL3 or W-OPL3). However, that upward movement shall comply with all OPL competition and player movement regulations.
 - i. Refer to Section VIII of this document for detailed on permitted upward player movement.
- k) For a player to be included on the official match roster for any OPL match in the 2026 season without a permit, that player shall have been born in 2008 or earlier.
 - i. Refer to Appendix N of this document for detailed regulations governing the issuing of “Exceptional Player” and “Special Circumstances” permits for players born in 2009 and 2010.
- l) OPL shall maintain information related to player suspensions and will make it available electronically. Suspended players will not be eligible to be placed on the official match roster that is submitted via COMET.
- m) Once the official match roster is submitted via COMET, it will be time-stamped and the name of the team official that submitted the roster will be captured electronically. As such, **there is no requirement for the match forms to be physically signed by a team official.**
- n) Failure to comply with any of the match form regulations established in Section 3.12 will result in the assessment of sanctions in accordance with the OPL Discipline Code.

3.13 Assignment of Match Officials

- a) The Director of Match Officials is solely responsible for assigning Match Officials for official OPL matches.

3.14 Reporting of Match Results

- a) Match Officials shall be permitted no less than forty-five (45) minutes after the completion of an official OPL match, uninterrupted, to complete and submit their match forms via COMET.
- b) For any OPL match where a Match-Day Operations Coordinator (MDOC) is appointed, the MDOC will confer with the Match Officials at the conclusion of a match to ensure the accuracy of the match results submitted via COMET.
- a) An official from each team shall receive an electronic copy (via email) of the finalized match forms after the match officials submit their match forms and the status of the match is set to “COMPLETE” in COMET.
- b) Each team shall be responsible for verifying the accuracy of said finalized match forms.
 - i. Please refer to Section 10.30 of this document for the protocol for reporting any match form inaccuracies.



SECTION IV - PLAYER ELIGIBILITY AND TEAM ROSTERS

4.1 Player and Team Official Registration

- a) For the purposes of official OPL competition, a professional player is defined as being a player that is paid to play soccer by a License Holder at no less than the minimum annual salary stipulated in the Ontario Soccer Standards for High Performance Senior Leagues (Refer to Appendix A of this document).
 - i. To be eligible to participate in official OPL competition, a Professional player shall sign an OPL registration and waiver form, as well as a professional player contract, countersigned by the License Holder. Copies of the contract must be provided by the License Holder to both the player and OPL Management. OPL Management shall file a copy of all professional contracts with Ontario Soccer and Canada Soccer. The player shall also be registered in the Ontario Soccer online player registration system.
 - ii. No Professional player may be registered to more than one team at a time during that season, although a professional player may be transferred or loaned to another team upon completion of an official agreement.
 - iii. A Professional player may participate, with the permission of the License Holder, in special events not organized by OPL (e.g., a charity match, etc.).
 - iv. The term for any OPL Professional Contract must end no later than December 31 of any year (e.g. a contract signed in 2026 that spans two seasons must terminate no later than December 31, 2027).
- b) For the purposes of official OPL competition, an amateur player is defined as being a player that agrees to be registered to play soccer for a License Holder largely or entirely without expectation of financial remuneration.
 - i. To be eligible to participate in official OPL competition, an amateur player shall complete and sign an OPL registration and waiver form (for players not yet 18 years of age at the time of completing the agreement, the registration and waiver forms must be signed by the player's parent or legal guardian)
 - ii. In addition, an amateur player may sign a supplemental amateur contract with an OPL License Holder that details the terms and conditions for their remuneration. Amateur players may be reimbursed for certain direct expenses related to their participation on the team, as per FIFA and Canada Soccer regulations. OPL Management reserves the right to request a copy of all supplemental amateur contracts.
 - iii. An Amateur player cannot be contracted for a term that exceeds one (1) season in length and their contract shall terminate on December 31 of the year it was signed. However, an Amateur player (or an official of the License Holder for whom the player is registered) may submit a request to the OPL Registrar ("Registrar") to have their registration terminated thirty (30) days after the team to which the player is registered plays its last official OPL match of that season.
 - iv. An Amateur player cannot be sent out on loan to another organization. An amateur player may be transferred to another team upon completion of an official Player Transfer agreement.
 - v. An Amateur player registered to an OPL team roster shall not be registered to another Ontario Soccer affiliated competitive team during that season.
- c) To be eligible to participate in official OPL competition, all players, Professional or Amateur, shall be registered in Ontario Soccer's online registration system and that registration shall be verified by the OPL Registrar. At minimum, the following information is required to complete a player registration:
 - i. First Name, Last Name, Address (with postal code), phone number, email address and date of birth, and the team that player is to be registered to must be clearly indicated.
 - ii. A copy of the Rowan's Law Receipt of Review of Concussion Awareness Resources, signed by the player (or legal guardian if the player is not yet 18 years of age at the time of signing the agreement).
 - iii. A copy of the OPL Code of Ethics / Social Media Policy document, signed by the player (or legal guardian if the player is not yet 18 years of age at the time of signing the agreement).



- d) The Registrar may request a high-resolution digital image of a government-issued photo identification document (e.g., passport photo page, driver's license, etc.) to verify personal information provided on their registration form. If requested, the individual's photo and date of birth must be clearly visible on the photo identification document provided. Failure to comply with a request to submit a digital image of a government issued photo identification document will result in the player's registration being terminated.
- e) Where applicable, the Registrar will require proof of international clearance (ITC) from a foreign national association where a player was last registered prior to approving the player's registration with an OPL team. Failure to present proof of international clearance will result in the player's registration being terminated (Refer to section 4.6 and Appendix E of this document for more information regarding ITC rules).
- f) To be eligible to participate in official OPL competition, all coaches and other team officials that may ever be named to a team roster for an official OPL match for that season shall be registered in Ontario Soccer's online registration system and that registration shall be verified by the Registrar. At minimum, the following information is required to complete a coaches / team official registration:
 - i. First Name, Last Name, Address (with postal code), phone number, email address and date of birth, and the team that the coach or team official is to be registered to must be clearly indicated.
 - ii. A copy of the OPL Code of Ethics / Social Media Policy document, signed by the coach or team official (or legal guardian if the team official is not yet 18 years of age at the time of signing the agreement),
 - iii. Please refer to Section VI of this document to ensure coaches and team officials have completed all licenses and/or certifications required to be eligible to participate in official OPL matches.
- g) A high-resolution digital head shot photo that complies with OPL requirements (please refer to Appendix L of this document) shall be uploaded to the COMET system for every player and team official that participates in official OPL competition each year.
 - i. Head Shot photos must be uploaded to COMET at the time of registration.
 - ii. Player and team official registrations in COMET will not be approved by OPL Management if a headshot photo is not provided or if the provided photo does not conform with the requirements set forth in Appendix L of this document, thereby rendering the player or team official ineligible to be added to an official match roster.
 - iii. The uploading of Head Shot photos to the COMET system is solely the responsibility of the License Holder.
- h) Failure to comply with Player and Team Official Registration regulations set out forth in Section 4.1 of this document shall result in the assessment of sanctions as per the OPL Discipline Code.

4.2 Registration Deadlines and Roster

- a) To be eligible for inclusion on a team's official match roster for any OPL match, players or team officials shall be duly registered in both the Ontario Soccer online player registration system and the COMET competition management system.
- b) A minimum of fourteen (14) players and up to a maximum of twenty-five (25) players, as well as a minimum of two (2) coaches, shall be registered to a team's official roster in both the Ontario Soccer online registration system and the COMET League Management System for each team that a License Holder commits to entering in official OPL competition each season.
- c) For the 2026 season, the deadlines for registering the minimum number of players and coaches in both the Ontario Soccer online registration system and the COMET League Management System are as follows:
 - i. M-OPL1, W-OPL1, M-OPL2 and W-OPL2 - March 24, 2026
 - ii. M-OPL3, W-OPL3, , M-OPL U20 or W-OPL U20 - April 7, 2026



- d) Any player or team official registrations received by the Registrar after **12:00pm** Eastern Time on any Friday will be reviewed, verified, and approved on the following Monday. **Any player or team official registrations received by the Registrar on a Holiday Monday shall be reviewed, verified, and approved on the next business day.**
- e) Each year, the BoD shall establish a “Roster Freeze” deadline, after which, no player may be registered to an OPL team roster in the Ontario Soccer online registration system or the COMET competition management system. For the 2026 season, the official roster freeze dates are as follows:
 - i. **M-OPL1, W-OPL1, M-OPL2 and W-OPL2 – July 9, 2026, 5:00pm EST**
 - ii. **M-OPL3, W-OPL3 – June 29, 2026, 5:00pm EST**
 - iii. **M-OPL U20 or W-OPL U20 Spring/Summer competition – June 29, 2026, 5:00pm EST**
 - iv. **M-OPL U20 or W-OPL U20 Fall competition – October 13, 2026, 5:00pm EST**
- f) Any player registered to a lower-level team after the established roster freeze date will be ineligible to participate in official OPL matches as a call-up player for the remainder of that season.
- g) If a team seeks to register a player who requires an International Transfer Certificate (ITC), OPL will only approve said registration if the ITC has been approved by Canada Soccer and confirmation is received by OPL Management on, or prior, to the established roster freeze date.

4.3. Affiliation Agreements

- a) License Holders are permitted to enter into Formal Affiliation Agreements with an Ontario Soccer Affiliated Amateur Club that is not a License Holder.
- b) License Holders may enter into no more than three (3) formal Affiliations Agreements per season and their affiliates shall have their base of operations within the same Ontario Soccer Region as the License Holder (e.g., South Region, Central Region, etc.). The BoD reserves the right to provide special dispensation from this geographic requirement, at their sole discretion, on a case-by-case basis.
- c) For an Affiliation Agreement to be valid, a Pro-Am Player Movement Agreement form must be completed by both the License Holder and the proposed Affiliate Club, and it must be officially recognized by Ontario Soccer and the BoD. A copy of the agreement must also be provided to the applicable District Association(s).
- d) If a License Holder also operates a team(s) that is a member of Canada Soccer and participates in a higher-level professional league (e.g., Canadian Premier League, Northern Super League, Major League Soccer/MLS Next Pro), that License Holder's designated OPL “A” Team shall be automatically recognized as a reserve team to that parent organization's professional team(s).
 - i. In accordance with Canada Soccer regulations, a License Holder may accept players, on a short-term loan, that are signed to professional contracts by that parent organization's higher level professional team(s). As such, a License Holder's designated OPL “A” team may include up to a maximum of three (3) short-term loan players (2 outfield players and 1 goalkeeper) on their official match roster for OPL regular-season matches. Loaned players are ineligible to be included on the official match roster for all League Cup matches and all post-season matches.
- e) A License Holder may enter into a formal affiliation agreement with one (1) professional soccer team that is a member of Canada Soccer for the purpose of having their designated OPL “A” team recognized as the official reserve team to that professional team.
 - i. In accordance with Canada Soccer regulations, a License Holder may accept players, on short-term loan, that are signed to professional contracts by the affiliated higher level professional team. As such, a License Holder's designated OPL “A” team may include up to a maximum of three (3) short-term loan players (2 outfield players and 1 goalkeeper) on their official match roster for OPL regular-season matches. Loaned players are ineligible to be included on the official match roster for all League Cup matches and all post-season matches.



- f) For an Affiliation Agreement to be recognized by OPL Management and Ontario Soccer for the 2026 season, all relevant paperwork must be provided to the league office no later than **March 30, 2026**.

4.4. Player Movement Within an Organization and Trial Players

- a) Player movement within a License Holder's organization is permitted exclusively as detailed in Section VIII of this document, subject to compliance with Ontario Soccer's Operational Procedures.
 - i. Players from lower-level teams that are eligible to be called up to OPL teams may do so if they have been duly registered in Ontario Soccer's online registration system before the Roster Freeze date.
- b) When a License Holder has entered into a formal and recognized Affiliation Agreement with an Amateur Club that is affiliated to Ontario Soccer, upward player movement from a team operated by the affiliate organization to an OPL team is permitted exclusively as detailed in Section VIII of this document, and so long as the player has been duly registered in the Ontario Soccer online registration system before the established Roster Freeze date.
- c) OPL teams are allowed unlimited call-ups per match and unlimited call-ups per season, so long as that movement complies with the approved player movement regulations set forth in Section VIII of this document.
- d) A player that is called up from a lower-level team to participate in an official OPL match shall be prepared to present a valid government issued Photo Identification document, as requested.
- e) Players registered in Ontario Soccer's online registration system via any type of "Temporary Eligibility Permit" shall not be permitted to participate in official OPL matches (refer to Appendix P of this document for details regarding permitted use of Short-Term Registration Permits and Trial/Tryout Permits by OPL teams).
- f) An amateur player who is called up to play in an official match for an OPL team shall be deemed ineligible for participation in the annual Provincial / Regional / National Club Championship competitions for that season, with the exception of the annual Player Development Program (PDP) Championship staged by Canada Soccer.

4.5 Ineligible Players

- a) If a player that is not properly registered, not properly permitted or not cleared of disciplinary sanctions is added to the official match-day roster for an official OPL match, the License Holder whose team included the ineligible player on their official match roster shall be subject to disciplinary action, as per the OPL Discipline Code.

4.6 International Transfers

- a) For a player who comes to Canada on or after the player turns ten (10) years of age or who last played for any team in a foreign country, the player must request and receive an International Transfer Certificate (ITC) before being eligible to be registered to play in official OPL competition. Please refer to Appendix F of this document for details.
- b) International transfers of all professional players as well as amateur players under the age of eighteen (18) must be processed through the FIFA Transfer Matching System (TMS). International Transfers of amateur players aged eighteen (18) and older are processed through the manual ITC system.
- c) As per Article 19 (Protection of Minors) from the FIFA Regulations for the Status and Transfer of Players, ITC requests for a minor (aged 10 to 17 years) will only be accepted by if
 - i. The player's parents have moved to Canada for purposes other than playing soccer.
 - ii. The player lives no further than 50km from a national border and the maximum distance between the player's residence and the team's headquarters is no more than 100km. In such cases, the player must continue to live at home and the two Associations concerned must give their explicit consent.
- d) The conditions of Article 19 shall also apply to any minor player who has never previously been registered for a club and is not a national of the country in which he wishes to be registered for the first time.
- e) All ITC Requests for minor players are processed by Canada Soccer through the FIFA TMS.



4.7 Player Transfer, Player Loan and Player Release Policy

- a) License Holders and players shall adhere to all FIFA Regulations on the Status and Transfer of Players.
- b) A player that is registered to an OPL team shall not play in an official match for another team that is affiliated to Ontario Soccer/Canada Soccer during the “outdoor season” unless the player has been:
 - i. Officially transferred to another team.
 - ii. Officially released and had their registration terminated by the License Holder, rendering the player free to join another team without conditions.
- c) A player transfer or loan agreement shall be approved by OPL Management prior to being made official. All the terms and conditions related to a player transfer or loan (financial or otherwise) must be detailed in the transfer forms.
- d) A player may request a release, transfer or loan, in writing, directly to their OPL team, using the official form provided by OPL, with a copy submitted to the league office.
 - i. If a player’s request to be released is refused by the License Holder, the player may appeal the decision to the BoD.
- e) During a season, any player that has moved from one team to another (be it via a release, a transfer or a loan) will be considered “Cup Tied” to their previous team if they appeared on the official match roster for a League Cup match for their previous team during that season. As such, that player would be ineligible to participate in any League Cup matches for their new team during that season in which they were “Cup Tied” to the previous team.
- f) No player may be registered by more than three (3) different License Holders in any given season and shall only play official matches for a maximum of two (2) different License Holders in that season.
- g) A License Holder may re-sign for the following season any player that is actively registered to one of their OPL teams as of December 1 of any calendar year. Players may move freely and officially sign with a new License Holder as of January 1st of any calendar year.

4.8 Termination of Contracts

- a) A player contract may not be unilaterally terminated by either party during the term of that contract.
- b) Termination by a Player – In conjunction with the conditions set forth by the standard player contract, the following will be recognized as cause for termination of contract:
 - i. In the event of a material breach of the Player Contract and Agreement by a License Holder, a player may terminate a contract by notifying the accused organization and OPL Management, in writing. From the time the league and organization are notified by the player of the alleged breach of contract, the accused organization has ten (10) days to remedy the violation, release the player from the contract and terminate their registration or show written evidence to the BoD (with a copy provided to the player) that there has not been a breach of the contract.
 - ii. Any Amateur player that is registered to an OPL team roster that has appeared in fewer than 10% of the official matches in which their team has been involved by **June 22, 2026**, may formally request their release from the team for which they are registered on the grounds of “sporting just cause”. Any such request must be made, in writing, by the player to the License Holder, with a copy submitted to OPL Management. Due consideration shall be given to the player’s circumstances in the appraisal of such cases. The existence of sporting just cause shall be established on a case-by-case basis. If a player’s request to be released is refused by the License Holder, the player may appeal the decision to the BoD.
 - iii. If a player that is signed to a professional contract has appeared in fewer than 10% of the official matches in which their OPL team has been involved, that player may terminate their contract prematurely on the grounds of sporting just cause. A professional player may only terminate their contract on this basis within 30 days of the last official match of the season involving the OPL team with which the player is registered.



- c) **Termination by License Holder** – a License Holder may terminate a Player Contract provided the termination is in accordance with FIFA Player Contract regulations, including but not limited to player performance or violation of team rules. Upon written notice to the player, all rights and obligations of both the organization and player shall terminate, provided that the License Holder’s actions are in accordance with the terms of the signed Player Contract.
- d) **Termination by the League** – OPL may terminate a contract at any time if the BoD determines that a License Holder or a player has violated either the terms or the spirit of the agreement.
- e) Termination of a Player Contract by a team or by the league may be appealed to the Canada Soccer Player Status Committee. The decision of the Player Status Committee may be appealed to the Canada Soccer Appeals Committee, whose decision in the matter shall be final and binding, as per Canada Soccer Regulations.

4.9 Improper Recruitment & Solicitation

- a) Improper Recruitment refers to the practice of deliberate and proactive persuasion or enticement of a player already registered by a License Holder to one of their OPL teams by an individual or individuals associated with another License Holder, with the intent of convincing the player to seek a release or transfer from their current team.
- b) **No representative of any License Holder may initiate or engage in any communication with a player that is currently registered with an OPL team operated by another License Holder, unless prior written consent has been obtained from the License Holder for whom the player is currently registered to. This prohibition applies regardless of whether communication is initiated by the player, by their representative or any other third party.**
- c) Improper Solicitation shall also apply to coaches or other team officials who are bound to a License Holder via a formal employment agreement. No representative of any License Holder shall approach a coach or team official who is formally contracted to work for another License Holder and who has been registered in the Ontario Soccer online registration system and who has also been assigned to the roster of an OPL team(s) in the COMET competition management system without first receiving written consent from the License Holder to which the coach or team official is contracted at that time.
- d) All License Holders shall be responsible for the conduct of their staff, players or anyone directly associated with their organization.
- e) Anyone found to have engaged in improper recruitment of a player, coach or other team official will be subject to sanctions as per the OPL Discipline Code.

4.10 Residency Rules

- a) No License Holder shall claim exclusive rights to players residing in any geographical zones, districts, regions, or municipalities in Ontario, nor will the BoD enforce any effort to exercise such a claim.



SECTION V – TEAM AND MATCH OFFICIALS

5.1 Team Officials

- a) Team officials are responsible for complying with both the letter and spirit of the OPL Code of Conduct. Please refer to Appendix C of this document to review the Code of Conduct.
- b) All team officials registered to an OPL team in the 2026 season shall have completed:
 - i. The minimum professional certification for each role. Refer to Section 6.3 (d) of this document for details.
 - ii. Respect In Sport for Activity Leaders Program.
 - iii. NCCP “Making Headway in Sport (Soccer)” eLearning Module.
 - iv. NCCP “Make Ethical Decisions” Workshop and Online Evaluation certification.
 - v. NCCP “Emergency Action Plan” eLearning Module.
 - vi. NCCP “Understanding the Rule of Two” eLearning Module.
 - vii. Criminal Record Check with Valid Vulnerable Sector Check.
- c) For any official OPL match, a team’s official match roster shall include all team officials that will be present on the bench, **with a minimum of one (1) coach** and a maximum total of six (6) team officials.
 - i. Permitted team official designations that can be selected in COMET for an OPL match are: **Head Coach, Assistant Coach, Goalkeeper Coach, Physical Trainer**, Athletic Trainer, Doctor, Physiotherapist, **Equipment Manager, Kitman, Team Manager**, Press Officer, Club Official and **Medical Staff**.
 - ii. Please Note: team Official designations that are noted in bold font are preferred by OPL Management.
- d) **Teams may submit a match-day roster with a seventh (7th) team official, but only if that seventh team staff member possesses the proper credentials to be designated as an Athletic Trainer, Doctor, Physiotherapist or Medical Staff (Refer to Section VII of this document), thus giving the team two (2) “medical” professionals for that match.**
 - i. Refer to Section 7.3 of this document for OPL Standards for Match-day Medical Staff.
- e) All team officials that are seated on the bench in an official OPL match must wear clothing that identifies them as an official member of the team staff.
- f) Failure to comply with OPL regulations governing the eligibility or conduct of team officials participating in official OPL matches will result in the assessment of sanctions as per the OPL Discipline Code.

5.2 Assignment of Match Officials

- a) For all official OPL Matches, the Match Officials are assigned by the OPL Director of Match Officials, in accordance with the Appointment Protocol established by Canada Soccer and Ontario Soccer.
- b) In the 2026 season, there shall be a minimum of one Referee and two Assistant Referees (the Match Officials) for each official OPL match. A Fourth Official shall be assigned to all M-OPL1, W-OPL1, M-OPL2 and W-OPL2 matches. Every effort shall be made to assign a Fourth Official to all M-OPL3 and W-OPL3 matches where at least one of the participating teams is a designated “A” Team.

5.3 Match Officials Conduct

- a) Match Officials shall conduct themselves with dignity both on and off the field of play and seek to inspire the principle of fair play in all participants. They shall be fair, equitable, considerate, independent, honest and impartial in all dealings related to their participation in OPL matches.
- b) Match Officials shall adhere to all standards and directives established by Canada Soccer, International Football Association Board (IFAB) and FIFA as well as enforce the current Laws of the Game and OPL rules and regulations.



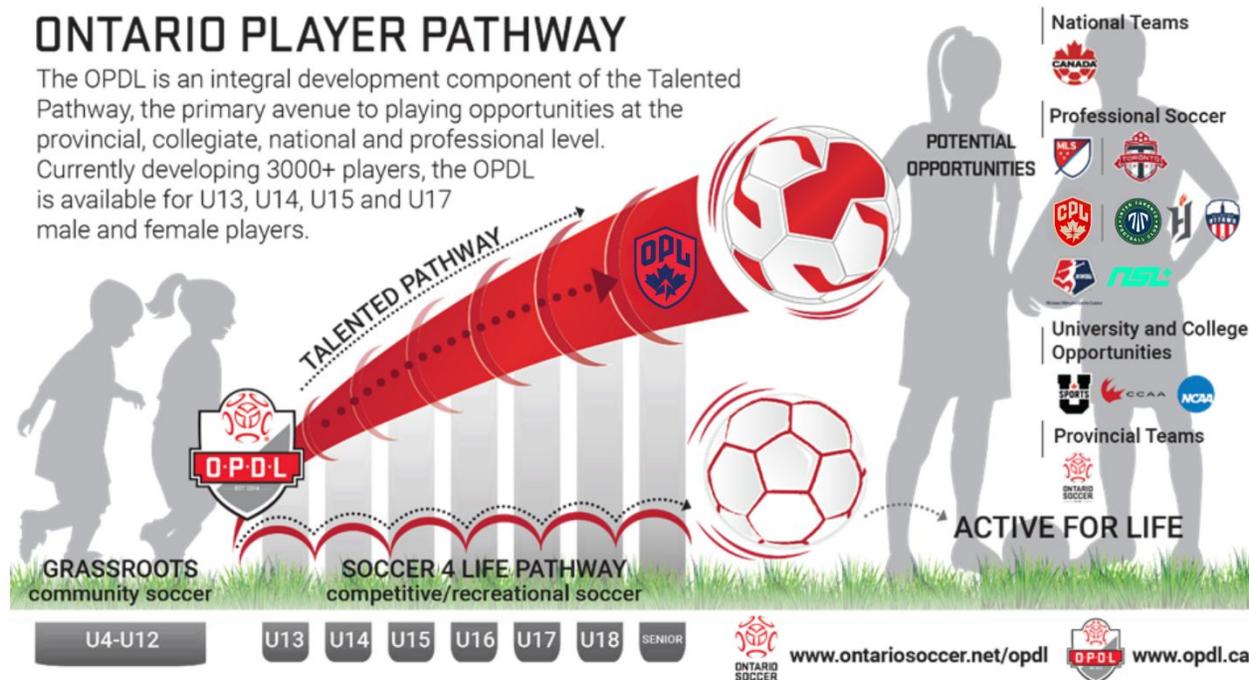
- c) Match Officials shall not make any statement to the media (newspaper, television, radio, social media platform, etc.) related to a game in which that match official has officiated, nor shall they publicly comment on the performance of players, team officials or other match officials.
- d) Prior to the start of any season, Match Officials are required to disclose to the OPL Director of Match Officials, in writing, of any affiliations with License Holders, as well as any affiliations with organizations that are directly affiliated with a License Holder.
 - i. Affiliations may include, but are not limited to, roles such as a registered member, employee, volunteer, board member, contractor, beneficiary, or any other relationship that could reasonably result in actual bias or the perception of bias—whether in favor of or against any club involved in the competition.
- e) Match Officials shall not approach or solicit any player registered to a OPL team to participate in any soccer activity—competitive or otherwise—with another club, organization, team, program, or competition.



SECTION VI – TECHNICAL PRINCIPLES AND STANDARDS

6.1 Technical Objective

- a) OPL is a high-performance standards-based senior soccer league that emphasizes the professional execution of the technical and operational standards that define and underpin the league. OPL is positioned on the Ontario Soccer Talented Pathway and provides a platform for players of an appropriate age to continue their Long- Term Player Development journey into Stage 5 (“Train to Compete”), thus classifying OPL as a high-performance league.



- b) OPL will foster ongoing development by creating a high-performance environment for potential university/college, professional and national team players. OPL will simultaneously support the transition from youth to adult soccer for players, coaches, and match officials.

6.2 Guiding Principles

- a) OPL Management and License Holders shall be unified around these guiding principles with every action that is taken and decision that is made:
 - i. Support Canada Soccer’s Long-Term Player Development principles in the Province of Ontario.
 - ii. Provide the premier level of competition in Ontario for talented adult soccer players, below the fully professional level.
 - iii. Work cooperatively and in harmony with existing youth and adult leagues and competition structures that exist in the Province of Ontario to help present a clear pathway for all soccer players.
 - iv. Advocate for the expansion of standards-based senior soccer environments throughout Ontario.
 - v. Provide a springboard for players, coaches, and match officials to higher levels of play, either domestically or abroad.



6.3 Technical Program Standards and Responsibilities

- a) To successfully fulfill the mandate set forth in Section 6.2 above, OPL license holders shall be committed to providing a professional environment that allows players the best opportunity to develop and showcase their abilities.
- b) All teams participating in official OPL competition agree to appoint qualified, accredited technical staff, including (but not limited to) a Head Coach, Assistant Coach(es), Goalkeeping Coach, Team Manager, Equipment Manager, Medical Personnel, Strength and Conditioning Coach, Sports Science Professional, Sports Psychologist, etc.
- c) License Holder shall provide proof that all appointed coaches to their OPL teams meet or exceed the minimum certification standards required by Canada Soccer, Ontario Soccer and OPL at the time of registration.
- d) The BoD, in consultation with the Technical Committee, has ratified the following minimum standards for coaches and medical personnel for the 2026 season:

DESIGNATED "A" TEAMS PARTICIPATING IN M-OPL1, W-OPL1, M-OPL2, W-OPL2, M-OPL3 and W-OPL3

Position	2026 Season
Head Coach	National B *
Assistant Coach	National B *
Goalkeeper Coach	Ontario Soccer Goalkeeping Diploma
Medical Staff	Please refer to Section 7.3 for Minimum Qualifications for Match Day Medical Personnel

DESIGNATED "B" AND "C" TEAMS PARTICIPATING IN M-OPL3, W-OPL3, M-OPL U20 and W-OPL U20

Position	2026 Season
Head Coach	National B *
Assistant Coach	National C
Goalkeeper Coach	Ontario Soccer Goalkeeping Diploma
Medical Staff	Please refer to Section 7.3 for Minimum Qualifications for Match Day Medical Personnel

* denotes that OPL shall accept the appointment of a coach that has not yet been awarded the National B so long as they have demonstrated their current enrollment in a National B course being conducted by Canada Soccer. Proof of such enrollment or eligibility for enrollment is required, in writing.

- e) As there is not yet a Coaching Convention in place between Canada Soccer and other FIFA member associations, OPL, with the support of Ontario Soccer, will recognize a coach who currently holds a VALID foreign coaching license at the appropriate level, but that coach will be required to apply to transition to the appropriate Canadian equivalent within twelve (12) months of being registered to serve as a coach of an OPL team.
 - i. A License Holder that seeks approval from league management for a coach that holds a foreign-issued license will be required to complete a Coach Development Plan for that coach and, as part of that commitment, shall ensure the coach enrolls with Canada Soccer's Advanced Coach Education program within twelve (12) months of being registered to serve as a coach of an OPL team.
 - ii. Failure to comply with these requirements will render the coach ineligible to be registered in the following season.



- f) All coaches registered to an OPL team in the 2026 season shall have completed:
 - i. The minimum professional certification for each role. Refer to Section 6.3 (d) of this document for details.
 - ii. Respect In Sport for Activity Leaders Program.
 - iii. NCCP “Making Headway in Sport (Soccer)” eLearning Module.
 - iv. NCCP “Make Ethical Decisions” Workshop and Online Evaluation certification.
 - v. NCCP “Emergency Action Plan” eLearning Module.
 - vi. NCCP “Understanding the Rule of Two” eLearning Module.
 - vii. Criminal Record Check with Valid Vulnerable Sector Check.
- g) All teams participating in official OPL competition agree to the following Technical Standards and Responsibilities:
 - i. Allot no less than ninety (90) minutes for every training session.
 - ii. Ensure every training session involves a minimum of twelve (12) players, including at minimum two (2) goalkeepers.
 - iii. Ensure every training session is conducted on an appropriately sized pitch (either natural grass or artificial turf). For Indoor training sessions, the minimum area shall be 30x50 yards (27x45 meters). For outdoor training sessions, the minimum area shall be 50x55 yards (45x50 meters).
 - iv. Ensure that OPL teams train no less than three (3) times per week during the season.
 - v. Ensure that players are supplied with an official training kit.
 - vi. Operating below the acceptable standard will result in the assessment of sanctions as per the OPL Discipline Code and will negatively impact a license holder’s potential for future license renewal.

6.4 Ontario Soccer Talented Pathway

- a) License Holders shall consent to supporting the Ontario Soccer Talented Pathway as it relates to its programs, players, and competitions by not conflicting with any Development Programs as Ontario Soccer deems in the best interest of youth development, including Ontario Soccer Provincial Programming as well agreeing to not establish youth programming that may deviate and/or conflict from said pathway.
- b) License Holders acknowledge that League1 Ontario Inc. and Ontario Soccer have shared oversight of OPL and therefore possess the authority to review and determine potential conflicts arising from actions taken by License Holders (related to programs and competitions) that may deviate from the established Ontario Soccer Talented Pathway.



SECTION VII – STANDARDS FOR MEDICAL PERSONNEL ON MATCH-DAY

7.1 Objective

- a) OPL Management shall provide clear and detailed information to all License Holders as to the required standards for the provision of medical support and services for all official OPL matches.

7.2 Standard

- a) A designated “A” Team participating in M-OPL1, W-OPL1, M-OPL2, W-OPL2, M-OPL3, W-OPL3 or League Cup matches shall have at minimum one (1) medical professional among the maximum six (6) team officials named to the match-day roster for all matches, home and away.
- b) For all other OPL matches, the home team is required to have at minimum one (1) medical professional among the maximum six (6) team officials named to the match-day roster.
 - i. It is recommended that the Away Team have a medical professional on the team bench and named to the official match-day roster for all matches.
- c) For any OPL match where the Away Team is not mandated to have medical staff present, the Home Team’s medical professional on the bench shall be prepared to offer emergency first aid support to Away Team players and team officials if required.
- d) **Teams may submit a match-day roster with a seventh (7th) team official, but only if that seventh team staff member possesses the proper credentials to be designated as an Athletic Trainer, Doctor, Physiotherapist or Medical Staff, thus giving the team two (2) “medical” professionals for that match.**
- e) For all OPL matches, the Home Team medical staff must also be prepared to provide emergency first aid support to the match officials, if required.
- f) The Team Medical staff named to a team’s official Match Roster for all OPL matches must possess the minimum certification/qualifications as set out in Section 7.3 herein.

7.3 Minimum Qualifications for Match-Day Medical Staff

- a) The following list has been approved by the BoD as the minimum certification/qualifications required for Team Medical Staff to be eligible to be named to an official match roster for an OPL Match in the 2026 season:
 - i. Canadian Academy of Sport and Exercise Medicine (CASEM) Sports Medicine Physician
 - ii. Medical Doctor (M.D.) with Standard First Aid / CPR-HCP certification
 - iii. Athletic Therapist certified by the Canadian Athletic Therapists Association (C.A.T.A)
 - iv. Athletic Therapist Certification Candidate who has completed First Responder Certification
 - v. Doctor of Chiropractic (D.C.) FRCCSS(C), Licensed Chiropractor who has completed First Responder Certification
 - vi. Sport Physiotherapist Diploma
 - vii. Registered Physiotherapist
 - viii. Registered Nurse
 - ix. Registered Massage Therapist who has completed First Responder Certification / CPR-HCP certification
 - x. Licensed Kinesiologist who has completed First Responder Certification / CPR-HCP certification
 - xi. First Responder or EMS Personnel who has completed the mandatory concussion protocol training.



SECTION VIII – PLAYER MOVEMENT WITHIN AN ORGANIZATION FOR THE 2026 SEASON

8.1 Approved Player Movement

- a) The BoD has ratified the following regulations governing upward and downward Player Movement within an organization for the 2026 season.
- b) **Downward Movement from a License Holder's "A" Team participating in M-OPL1, W-OPL1, M-OPL2, W-OPL2, M-OPL3 and W-OPL3 to their "B" or "C" Teams participating in M-OPL3, W-OPL3, M-OPL U20 or W-OPL U20:**
 - i. A player registered to a designated "A" Team participating in M-OPL1, W-OPL1, M-OPL2 or W-OPL2 may "play down" to that License Holder's designated "B" Team participating in M-OPL3 and W-OPL3. In this scenario, there are no limits on the number of matches a player may "play down" from the "A" Team to the "B" Team during the Regular Season only. However, such "playing down" is not permitted for M-OPL3 and W-OPL3 post-season playoff matches.
 - ii. A player that is born between 2006 and 2010 that is registered to a designated "A" Team participating in M-OPL1, W-OPL1, M-OPL2, W-OPL2, M-OPL3 and W-OPL3 may "play down" to that License Holder's designated "B" or "C" Team which participates in M-OPL U20 or W-OPL U20. In this scenario, there are no limits on the number of matches an eligible player may "play down" from the "A" Team to the M-OPL U20 or W-OPL U20 Team during the Regular Season only. However, such "playing down" is not permitted for M-OPL U20 or W-OPL U20 post-season playoff matches. *Note: A player born in 2009 or 2010 shall have been granted an "Exceptional Player" permit or a "Special Circumstances" permit to be eligible for selection to any OPL official match roster.*
 - iii. Whereby a License Holder is granted special dispensation to operate two (2) teams in M-OPL U20 and/or W-OPL U20, and a player that is registered to that License Holder's higher level teams is assigned to "play down" to one of the License Holder's M-OPL U20 or W-OPL U20 teams, that player is effectively tied to that specific M-OPL U20 or W-OPL U20 team for the remainder of the season and shall not "play down" to that License Holder's other M-OPL U20 or W-OPL U20 team during the 2026 season.
 - iv. The intent of granting players the right to play down to a "B" or "C" Team is to facilitate recovery from injury or maintain/regain match fitness due to a lack of playing time with the team a player is actually registered to. The intent is NOT to give a License Holder's "B" or "C" teams a competitive advantage in league play.
- c) **Downward Movement from a License Holder's "B" Team participating in M-OPL3 and W-OPL3 to their "C" Team participating in M-OPL U20 or W-OPL U20:**
 - i. A player that is born between 2006 and 2010 that is registered to License Holder's designated "B" Team participating in M-OPL3 and W-OPL3 may "play down" to that License Holder's designated "C" Team participating in M-OPL U20 or W-OPL U20. In this scenario, there are no limits on the number of matches an eligible player may "play down" from the "B" Team to the "C" Team during the Regular Season only. However, such "playing down" is not permitted for M-OPL U20 or W-OPL U20 post-season playoff matches. *Note: A player born in 2009 or 2010 shall have been granted an "Exceptional Player" permit or a "Special Circumstances" permit to be eligible for selection to any OPL official match roster.*
- d) **Upward Movement from a License Holder's "B" or "C" Team participating in M-OPL3, W-OPL3, M-OPL U20 or W-OPL U20 to an "A" Team participating in M-OPL1, W-OPL1, M-OPL2, W-OPL2, M-OPL3 and W-OPL3:**
 - i. A player born 2008 or earlier that is registered to a designated "B" Team or "C" Team participating in either M-OPL3, W-OPL3, M-OPL U20 or W-OPL U20 is permitted to be called up to that License Holder's designated "A" Team participating in one of M-OPL1, W-OPL1, M-OPL2, W-OPL2, M-OPL3 or W-OPL3. There are no limits on this upward movement and NO PERMITS ARE REQUIRED.



- ii. A player born in 2009 or 2010 that has been granted an “Exceptional Player” permit by OPL and is registered a designated “B” Team or “C” Team participating in either M-OPL3, W-OPL3, M-OPL U20 or W-OPL U20, may be called up to that License Holder’s designated “A” Team participating in one of M-OPL1, W-OPL1, M-OPL2, W-OPL2, M-OPL3 or W-OPL3. There are no limits on this upward movement.
 - iii. A player born in 2009 or 2010 that has been granted a “Special Circumstances Permit” by OPL and is registered to a designated “B” Team or “C” Team participating in either M-OPL3, W-OPL3, M-OPL U20 or W-OPL U20, may be called up to that License Holder’s designated “A” Team participating in one of M-OPL1, W-OPL1, M-OPL2, W-OPL2, M-OPL3 or W-OPL3, but only after completing a five (5) match probationary period playing for the License Holder’s “B” and/or “C” teams.
- e) **Upward movement from a Youth Team to an OPL Team:**
- i. Any player born in 2009 that is registered to a License Holder’s OPDL U17 team is eligible to be called up to that License Holder’s designated “A”, “B” or “C” Teams participating in one of M-OPL1, W-OPL1, M-OPL2, W-OPL2, M-OPL3, W-OPL3, M-OPL U20 or W-OPL U20. There are no limits on this upward movement and NO PERMITS ARE REQUIRED.
 - ii. A player born in 2010 that is registered to an License Holder’s OPDL U16 or U17 team, and who has been granted an “Exceptional Player” or “Special Circumstances” permit by OPL, may be called up to that License Holder’s designated “B” or “C” Teams participating in either M-OPL3, W-OPL3, M-OPL U20 or W-OPL U20. There are no limits on this upward movement.
 - iii. OPL Management reserves the right, at its discretion and on a case-by-case basis, to grant an “Exceptional Player” permit or a “Special Circumstances” permit to a 2009-born player that is registered to a youth team that participates in an Ontario Soccer affiliated league other than OPDL in order to allow that player to play up to a License Holder’s designated “B” or “C” Teams participating in either M-OPL3, W-OPL3, M-OPL U20 or W-OPL U20. OPL Management also reserves the right to establish limits on this sort of upward movement, at its discretion, on a case-by-case basis.
- f) **Downward Movement from an OPL Team to OPDL Teams or other Lower-Level Amateur Teams:**
- i. Players born in 2009 or 2010 that are registered to any OPL Team at any tier of competition SHALL NOT be permitted to play down to any team participating in official OPDL competition.
 - ii. Players born in 2009 to 2010 that are registered to any OPL Team at any tier of competition SHALL NOT be permitted to play down to any other team participating in other amateur youth or adult leagues in Ontario.
- g) **Upward movement from a “Soccer For Life” Amateur Adult Team to an OPL Team:**
- i. License Holders have exclusive rights to place players on a OPL Supplemental Roster. A License Holder may name a maximum of ten (10) players per gender to their Supplemental Roster at any time.
 - ii. To be eligible for inclusion on an OPL Supplemental Roster, the player shall be born 2008 or earlier and shall be registered in Ontario Soccer’s online registration system to an Amateur Adult “Soccer For Life” team operated by the License Holder and that team must actively participate in an Ontario Soccer affiliated Adult Amateur Competitive league (e.g. OSL, OWSL, etc.). Players registered to an Adult Amateur Recreational league team shall not be eligible to be added to an OPL Supplemental Roster.
 - iii. Players named to an OPL Supplemental Roster are eligible to play up to the License Holder’s designated “B” or “C” Team participating in either M-OPL3, W-OPL3, M-OPL U20 or W-OPL U20 but must comply with the roster rules for those competitions. Players named to an OPL Supplemental Roster that would be deemed “Overage Players” in M-OPL3, W-OPL3, M-OPL U20 or W-OPL U20 shall not be eligible to participate in official M-OPL3, W-OPL3, M-OPL U20 or W-OPL U20 matches.



- iv. Players registered to an Amateur Adult “Soccer For Life” team operated by the License Holder that are also named to that License Holder’s OPL Supplemental Roster are eligible to play up to that License Holder’s designated “A” Team participating in either M-OPL1, W-OPL1, M-OPL2, W-OPL2, M-OPL3 or W-OPL3 in official OPL competition **only after July 27, 2026**. In this scenario, no more than three (3) players from the License Holder’s OPL Supplemental Roster may play up to the designated “A” Team for an official OPL match (2 outfield players and 1 Goalkeeper).
 - v. Players named to an OPL Supplemental Roster are only eligible to participate in Regular Season matches, regardless of the OPL competition tier. Supplemental Roster players are not eligible to participate in OPL post-season playoff matches, including Promotion/Relegation Playoff matches.
 - vi. License Holders shall declare their OPL Supplemental Roster on the first Monday of each month to the OPL League Administrator, via email, to admin@league1.ca. Players can be added to or subtracted from the OPL Supplemental Roster on the first Monday of each month. **Players that are not removed from the OPL Supplemental Roster will remain on that roster until such time that the OPL League Administrator is directed to remove them by a team official.**
- h) Upward movement from Amateur teams operated by a recognized Affiliate Organization to an OPL Team:**
- i. License Holders may enter into affiliation agreements with Ontario Soccer affiliated soccer clubs (refer to Section 4.3 of this document for details).
 - ii. A player born in **2009** that is registered to an OPDL U17 team that is operated by a License Holder’s official affiliate is eligible to be called up to the License Holder’s designated “A”, “B” or “C” teams participating in either M-OPL1, W-OPL1, M-OPL2, W-OPL2, M-OPL3, W-OPL3, M-OPL U20 or W-OPL U20. There are no limits on this upward movement and NO PERMITS ARE REQUIRED.
 - iii. A player born in **2010** that is registered to an OPDL U16 or U17 team that is operated by a License Holder’s official affiliate, and who has been granted an “Exceptional Player” or “Special Circumstances” permit by OPL, may be called up to that License Holder’s designated “B” or “C” Teams participating in either M-OPL3, W-OPL3, M-OPL U20 or W-OPL U20. There are no limits on this upward movement.
 - iv. A player born in **2008** or earlier that is (1) registered in Ontario Soccer’s online registration system to an Amateur Adult “Soccer For Life” team that is operated by a License Holder’s official affiliate, and (2) that team participated in an Ontario Soccer affiliated Adult Amateur competitive league (e.g. OSL, OWSL, etc.), and (3) that player actively participates for that Amateur Adult team in that season, shall be deemed eligible to be called up to that License Holder’s designated “B” or “C” Team, participating in either M-OPL3, W-OPL3, M-OPL U20 or W-OPL U20, provided that the player has been named to the License Holder’s OPL Supplemental Roster at the time of the call up and that player complies with all roster rules for those specific competitions. “Overage” players named to an OPL Supplemental Roster are not eligible to participate in M-OPL3, W-OPL3, M-OPL U20 or W-OPL U20 matches. If the player meets all the criteria, there are no other limits on this upward movement and NO PERMITS ARE REQUIRED.
 - v. A player that is registered to an Amateur Adult “Soccer For Life” team operated by a License Holder’s official affiliate club that has been named to that License Holder’s Supplemental Roster is not eligible to play up to the License Holder’s designated “A” team at any time in the season.
 - vi. Any other player registered to an amateur team, competitive or recreational, operated by a License Holder’s official affiliate club is ineligible to play up to any team participating in official OPL competition. In order to be eligible to participate in official OPL competition, such players must be deregistered by the affiliate organization and subsequently registered to an eligible team operated by a License Holder.



SECTION IX – CONCUSSION POLICY AND ROWAN’S LAW

9.1 Policy Objective and Origin

- a) Canada Soccer developed a comprehensive national Concussion Policy, which the Ontario Soccer Board of Directors adopted as of March 2019. All OPL teams are required to educate players and technical staff on the requirements and implications of this new policy.
 - i. The policy is based on current evidence and examples of best practice taken from soccer organizations around the world including the Football Association and the Scottish FA, as well as other organizations such as World Rugby, and the Canadian Concussion Collaborative.
 - ii. The Policy has been reviewed and is approved by Canada Soccer’s Sports Medicine Committee.
- b) While this policy aims to reflect ‘best practice’, it must be recognized that there is a current lack of evidence with respect to their effectiveness in preventing long-term harm.
 - i. Canada Soccer’s Sports Medicine Committee will continue to monitor research and consensus in the area of concussion and update its policies accordingly.
- c) This section of the OPL Operations Manual provides highlights from the Canada Soccer Concussion Policy. The complete Canada Soccer Concussion Policy Document is available on the Canada Soccer [website](#).

9.2 What is a Concussion?

- a) A concussion is a brain injury.
 - i. All concussions should be regarded as potentially serious.
 - ii. Most concussions recover completely with correct management.
 - iii. Incorrect management of a concussion can result in further injury.
 - iv. Concussions should be managed according to current guidelines.

9.3 What To Do in the Event of a Suspected Concussion?

- a) Anyone with suspected concussion following an injury must be immediately removed from playing or training and receive a prompt assessment by a medical doctor or nurse practitioner.
- b) Concussions are managed by licensed health care professionals working within their scope of practice and expertise.
- c) Concussions are managed by a limited period of rest followed by avoiding physical and brain activities that make concussive symptoms worse, and once concussion related symptoms have resolved, a step-by-step return to school, work and sports-related activities.
 - i. Return to education or work must take priority over return to playing soccer.
- d) Concussion symptoms must have completely resolved and documented medical clearance completed by a medical doctor or nurse practitioner must be received before resuming full contact practice or game play.
- e) The recurrence of concussion symptoms after the return to full contact practice or game play requires removal from training or playing and reassessment.

9.4 Recognition and Management of a Concussion

- a) Concussion is an injury to the brain resulting in a disturbance of brain function involving thinking and behavior.
- b) Concussion can be caused by a direct blow to the head or an impact to the body causing rapid movement of the head.
- c) Symptoms of concussion typically appear immediately but may evolve within the first 24-48 hours.



- d) All of our sport's participants (players, team staff and match officials) can be at risk of concussion. Some soccer participants are at increased risk of concussion:
- i. Children and adolescents (18 years and under) are more susceptible to brain injury, take longer to recover, and are susceptible to rare dangerous brain complications, which may include death.
 - ii. Female soccer players have higher rates of concussion.
 - iii. Participants with previous concussion are at increased risk of further concussions - which may take longer to recover.
- e) Failure to recognize and report concussive symptoms or returning to activity with ongoing concussion symptoms sets the stage for Cumulative Concussive Injury and Second Impact Syndrome
- i. Second impact syndrome is a rare occurrence whereby a participant sustains a brain injury and while still experiencing symptoms (not fully recovered), sustains a second brain injury, which is associated with brain swelling and permanent brain injury or death. Brain swelling may also occur without previous trauma.
 - ii. Recurrent brain injury is currently implicated in the development of Chronic Traumatic Encephalopathy (CTE), which is a progressive, degenerative brain disease seen in people with a history of brain trauma. For athletes, the brain trauma has been repetitive. Originally described in deceased boxers, it now has been recognized in many sports. Symptoms include difficulty thinking, explosive and aggressive behavior, mood disorder (depression), and movement disorder (parkinsonism).
- f) Everyone involved in the game (including side-line staff, coaches, officials, players, parents and guardians of children and adolescents) should be aware of the signs, symptoms, and dangers of concussion. If any of the signs or symptoms are present following an injury the player should be suspected of having concussion and immediately removed from play or training.
- g) Any one or more of the following visual clues can indicate a concussion:
- i. Dazed, blank or vacant look.
 - ii. Lying motionless on ground / slow to get up.
 - iii. Unsteady on feet / balance problems / falling over / poor coordination.
 - iv. Loss of consciousness or responsiveness.
 - v. Confused or not aware of play or events.
 - vi. Grabbing, clutching, or shaking of the head.
 - vii. Seizure.
 - viii. More emotional or irritable than normal for that person.
 - ix. Injury event that could have caused a concussion.

The presence of any one or more of the following symptoms may suggest a concussion:

- x. Headache or "Pressure in head"
- xi. Dizziness or balance problems
- xii. Mental clouding, confusion, or feeling slowed down.
- xiii. Trouble seeing.
- xiv. Nausea or vomiting.
- xv. Fatigue.
- xvi. Drowsiness or feeling "in a fog" or difficulty concentrating.



- xvii. Sensitivity to light or noise.
- xviii. Difficulty with reading, learning or work.
- xix. Sleep problems, such as trouble falling asleep, sleeping too much or sleeping too little.
- xx. Emotional (angry / sad / anxious).

9.5 Taking Action in the Event of a Suspected Concussion

- a) If a player or other participant (team official, match official) has suffered a suspected concussion, they must be removed from activity immediately.
- b) Teammates, team staff, event staff, coaches, opposing players or parents and guardians who suspect that a player may have concussion **MUST** work together to ensure that the player is removed from play in a safe manner.
- c) If **ANY** of the following are observed or reported within 48 hours of an injury, then the player should be transported for urgent medical assessment at the nearest hospital (symptoms below). **Call 911**. Activate your emergency action plan.
 - i. Neck pain or tenderness.
 - ii. Deteriorating consciousness (more drowsy).
 - iii. Increasing confusion or irritability.
 - iv. Severe or increasing headache.
 - v. Repeated vomiting.
 - vi. Unusual behavior change.
 - vii. Seizure.
 - viii. Double vision.
 - ix. Weakness or tingling / burning in arms or legs.
- d) Anyone with a suspected concussion should not:
 - i. be left alone until they have been assessed medically.
 - ii. consume alcohol or recreational drugs in the first 24 hours, and thereafter should avoid alcohol or recreational drugs until free of all concussion symptoms.
 - iii. drive a motor vehicle until cleared to do so by a medical doctor or nurse practitioner.

9.6 Re-Entry of a Player/Participant with a Suspected Concussion

- a) A Licensed Healthcare Professional, with expertise in the evaluation and management of head injury and concussions may review a player (or other participant) with a suspected concussion at field side.
- b) A player (or other participant) who has been removed from play who reports **NO** concussion symptoms and **NO** visual clues of a concussion can be returned to play. Any such person should be monitored for delayed symptoms, which may appear over the next 24-48 hours.
- c) If there is any doubt whether a player (or other participant) has sustained a concussion, they should be removed from play and undergo medical assessment by a medical doctor or nurse practitioner.
- d) Once removed from play, a player (or other participant) with a suspected concussion must be referred to a medical doctor or nurse practitioner with training in the evaluation and management of head injury and concussions, even if the symptoms resolve.
- e) Players (or other participants), parents and guardians must disclose the nature of, and status of all active injuries, including concussions, to coaches and team staff.



- f) Players (or other participants) need to be responsible for one another and encourage the disclosure of concussion symptoms.
- g) For children and adolescents with suspected concussion who have not been directly transferred for medical management, coaches must communicate their concerns directly with the parents or guardians.

9.7 Recovery and Return to Play for a Player/Participant with a Suspected Concussion

- a) Avoiding activities that make concussive symptoms worse is the cornerstone of concussion management,
- b) The management of a concussion involves an initial limited period (<24-48 hours) of physical and brain rest.
- c) Stage 1 of the Return-to-Soccer Strategy involves avoiding or limiting physical and brain activities that make concussive symptoms worse.
- d) Once concussion related symptoms have resolved, the player (or other participant) may start Stage 2 and continue to proceed to the next level when he/she completes the stage without a recurrence of concussion-related symptoms.
- e) In conjunction with your school and educational professionals and health care provider, recommendations will be made about whether it is appropriate to take time away from school, or whether returning to school should be done in a graded fashion, this is called “return to learn”. The injured party’s health care provider will also make recommendations about whether it is appropriate to take time away from work, or whether returning to work should be done in a graded fashion, this is called “return to work”.
- f) Players (or other participant) who have been removed from play and referred for medical assessment for a suspected concussion who provide a completed Concussion Assessment Medical Report that is signed by a medical doctor or nurse practitioner which documents NO active concussion may participate in training sessions and game play.
- g) Players (or other participant) who have been removed from play and referred for assessment for a suspected concussion who provide a completed Concussion Assessment Medical Report that is signed by a medical doctor or nurse practitioner which documents a concussion diagnosis may participate in training sessions within the Return-to- Soccer Strategy, once they or their parents/guardians report NO concussion symptoms and are able to successfully complete 15 minutes of light aerobic activity.
- h) Players (or other participant) who have concluded a Return-to-Soccer Strategy who provide a second completed Concussion Assessment Medical Report that is signed by a medical doctor or nurse practitioner which documents recovered concussion may participate in full contact training sessions and subsequently, game play within the Return-to-Soccer Strategy if they remain clear of concussion symptoms.

9.8 Reassessment of a Player/Participant with a Suspected Concussion

- a) A player (or other participant) with prolonged concussion recovery (more than 4 weeks for youth, more than 2 weeks for adults), or recurrent or complicated concussions, should be assessed and managed by a medical doctor with experience in sports-related concussions, working within a multidisciplinary team.

9.9 Rowan's Law

- a) The Province of Ontario has enacted Concussion Safety legislation throughout its entire sport system.
- b) “Rowan’s Law” (Concussion Safety) received Royal Assent on March 7, 2018, and Section 5 of the Act, proclaiming a “Rowan’s Law Day” was the only section that came into effect at that time. However, in 2019, the remaining parts of the Act and the regulation came into effect.
- c) Rowan’s Law (Concussion Safety), 2018 makes it mandatory for sports organizations to:
 - i. Effective July 1, 2019, ensure that athletes under 26 years of age, parents of athletes under 18, Coaches, Team Trainers and Team Officials confirm every year that they have reviewed **Ontario’s Concussion Awareness Resources**. The Concussion Awareness Resources can be accessed free of charge at the



- following [web location](#). A **Confirmation Receipt** for review of Concussion Awareness Resources must be provided by the team and completed by each registered participant and managed by the community sport organization for athletes under 26 years of age, parents of athletes under 18, Coaches, Team Trainers and Team Officials before participating in their sport.
- ii. Effective July 1, 2019, establish a **Concussion Code of Conduct** that sets out rules of behavior to support concussion prevention. Each year, Athletes, Coaches and Team Trainers must review and sign off on their applicable Codes of Conduct. Included with this Bulletin you will find **Code of Conduct Templates** that can be used or adopted within existing community sport organization codes of conduct.
 - iii. Effective July 1, 2021, establish a **Removal-from-Sport and Return-to-Sport** protocol. Further information and sample templates produced by the Province of Ontario are available [online here](#) .
- d) The purpose of Rowan’s Law legislation is to promote culture change and make participation in amateur competitive sport safer. There are no enforcement or monitoring provisions in Rowan’s Law. It is up to entities and individuals to ensure that they comply with the laws of Ontario. If an organization does not comply with the laws of Ontario, then the organization assumes any liability risk associated with non-compliance.
- e) **For a full review of the Rowan’s Law legislation, please visit:** <https://www.ontario.ca/page/rowans-law-concussion-safe>



SECTION X – OPL MATCH-DAY OPERATIONS/FACILITY STANDARDS

Failure to comply with the OPL Match-day Operations and Facility Standards detailed herein shall result in the imposition of sanctions as per the OPL Discipline Code

10.1 Match-Day Facility

- a) The Ontario Soccer Standards for High Performance Senior Leagues (Refer to Appendix A of this document) serves as the foundation for the match-day standards for all official OPL matches.
- b) OPL Management reserves the right to reject any facility chosen by a License Holder to host official OPL matches if they are deemed to not meet the standards established herein.

10.2 Match-Day Staffing

- a) The Home Team shall be responsible for engaging an adequate number of staff for each official OPL match it hosts to ensure the proper execution of all mandated match-day operations, as stipulated in the Ontario Soccer Standards for High Performance Senior Leagues (Appendix A of this document).
- b) Match-day Operations staff shall be clearly identifiable, via a distinctive uniform or some other identification device.
- c) For all M-OPL1, W-OPL1, M-OPL2 and W-OPL2 matches, as well as all M-OPL3 and W-OPL3 matches involving at least one designated “A” team, the Home Team shall engage staff to execute the following roles:
 - Game Day Manager
 - Teams and Referee Liaison
 - Ticketing Staff
 - Media and Broadcast Liaison
 - Public Address Announcer
 - Timekeeper and Scoreboard Operator
 - Dressing Room Attendant(s)
 - Security staff (at least one security officer for every 200 spectators).
- d) For M-OPL3 and W-OPL3 matches contested by two (2) designated “B” teams and for all M-OPL U20 and W-OPL U20 matches, the Home Team shall designate at least one (1) team official (e.g., Game Day Manager, Team Manager, etc.) to ensure that the needs of the home team, visiting team and the match officials are met.
- e) The Home Team shall ensure that municipal / regional emergency services are available for each official OPL matchday and that those emergency services can reach the match venue in no less than fifteen (15) minutes. If emergency services are unable to arrive at the facility within 15 minutes, an ambulance with and qualified emergency medical staff shall be on site for the duration of each match.

10.3 Field of Play Preparation

- a) The Home Team shall ensure the Field of Play preparation complies with FIFA Laws of the Game and OPL matchday standards and that the field of play is in the best possible condition for all official OPL matches.
- b) The Home Team shall ensure the Field of Play is properly marked and lined, as per Law 1 of FIFA’s Laws of the Game (Refer to Appendix H of this document).
- c) The Home Team shall ensure that four (4) corner flags measuring not less than 1.5 meters (5 feet) tall are securely in place prior to pre-match warmups. The flag poles shall be maintained in good condition to prevent any risk of injury to players, officials, or other participants. There can be no rips or tears in the flag material.
- d) A Canadian flag shall be displayed at all official OPL matches involving at least one (1) designated “A” teams.



10.4 Soccer Goals

- a) The Home Team is responsible for ensuring that there are, at minimum, two (2) goals that measure 8 feet tall x 24 feet wide on site at the match-day venue for all official OPL matches.
- b) For all official OPL matches, the goals shall be properly positioned (centered on each goal line and with the upright posts equidistant from corner flags) no later than sixty (60) minutes prior to the scheduled kickoff.
- c) Goals used in any official OPL match shall be in good structural condition (with no sharp edges or protrusions), with the crossbar securely attached to the posts, painted white and securely anchored to the ground.
- d) If the Match Officials are not satisfied with the structural condition of a goal, the Home Team will be required to repair or replace it with a goal that complies with Law 1 of the FIFA Laws of the Game. Failure to do so may result in the match being abandoned.
- e) If the Match Officials are not satisfied that the goals are securely anchored, the Home Team will be required, at minimum, to place weights on the back and sides of the goal frame.
- f) The goals shall have goal netting that is in good condition, properly attached to the goal frame and free of inordinately large holes that a soccer ball could pass through.
 - i. If the Match Officials are not satisfied that the goal netting is in sufficiently good condition, they will identify all deficiencies to the Home Team Game Day Manager, who will be required to repair the goal netting by any means available prior to the scheduled kickoff time.
- g) Portable goals are acceptable for use in official OPL matches but wheels/tires shall not be installed on portable goals used in official OPL matches, unless approved in advance by league management. Please refer to Appendix H, Section 8 for details on what type of wheels may be deemed acceptable by league management.
 - i. License Holders require express permission, in writing, from OPL Management to use a goal in an official match that is equipped with wheels/tires that cannot be removed.
 - ii. If the wheels/tires installed on a soccer goal are deemed to be a safety hazard to players, the non-compliant goal shall be replaced with a compliant goal, or the wheels/tires shall be removed from the goals, or the wheels/tires shall be covered to the satisfaction of league management and the match officials. The match will not kickoff until the wheels/tires have been removed, covered or the goal is replaced.

10.5 Advertising Signage

- a) The Home Team staff will ensure that any signage provided by OPL is in place at least sixty (60) minutes prior to the scheduled kickoff and that all signage is oriented as per the marketing and sponsor guidelines provided.

10.6 Game Balls

- a) Any game ball used in an official OPL match must meet all requirements of Law 2 of the FIFA Laws of the Game. Additionally, to be approved for use in an official OPL match, a game ball must bear one of the following marks:
 - i. the official "FIFA QUALITY PRO" logo 
 - ii. the official "FIFA QUALITY" logo 
- b) For all M-OPL1, W-OPL1, M-OPL2 and W-OPL2 matches, as well as all M-OPL3 and W-OPL3 matches involving at least one designated "A" team, the Home Team shall deliver a minimum of **seven (7)** fully inflated and compliant Game Balls to the Match Officials no later than sixty (60) minutes prior to the scheduled kickoff.
- c) For M-OPL3 and W-OPL3 matches contested by two (2) designated "B" teams and all M-OPL U20 and W-OPL U20 matches, the Home Team is responsible for delivering a minimum of **five (5)** fully inflated and compliant Game Balls to the Match Officials no later than twenty (20) minutes prior to scheduled kickoff.



- d) All Game Balls that are used in an official OPL match shall be identical to one other in **make, model, colour and design**.
- e) If a specific make/model of soccer ball has been designated by OPL Management as the “Official OPL Match Ball” and those balls are provided by OPL to the License Holders at no cost, the Home Team will be required to use that Official Match Ball in all official OPL matches, without exception.
 - i. In the absence of an Official Match Ball, the Home Team may use any ball that meets the required standards set forth herein.

10.7 Match Official Services

- a) The Home Team shall assign a “Referee Liaison” and that individual shall be on site on match-day no later than seventy-five (75) minutes prior to the scheduled kickoff time of each M-OPL1, W-OPL1, M-OPL2 and W-OPL2 match, as well as for all M-OPL3 and W-OPL3 matches involving at least one designated “A” team. The Referee Liaison shall meet the match officials upon their arrival at the venue and provide for their needs while they are on site.
- b) For M-OPL3 and W-OPL3 matches contested by two (2) designated “B” teams and all M-OPL U20 and W-OPL U20 matches, the Home Team’s match-day staff shall be on site no later than sixty (60) minutes prior to the scheduled kickoff time. A member of the Home Team’s staff shall meet the match officials upon their arrival at the venue.
- c) For any M-OPL1, W-OPL1, M-OPL2 and W-OPL2 match, or any M-OPL3 and W-OPL3 match involving at least one designated “A” team, the Match Officials shall be provided with a clean and comfortable dressing room(s) that is separate from those assigned to the home and away teams. The Match Officials shall also have access to toilet and hot water shower facilities.
- d) For M-OPL3 and W-OPL3 matches contested by two (2) designated “B” teams and for all M-OPL U20 and W-OPL U20 matches, it is **strongly recommended**, but not mandatory, that the Home Team provides the assigned Match Officials with a dressing room and access to toilet and hot water shower facilities.
- e) The Home Team shall affix appropriate signage to the entry door of the Match Officials’ dressing room(s). A match day countdown sheet shall also be posted inside the dressing room(s).
- f) For any M-OPL1, W-OPL1, M-OPL2 and W-OPL2 match, or any M-OPL3 and W-OPL3 match involving at least one designated “A” team, the Match Officials shall be provided with twelve (12) x 500ml bottles of water, in a cooler, with ice. The water bottles will be placed in the Match Officials’ dressing room no later than sixty (60) minutes prior to the scheduled kickoff.
- g) For M-OPL3 and W-OPL3 matches contested by two (2) designated “B” teams, and all M-OPL U20 and W-OPL U20 matches where the Home Team does not provide a dressing room to the assigned Match Officials, the Home Team’s staff will provide a cooler with water and ice to the Match Officials upon their arrival at the venue.
- h) The Home Team’s Referee Liaison (or designated staff) is responsible for ensuring the safety and security of the assigned Match Officials to any official OPL match while they are on site at the match-day venue.
- i) An identifiable security staff person shall be available to escort the Match Officials between their dressing room and the field of play at half time and full time of all M-OPL1, W-OPL1, M-OPL2 and W-OPL2 matches, as well as any M-OPL3 and W-OPL3 match involving at least one designated “A” team.
- j) No person may enter the Match Officials’ dressing room without permission. The Home Team staff shall ensure the dressing room is locked when the Match Officials are not using it.
- k) For any M-OPL1, W-OPL1, M-OPL2, W-OPL2, M-OPL3 and W-OPL3 match where a Fourth Official is assigned, the Home Team’s Referee Liaison shall place a Substitution Board in the Match Officials’ dressing room no later than sixty (60) minutes prior to the scheduled kickoff time.



- l) For any official OPL match where the provision of a dressing room is mandatory, Match Officials shall be provided up to forty-five (45) minutes of uninterrupted access to their dressing room following the completion of a match in order to complete their match forms, meet with assessors, shower, and dress.

10.8 Team Dressing Rooms

- a) For any M-OPL1, W-OPL1, M-OPL2 and W-OPL2 match, and any M-OPL3 and W-OPL3 match involving at least one designated “A” team, the Home and Away teams shall be provided with a clean, comfortable dressing room, suitable for a team of twenty (20) adults and equipped. The teams will also have access to toilet and hot water shower facilities.
- b) For M-OPL3 and W-OPL3 matches contested by two (2) designated “B” teams, and all M-OPL U20 and W-OPL U20 matches, it is **strongly recommended** that both the Home and Away teams are provided adequately sized dressing room facilities and that the teams have access to toilet and hot water shower facilities. **For such matches, if one team is provided a dressing room, both teams shall be provided a dressing room.**
- c) Dressing rooms should be located no more than 200 meters away from the pitch’s nearest goal line.
 - i. **OPL Management may, at its discretion, grant special dispensation, in exceptional circumstances, to allow the use of a venue where team dressing rooms are located further away than 200 meters from the pitch’s nearest goal line.**
 - ii. **Requests for special dispensation shall be submitted by the Home Team to OPL Management in writing, no less than fourteen (14) days prior to the scheduled match date.**
- d) For any M-OPL1, W-OPL1, M-OPL2 and W-OPL2 match, and any M-OPL3 and W-OPL3 match involving at least one designated “A” team, the Home Team shall assign a “Dressing Room Attendant” to serve the needs of both teams. The Dressing Room Attendant(s) shall be on site no later than seventy-five (75) minutes prior to the scheduled kickoff time and shall ensure that dressing rooms are open, accessible, and clean.
 - i. For any other official OPL match where teams are provided dressing rooms, those rooms should be open and available to the teams no less than sixty (60) minutes prior to the scheduled kickoff time.
- e) The Home Team shall affix signage to the entry door of the Team dressing room(s) to identify which room is assigned to each team. A match day countdown sheet shall also be posted inside the dressing room(s).
- f) No person may enter the team dressing rooms without permission. The Dressing Room Attendant shall ensure the dressing rooms are locked when the teams are not using them.

10.9 Match-Day Ticketing Services/Spectator Services

- a) For any M-OPL1, W-OPL1, M-OPL2 and W-OPL2 match, and any M-OPL3 and W-OPL3 match involving at least one designated “A” team, the Home Team shall ensure that:
 - i. ticketing and spectator services staff are on site at the venue no later than seventy-five (75) minutes prior to the scheduled kickoff time.
 - ii. the entry gate(s) is open, and ticketing services are operational no later than sixty (60) minutes prior to the scheduled kickoff. It is recommended that the Home Team accept payment for tickets by credit card, debit card and cash for the convenience of spectators. Online Ticketing is also recommended.
 - iii. signage that explains ticket prices must be displayed where tickets will be available for sale on match-day. **The Home Team is free to set their own ticket prices but shall not advertise individual adult tickets for less than \$5.00 each.**
 - iv. any person bearing a valid, league issued Access Pass shall be granted entry to the stadium at no cost.
 - v. spectator services staff are present to manage ticket sales and “will-call” ticket distribution, greet and usher spectators, distribute match programmes and provide accessibility support to spectators who require it.



- b) For M-OPL3 and W-OPL3 matches contested by two (2) designated “B” teams, and all M-OPL U20 and W-OPL U20 matches, the Home Team, at its sole discretion, may choose whether or not to provide ticketing services.
- c) For any official OPL match where the Home Team requires spectators to pay a fee to enter the venue, the Home Team shall provide their own players with a minimum of two (2) complimentary tickets each and shall provide the visiting team with a total of ten (10) complimentary tickets, upon request.
- d) The Home Team is responsible for ensuring compliance with all provincial and local regulations and mandates governing stadium capacity levels, where applicable.

10.10 Public Address Announcer / Timekeeper / Scoreboard

- a) For any M-OPL1, W-OPL1, M-OPL2 and W-OPL2 match, and any M-OPL3 and W-OPL3 match involving at least one designated “A” team, the Home Team shall employ a Public Address (“PA”) announcer. The PA announcer may also serve as press box announcer. A back-up announcer should always be available if the PA announcer cannot perform their duties for any reason.
- b) For M-OPL3 and W-OPL3 matches contested by two (2) designated “B” teams, and all M-OPL U20 and W-OPL U20 matches, it is **recommended** that a PA Announcer is employed.
- c) The PA Announcer is responsible for making general announcements (e.g., pre-game introductions, announcing goals, cautions, substitutions, added time, etc.) as well as special announcements (Anti-Racism Protocol, etc.).
- d) The PA Announcer shall work from a script prepared by the Home Team, which includes mandatory messages provided by league management.
- e) For any M-OPL1, W-OPL1, M-OPL2 and W-OPL2 match, and any M-OPL3 and W-OPL3 match involving at least one designated “A” team, the Home Team shall ensure that the venue has a functioning timeclock/scoreboard that counts up or down, uninterrupted, to/from 45 minutes. The timeclock/scoreboard shall also display the number of goals scored by the Home and Away teams and display the period (1st Half or 2nd Half). The Home Team shall assign an individual to operate the timeclock/scoreboard (the PA Announcer may also serve in this role). That person is responsible for:
 - i. starting the clock on the referee’s whistle to kickoff the 1st and 2nd half.
 - ii. monitoring the clock periodically to ensure the time on the stadium clock aligns with the time on the Referee’s watch (the Referee has ultimate control of the official time on the field).
 - iii. stopping the clock precisely at minute 45:00 and minute 90:00, regardless of how much added time that the Referee might choose to add in each half.
 - iv. updating the scoreboard promptly after goals have been scored and updating the period.
- f) For M-OPL3 and W-OPL3 matches contested by two (2) designated “B” teams, and all M-OPL U20 and W-OPL U20 matches, it is **recommended** that a timeclock/scoreboard is utilized.

10.11 Media and Broadcast Services

- a) It is imperative that License Holders work closely with the working media in their communities and to support their efforts to provide coverage of OPL and its teams. This includes providing support to OPL assigned photographers, videographers and play by play commentators.
- b) For any M-OPL1, W-OPL1, M-OPL2 and W-OPL2 match, and any M-OPL3 and W-OPL3 match involving at least one designated “A” team, the Home Team shall provide a dedicated media work area (e.g. a permanent press box or a tent), which provides, at minimum, a table and chairs, reasonable protection from the elements and is located at an appropriate distance from the spectators. A Media Liaison shall also be appointed.
- c) For M-OPL3 and W-OPL3 matches contested by two (2) designated “B” teams, and all M-OPL U20 and W-OPL U20 matches, it is **recommended** that a media work area is provided.



- d) Only accredited members of the media (including Away Team Media Staff), Home Team staff and league staff shall have access to the media work area.
- e) The Media work area shall be stocked with refreshments (at minimum, chilled bottled water) and electrical power outlets are a mandatory. Internet access and a telephone line shall be made available upon request.
- f) The Media Liaison shall provide copies of the official game sheet to the working media upon request. Digital Copies distributed by email is sufficient.
- g) Accredited members of the media may be provided access to players and team officials in a designated mixed-zone at the conclusion of an official OPL match but media members shall not enter the team dressing rooms.

10.12 Security Services

- a) The Home Team is responsible for the safety and security of the players, team officials, match officials, event staff and spectators for each official OPL match.
- b) For any M-OPL1, W-OPL1, M-OPL2 and W-OPL2 match, and any M-OPL3 and W-OPL3 match involving at least one designated "A" team, the Home Team shall employ security staff, as necessary and in accordance with anticipated spectator attendance.
 - i. The recommended ratio for security staff is one (1) security officer for every two hundred (200) spectators as well as one (1) security officer who shall exclusively serve the needs of the match officials and players.
- c) For M-OPL3 and W-OPL3 matches contested by two (2) designated "B" teams, and all M-OPL U20 and W-OPL U20 matches, it is **Recommended** that the Home Team employs security staff.
- d) Security staff shall be **CLEARLY** distinguishable from the Home Team's regular game day staff, specifically via a unique uniform.
- e) Security Staff shall:
 - i. be a minimum of eighteen (18) years of age,
 - ii. **have completed mandatory basic training from a provincial certified security services training school,**
 - iii. **have successfully attained the Ontario Security Guard License,**
 - iv. **Have a valid Criminal Record and Judicial Matters Check (CRJMC) from an authorized police service.**
- f) **Security staff shall be required to present a digital or physical copy of their Ontario Security Guard License to the league appointed MDOC or the Match Officials at every match.**
- g) The Home Team is ultimately responsible for ensuring that spectators shall not access the Field of Play and cannot gain entry to the dressing rooms.
 - i. The Home Team shall utilize some form of physical barriers to create separation between spectator seating and the Field of Play on match-day.

10.13 Youth Programme Supervisor

- a) The Home Team shall designate a member of staff to serve as the Youth Programme Supervisor for any official OPL match where youth are employed to deliver any part of the match day presentation (e.g., ball retrievers, player escorts for walkout, half-time activities, etc.). This person will oversee and direct the youth programme participants selected to perform key match-day duties. This person may also be responsible for the recruitment of youth programme participants for future matches. "A Youth" is defined as any person under the age of sixteen (16) years of age.
- b) The Youth Programme Supervisor shall ensure the youth programme participants understand their assigned role on match-day and will conduct pre-game rehearsals, as necessary.



- c) The Youth Programme Supervisor will ensure the youth program participants are dressed in colours that do not conflict with the colours worn by either team or the goalkeepers.
- d) The Youth Programme Supervisor will also be responsible for monitoring the youth programme participants during the match to ensure they are fulfilling their duties appropriately. To ensure their general wellbeing while on venue, Youth Programme participants should be provided with refreshments, particularly on warm weather days.

10.14 Ball Retrievers

- a) For any M-OPL1, W-OPL1, M-OPL2 and W-OPL2 match, and any M-OPL3 and W-OPL3 match involving at least one designated “A” team, it is **Recommended** that the Home Team employ Ball Retrievers.
- b) For M-OPL3 and W-OPL3 matches contested by two (2) designated “B” teams, and all M-OPL U20 and W-OPL U20 matches, Ball Retrievers are not required.
- c) When Ball Retrievers are utilized for an official OPL match, the Home Team shall employ no less than six (6) people to perform this role.
 - i. Ball Retrievers shall be positioned around the perimeter of the field of play (no fewer than two balls positioned along each touchline and one behind each goal). Each ball retriever shall have a game ball in hand throughout the match so that stoppages in play can be kept to a minimum.
 - ii. Ball Retrievers shall wear a shirt or bib that clearly distinguishes them from the uniform colours worn by the Home/Away Teams, including the goalkeepers, as well as the Match Officials.
 - iii. It is **Strongly Recommended** that Ball Retrievers should not be younger than twelve (12) years of age.
 - iv. When employing youth as Ball Retrievers, the Home Team shall designate a member of their Match Day staff to oversee them and to be responsible for their wellbeing (e.g. Youth Programme Supervisor) on match-day.
- d) When Ball Retrievers are not employed for an M-OPL1, W-OPL1, M-OPL2 and W-OPL2 match, nor for M-OPL3 or W-OPL3 matches involving at least one designated “A” team, the Home Team’s match-day staff shall place no less than six (6) game balls around the perimeter of the pitch, sitting on disc cones or similar (no fewer than two ball positioned along each touchline and one behind each goal) and the Home Team shall designate an individual to retrieve and replace balls on the disc cones, as necessary.
- e) For M-OPL3 and W-OPL3 matches contested by two (2) designated “B” teams, and all M-OPL U20 and W-OPL U20 matches, the Home Team shall place no less than four (4) game balls around the perimeter of the pitch, sitting on disc cones or similar (no fewer than one behind each goal and two balls at midfield, between the team benches). The Home Team shall designate an individual to retrieve and replace balls on the disc cones, as necessary.

10.15 Game Day Program

- a) For any M-OPL1, W-OPL1, M-OPL2 and W-OPL2 match, and any M-OPL3 and W-OPL3 match involving at least one designated “A” team, it is **Recommended** that the Home Team produces a Game Day Program for distribution to spectators. A printed program is optimal, but a digital program is acceptable.
- b) If produced, league management requires the following information be provided in the Game Day Program:
 - i. OPL logo on front of the program.
 - ii. Home Team and Away Team match-day rosters, including players’ names and shirt numbers (including logos of the two participating teams in the match).
 - iii. Up-to-date league standings.
 - iv. OPL official partner logos (to be provided by league management) on back cover of the program.



- c) If the Home Team opts to produce a Game Day Program, a representative of the Home Team shall notify the Away Team no later than five (5) days prior to the match and the Away Team shall in turn provide their roster information (via email) to the Home Team no less than (48) hours prior to the scheduled kickoff time for the match.

10.16 Match Video

- a) All official OPL matches shall be video recorded, in accordance with the league's published guidelines.
 - i. With the exception of matches hosted by OPL, the Home Team is responsible for video recording every official OPL match.
- b) Video recordings of all official OPL matches shall be uploaded to the OPL YouTube channel, in accordance with the league's published guidelines.
 - i. With the exception of matches hosted by OPL, the Home Team is responsible for uploading each match video recording to YouTube by the deadline set forth in the published guidelines
- c) Refer to Appendix I for the 2026 Match Video Recording Specifications.
- d) OPL shall livestream a minimum of one (1) Men's and one (1) Women's match per match week during the 2026 season via the OPL YouTube channel. League Management is solely responsible for selecting the matches that will be livestreamed.
 - i. When OPL decides to livestream a match, the Home Team will not be required to record that match, nor will they be required to upload match video to YouTube.
 - ii. When OPL assigns a broadcast crew to livestream an official match, the Home Team for that match shall assign a member of match-day staff to provide support to the OPL broadcast crew (including, but not limited to, setting up an appropriate workspace for the play-by-play announcer, the distribution of official game sheets, the provision of refreshments, etc.).
- e) Home Teams may opt to livestream their home matches. The costs associated with such livestream broadcasting are the sole responsibility of the Home Team.
 - i. When opting to livestream their own home matches, a Home Team may request a dedicated livestream key from league management in order to livestream their match on the OPL YouTube channel.

10.17 Game Day Promotions

- a) For any M-OPL1, W-OPL1, M-OPL2 and W-OPL2 match, and any M-OPL3 and W-OPL3 match involving at least one designated "A" team, it is **Recommended** that the Home Team organizes and executes match-day promotions and activities designed to enhance the event experience and encourage spectator engagement and participation.
- b) Any planned promotional activities shall align with OPL's values and objectives and shall adhere to the OPL recommended Game Day Timing.
- c) License Holders should take appropriate care when engaging in promotional activities that involve a monetary component (e.g. 50/50 draws). Special government-issued permits may be required for such activities. It is the responsibility of the License Holder to secure such permits as may be required to stage such promotions.

10.18 Post-Game Media Mixed Zone

- a) For any M-OPL1, W-OPL1, M-OPL2 and W-OPL2 match, and any M-OPL3 and W-OPL3 match involving at least one designated "A" team, the Home Team shall create a Media Mixed Zone area, at a location between the field of play and the dressing rooms, where the working media can conduct post-game interviews with players and coaches for both teams.
- b) For M-OPL3 and W-OPL3 matches contested by two (2) designated "B" teams, and all M-OPL U20 and W-OPL U20 matches, it is **Recommended** that the Home Team establish a Media Mixed Zone area.



10.19 Arrival Time at Stadium

- a) For any M-OPL1, W-OPL1, M-OPL2 and W-OPL2 match, and any M-OPL3 and W-OPL3 match involving at least one designated “A” team, the participating teams (players and team officials) are required to arrive at the venue no later than seventy-five (75) minutes prior to the scheduled kickoff time.
- b) For M-OPL3 and W-OPL3 matches contested by two (2) designated “B” teams, and all M-OPL U20 and W-OPL U20 matches, the participating teams (players and team officials) are required to arrive at the venue no later than sixty (60) minutes prior to the scheduled kickoff time.
- c) Players and team officials shall arrive at the venue for any official OPL match dressed in a manner that is appropriate for a professional soccer team. Teams shall provide players and team officials with appropriate match-day clothing (e.g., team crested polo shirt and warm up pants).
- d) A team arriving late must communicate this information to league management as early as possible so that the Match Officials and the opposing team can be made aware. The decision to potentially delay the kickoff time will be made by the Referee following consultation with league management and the opposing team.

10.20 Match Forms

- a) Please refer to [Section 3.12](#) of this document for all OPL Match Forms regulations.

10.21 Player Identification

- a) Teams shall be prepared to present valid photo identification for every Player and Team Official listed on the match-day roster for all official OPL matches.
- b) Acceptable photo identification includes an Ontario Soccer–approved ID (e.g., Player ID Book, Player ID Card, etc.) or a valid, government-issued photo identification document (e.g., Driver’s License, Passport, etc.).
- c) If either team questions the identity or eligibility of a player or team official named to the opposing teams’ match-day roster, an team official shall approach the Referee or the league-appointed MDOC (if assigned to that match) formally requesting Photo ID verification of a player or team official from the opposing team, but only prior to the Referee blowing the final whistle to end the match.
 - i. If the request to verify the photo identification takes place before the kickoff of the match, the Referee shall conduct the Photo ID review prior to the match commencing. There is no limit on how many players or team officials can be subjected to a Photo ID review prior to the kickoff of a match.
 - ii. If the request to verify the photo identification takes place during the match, the Referee shall conduct the Photo ID review at the first opportunity to pause the match. A team is limited to a maximum of one (1) Photo ID review per match after the kickoff of the match.
 - iii. The Photo ID review shall always be conducted in the presence of the player and/or team official whose identity/eligibility is being questioned.
 - iv. If a player/team official does not present Photo ID or if the player/team official does not bear a resemblance to the image on the Photo ID presented, that player/team official will be dismissed from the match and sent directly to the Team Dressing Room.
 - v. The match shall be played in full, regardless of the outcome of a Photo ID review.
 - vi. Any concerns about the identity or eligibility of a player or team official from an opposing team that is not raised with the Referee or MDOC prior to the final whistle may be dismissed by league management without further action, at their sole discretion.
- d) Regardless of the actions taken on matchday by the Referee, the final determination of a player’s or team official’s eligibility rests with the OPL Discipline Committee.



10.22 Uniform Requirements

- a) All OPL teams shall project a high level of professionalism and that extends to the dress, presentation, and appearance of all participants.
- b) For the 2026 season, all OPL teams shall provide league management with high resolution digital images of their Home and Away uniform kit (Shirt, Shorts and Socks for goalkeepers and outfield players), as well as a 3rd kit option, if applicable, that all of their teams will wear. The Deadline to receive this information is **March 6, 2026**.
- c) For all official OPL matches, the Home and Away teams shall wear uniform colours that clearly distinguish one team from the other and which provide a contrast from the match officials' uniforms.
 - i. For each official OPL match, league management will assign uniforms to be worn by the match officials as well as the outfield players and goalkeepers for both the Home and Away teams.
 - ii. Every effort will be made to ensure the Home Team will be assigned its designated home uniform colours and the visiting team will be assigned a contrasting uniforms colour.
 - iii. Once finalized, teams are prohibited from any deviation from the assign uniform colours without permission in writing from league management.
 - iv. In the event one of the teams fails to comply with the uniform assignment, **the home team is required to change uniforms to provide the required contrast**.
 - v. If, on match day, the match officials determine that the assigned uniforms do not provide sufficient contrast, the home team will be required to change uniforms to provide the required contrast.
- d) Goalkeeper uniform colours must be distinct from the uniform colours worn by both teams' outfield players and the Match Officials. Teams must have a minimum of two (2) distinct Goalkeeper uniform shirts available on game day.
- e) The team's name and/or team logo must be present on the front of all game jerseys and each uniform must have numbers of at least eight (8) inches tall on the back of jerseys. Each player must have a distinct uniform number. **The numbers on the back of each game jersey shall be of a colour that provides clear contrast to the colour of the game jersey, so as to be easily identifiable for spectators, media, video analysts, etc.**
 - i. It is recommended that uniform numbers are also applied to the front of all game shorts, on the left short leg. The numbering on shorts should measure between three (3) and four (4) inches tall.
- f) OPL Management shall provide all teams with official OPL logo patches, as well as logo patches for any official league commercial partner, by no later than March 31 of each year.
 - i. Each team will receive at least eighty (80) of each patch, which are to be affixed by a heat transfer process.
 - ii. Patches provided by OPL Management shall be applied to the **left sleeve** of every player's uniform shirt that is worn in an official OPL match (refer to Appendix J of this document for further details).
- g) If players opt to wear "undershorts" for an official OPL match, the undershorts shall be of the same colour as the main colour of the uniform shorts or the lowest portion of the shorts they are wearing (e.g., the hem).
- h) If a player wears an undershirt for an official OPL match, that undershirt shall be the same colour as the predominant colour on the uniform jersey sleeve.
- i) All players are required to wear shin pads under their socks for all official OPL matches
- j) For an official OPL match, tape or any other material applied to or worn externally of the normal uniform socks must be the same colour as the part of the sock it is applied to or covers.
- k) For an official OPL match, teams must ensure that players and team officials are provided clothing suitable to protect them from inclement weather.



- l) For an official OPL match, team sponsor logos are permitted on uniforms.
 - i. The location and size of such logos are determined at the discretion of the License Holder but they shall conform to the standards established in the OPL Official Uniform Standards and Advertising Guideline (Refer to Appendix J of this document for more details).
 - ii. For 2026, all License Holders shall notify OPL Management of all sponsor logos they intend to place on uniforms that will be worn in official OPL competition by no later than March 30, 2026. The BoD reserves the right to reject any sponsor logo that would appear on a uniform worn in an official OPL match.
- m) All other equipment utilized in an official OPL match shall comply with the FIFA Laws of the Game.
- n) If a player has been bloodied during a match, FIFA's Law 5 states **"The Referee ensures that any player bleeding from a wound leaves the field of play. The player may only return on receiving a signal from the Referee, who must be satisfied that the bleeding has stopped"**.
 - i. In the event a player's uniform is bloodied, a Referee will require the player to remove and replace the bloodied article(s) of clothing and replace it. If necessary, a player will be permitted to re-enter the game wearing a uniform number that is different than the number originally listed on the game sheet, so long as that new number does not conflict with any other uniform numbers worn by a teammate.
 - ii. Each team's equipment manager should keep on hand extra shirts, shorts, and socks available at field side so that a player can quickly change clothing, if deemed necessary, and re-enter the field of play upon receiving the signal from the Referee who is satisfied that the bleeding has ceased.

10.23 On Field Warm Up Sessions for Teams

- a) For any M-OPL1, W-OPL1, M-OPL2 and W-OPL2 match, and any M-OPL3 and W-OPL3 match involving at least one designated "A" team, each team shall be entitled to a concurrent on-field warm up session of no more than thirty (30) minutes, concluding no later than twenty (20) minutes prior to the scheduled kickoff time.
- b) For M-OPL3 and W-OPL3 matches contested by two (2) designated "B" teams, and all M-OPL U20 and W-OPL U20 matches, each team shall be entitled to a concurrent pre-game on field warm up session of no more than thirty (30) minutes, concluding no later than seven (7) minutes prior to the scheduled kickoff time.
- c) For all official OPL matches, the Home Team shall notify the opposing team and the Match Officials precisely what time the on-field pre-game warmup session will commence and conclude.
 - i. If deemed necessary by the Match Officials and/or the league appointed MDOC, the timing of the start and end of the on-field warm up session may be adjusted slightly based on a variety of factors, with the distance of the dressing rooms from the field of play being a key factor.
- d) During an official OPL match, each team's substitute players shall warm up in a designated area that has been identified by the Home Team. Substitute players are prohibited from using any type of ball when warming up during a match.

10.24 Pre-Game Entry of Team Officials and Substitute Players

- a) For all official OPL matches, each team's Substitute Players and their team officials shall arrive at their respective benches no later than two (2) minutes prior to the ceremonial walk-on to the pitch by the Match Officials and Starting XI players for each team.
- b) Team officials and substitute players will walk along the sidelines or cross the field to their respective benches. They are expected to do so as quickly as possible to avoid unnecessary delays of the pre-game ceremonies.



10.25 Pre-Game Ceremony

- a) For any M-OPL1, W-OPL1, M-OPL2 and W-OPL2 match, and any M-OPL3 and W-OPL3 match involving at least one designated “A” team, it is required that the Starting XI players for both teams, together with the four (4) Match Officials, shall participate in a ceremonial “Walk Out” onto the pitch prior to kickoff for introductions and for the playing of anthems.
 - i. The players for both teams and the Match Officials shall be ready to walk onto the pitch no less than eight (8) minutes prior to the scheduled kickoff time. The Match Officials will conduct a final equipment check before leading the teams onto the pitch.
- b) For M-OPL3 and W-OPL3 matches contested by two (2) designated “B” teams, and all M-OPL U20 and W-OPL U20 matches, a ceremonial pre-match “Walk Out” is optional and at the sole discretion of the Home Team.
 - i. For M-OPL3, W-OPL3, M-OPL U20 and W-OPL U20 matches where no pre-match ceremony is conducted, the Home and Away teams shall line up in front of their respective technical area after the conclusion of the pre-game warmup period to allow the match officials to conduct an equipment check.
- c) For any official OPL match where the ceremonial “Walk Out” is mandatory or where the Home Team chooses to conduct a “Walk Out” ceremony, the Home Team shall clearly communicate to all parties the gathering location and the time that both teams and the match officials shall line up to walk out onto the Field of Play.
- d) For official OPL matches where a pre-game ceremony is not mandatory, but the Home Team chooses to conduct a pre-match “Walk Out” ceremony, the Home Team shall ensure the ceremony is conducted in a manner that is identical to how it would be occur for any match where such a ceremony is mandatory.
 - i. The Home Team shall advise the Away Team and the Match Officials upon their arrival at the venue on match-day of their decision to conduct the “Walk Out” ceremony and shall clearly communicate to all parties the gathering location and the time that both teams and the match officials shall line up to walk out onto the Field of Play.
- e) The playing of walkout music for the ceremonial “Walk Out” is **strongly recommended**, but not mandatory.
 - i. **League Management will provide digital music files that would be suitable for playing over the Public Address system as the teams and Match Officials walk onto the Field of Play.**
- f) For all official OPL matches where a “Walk Out” ceremony is mandatory, the PA Announcer shall introduce the Home Team and Away Team players, as well as the Match Officials, over the Public Address system. Those introductions may occur prior to or after the teams and Match Officials have lined up.
 - i. The Away Team players will be announced first, followed by the Home Team’s players.
 - ii. The Match Officials must be announced, and introduced as follows: Referee, First Assistant Referee, Second Assistant Referee and Fourth Official.
- g) For all official OPL matches where a “Walk Out” ceremony is mandatory, the Canadian National Anthem shall be played over the Public Address system, but only after both teams are correctly lined up on either side of the field’s centre line, with the match officials standing in between them.
 - i. All players and match officials shall face the Canadian flag while the anthem is played. The Home Team shall communicate to all parties (prior to walking onto the pitch) where the flag(s) are located to ensure that everyone faces the proper direction while the national anthem is played.
 - ii. At the conclusion of the playing of the national anthem, the players of both teams shall shake hands to symbolize a commitment to fair play and sportsmanship at the conclusion of the anthem. The away team shall proceed first, shaking hands with the match officials and then moving onto the home team. The home team will then shake hands with the match officials.



- h) Following handshakes, each team's starting players will organize themselves for a team photograph.
- i) Following the team photographs, the team captains will meet the Referee at the centre line for the coin toss.
- j) Pre-game ceremonies should be completed no later than one (1) minute prior to the scheduled kickoff time.
- k) When a match is being broadcast on live television, the Referee, in consultation with the league appointed MDOC and the Home Team's Game Day Manager, has the sole discretion to adjust the kickoff time to align with the needs of the broadcaster.

10.26 Dress Code and Comportment for Substitute Players and Team Officials in the Technical Area

- a) For all official OPL matches, only Substitute Players and Team Officials that have been included on the official match-day roster may be standing in the Technical Area or seated on the Substitute Bench. All others will be required to leave the area by the Match Officials.
- b) For all official OPL matches, substitute players must wear a bib which provides clear contrasts from the uniforms worn by the players on the field during match play. Substitute players shall always wear the bib, until such time they enter the field of play.
- c) For all official OPL matches, Team Officials shall be dressed appropriately, professionally and in attire that clearly identifies them as associated with their team. Team Officials shall not wear sandals or torn clothing.
- d) For all official OPL matches, only one (1) team official at a time is allowed to stand and convey tactical instructions from the technical area. All other team officials must remain seated, except for medical staff who are preparing to enter the Field of Play with the Referee's permission.
- e) Players on the substitute bench shall always be seated, unless warming up in the designated warm up area.

10.27 Substitutions

- a) Please refer to Section 3.7 of this document for all regulations regarding substitute players and the making of substitutions during an official OPL match.

10.28 Dismissals

- a) For all official OPL matches, a player or team official that has been sent-off by the Referee must immediately leave the field of play area and proceed to their designated dressing room or to take a seat in the bleachers. They may not remain on the team bench.

10.29 Half Time Protocol

- a) At the conclusion of the first half of play of any official OPL match, there will be a fifteen (15) minute halftime interval. Teams may return to their dressing rooms, or they may choose to remain at their respective bench area.
- b) For any M-OPL1, W-OPL1, M-OPL2 and W-OPL2 match, and any M-OPL3 and W-OPL3 match involving at least one designated "A" team, if the dressing rooms at a venue are located more than 200 meters away from the nearest goal line, the Referee, at their sole discretion, shall be empowered to extend the standard fifteen (15) minute halftime interval by up to an additional two (2) minutes.
- c) For any M-OPL1, W-OPL1, M-OPL2 and W-OPL2 match, and any M-OPL3 and W-OPL3 match involving at least one designated "A" team, if the dressing rooms at a venue are located more than 200 meters away from the nearest goal line and the Away Team does not wish to return to the dressing room at the halftime interval, the Home Team shall provide a private sheltered space for the Away Team nearby the Field of Play.
- d) The teams shall return to the Field of Play and be ready to restart the match no less than one (1) minute before the end of the halftime interval.



10.30 Game Sheets, Match Report and Reporting of Match Results – In-Match and Post Match

- a) For all official OPL matches where a league assigned MDOC is present, the MDOC shall be responsible for inputting live updates of all match activity directly into the COMET system. At the conclusion of the match, the MDOC will complete a report in the COMET system, which will result in the automatic updating of the league website.
- b) At the conclusion of an official OPL match, the Match Officials shall complete the match forms in the COMET competition management system. Once the forms are completed, an official from each team shall receive an email copy of the finalized match forms.
- c) For all official OPL matches where a league assigned MDOC is present, a post-match report shall be submitted by the MDOC immediately following the match, including any Game Day Standards non-conformances that were noted (supported by photos or video footage).
 - i. The Match Officials may also include a list of standards non-conformances that they observed on match-day, via the COMET system. The Match Officials are not required to include photos or video footage.
- d) Teams are required to verify the accuracy of game sheets.
 - i. Reporting of statistical inaccuracies in the game sheets shall be brought to the attention of league management within seventy-two (72) hours of the conclusion of the match in question.
 - ii. Reporting of incorrectly assigned Yellow Cards and Red Cards shall be brought to the attention of league management within twenty-four (24) hours of the conclusion of the match in question.

10.31 Pre-Match, In-Match and Post-Match Food and Refreshments

- a) For all official OPL matches, each team is responsible for supplying Food and Refreshments for their own players, including water and isotonic beverages. However, the Home Team shall be required to notify the Away Team where they can fill/refill reusable water bottles at their venue.
- b) For any M-OPL1, W-OPL1, M-OPL2 and W-OPL2 match, and any M-OPL3 and W-OPL3 match involving at least one designated “A” team, each team shall have the option of providing their players with a post-game meal or, alternatively, may choose to provide players with a cash per diem in lieu of providing a meal.

10.32 Protocol in the Event of a Racist Incident During a Match

- a) **STOP THE MATCH FOR FIRST OCCURRENCE**
 - i. When the Referee becomes aware of racist or discriminatory behavior (e.g., racist chanting, insults, banners, etc.) during a match and if, in the opinion of the Referee, that said behavior is deemed to be of a significant magnitude and intensity, then the Referee shall (in application of Law 5 of the IFAB’s Laws of the Game) **STOP THE MATCH**. The Referee shall require the Home Team to read a prepared announcement over the public address system (if available) demanding that the spectators immediately stop the offending behavior.
 - ii. The match may resume only after the announcement has been made.
- b) **SUSPEND THE MATCH FOR SECOND OCCURENCE**
 - i. If the racist or discriminatory behavior does not cease after the match has been restarted, the Referee shall **SUSPEND THE MATCH** for a reasonable period of time and send the teams to their dressing rooms.
 - ii. The Home Team shall be directed to read a prepared announcement over the public address system (if available) demanding that the spectators immediately stop the offending behavior and warning that the match may have to be abandoned.
 - iii. During the time that the match is suspended, the Referee shall consult with League Management as well as the Home Team in determining if the offending behavior has ceased or if they must proceed to the step of abandoning the match.



- c) **ABANDON THE MATCH FOR THIRD OCCURENCE**
- i. If the racist or discriminatory behavior does not cease after the match has been restarted, the Referee shall, as a last resort, **ABANDON THE MATCH**.
 - ii. Abandoning the match shall only occur after all other possible measures have been implemented and the security of players and team officials has been assured. An extensive consultation with League Management and the Home Team, as well as local police, if necessary, shall take place before a final decision is rendered.
 - iii. In principle, the abandonment of the match shall be subject to the agreement of all parties involved.
- d) As a precaution in the event of a serious racist incident occurring during an official OPL match, the Home Team must ensure that their Public Address Announcement script includes the following wording:
- i. **PRE-GAME ANNOUNCEMENT**
“Please remember that there is no place for racism in the sport of soccer.”
 - ii. **ANNOUNCEMENT AFTER FIRST OCCURRENCE OF A RACIST INCIDENT**
“Attention Please, this is an important security announcement. Because of racist behavior among the spectators, which is interfering with the playing of this match, the Referee has indicated that he may have to suspend the match. Racism will not be tolerated. If this behavior does not cease immediately, the match will be suspended and may be abandoned. Help everyone enjoy the match and say NO to racism!”
 - iii. **ANNOUNCEMENT AFTER SECOND OCCURRENCE OF A RACIST INCIDENT**
“Attention Please, this is an important security announcement. Because of continued racist behavior among the spectators, which is interfering with the playing of this match, the match will be suspended for _____minutes. The teams will return to their dressing rooms. We remind you again that Racism will not be tolerated. If this behavior does not cease immediately, the match will be abandoned, and appropriate disciplinary or criminal sanctions will be taken against those involved in this behavior. We repeat, this match will be abandoned if the racist behavior among the spectators continues.”
 - iv. **ANNOUNCEMENT AFTER 3RD OCCURRENCE OF A RACIST INCIDENT**
“Attention Please, this is an important security announcement. We regret to inform you that, because of continued racist behavior among the spectators, which is interfering with the playing of this match, the Referee has made the decision to abandon the match. We repeat, the match has been abandoned. All spectators must leave the facility in an orderly fashion, following the instructions of the facility security staff. Ontario Premier League and Ontario Soccer shall provide a further statement regarding the consequences of the abandonment of this match in the coming days.”
- e) If an official OPL match is stopped, suspended, or abandoned due to a racist incident, sanctions shall be assessed in accordance with the OPL Discipline Code.

10.33 **Liquor License Requirements**

- a) Any License Holders that intend to sell alcohol or spirits at their home matches during the 2026 season shall:
- i. provide league management with a valid **Special Occasion Permit (SOP)** issued by the Alcohol and Gaming Commission of Ontario. This permit shall be received no later than fourteen (14) days before the first match when alcohol is to be sold.
 - ii. provide league management with a **Certificate of Insurance (COI)** naming both the License Holder and League1 Ontario Inc. as additionally insured. This COI shall be received no later than fourteen (14) days before the first match when alcohol is to be sold.
- b) The BoD reserves the right to prohibit the sale or distribution of alcohol by any License Holder at any official OPL matches, at its sole discretion.



APPENDIX A – Ontario Soccer Standards for High-Performance Senior Leagues

The following standards represent the minimums allowed but OPL may adopt more stringent standards if it so desires.

Ontario Soccer reserves the right to amend these standards at any time to meet the changing landscape of soccer development in Ontario, pursuant to Ontario Soccer's Published Operating Procedures and subject to the confirmation of Canadian Soccer.

2.1 League Office and Administration

- 2.1.1 The league office shall be located in a city served by appropriate domestic air services and in a physical location commensurate with the status of the league.
- 2.1.2 The personnel of the league office may be headed by a part-time or full time Commissioner (volunteer or salaried), appointed by and reporting to the league Board of Directors. The Commissioner shall exercise the powers vested in the office by the league bylaws and regulations and shall have the necessary broad experience for a chief operating officer in a standards- based, high-performance league of this caliber.
- 2.1.3 The league may appoint or employ other personnel under the direction of the Board of Directors, including, but not restricted to a Director of Operations, a Director of Officials, a Director of Communications / Public Relations, and a Director of Marketing. In addition, the league shall retain adequate accounting and support staff, as well as any additional staff the Board may deem necessary from time to time. The league office shall also be sufficiently staffed to be able to provide an equal service to all clubs regardless of time zone, and to handle the additional workload during the peak playing days of the season.
- 2.1.4 The league office shall be equipped with all the communications and other equipment necessary to the twelve-month operation of the league and its member teams, including such items as multiple phone lines, a twenty-four-hour answering service and all equipment necessary to facilitate communication with the working press.

2.2 Stadia

- 2.2.1. Each member team shall have access, at the time designated for home games, to a stadium which has permanent seating for paying spectators. The stadium must be enclosed. It must have adequate spectator security, adequate vehicular access and parking, public sanitation facilities, and adequate concessions.
- 2.2.2. Notwithstanding the foregoing, the stadium must also meet the municipal safety standards and, where appropriate, hold a license/permit allowing soccer to be played in the venue.
- 2.2.3. It must have quality floodlighting for TV broadcasting.
- 2.2.4. The stadium must have a field of play which measures at least 60 meters by 100 meters (expandable to 75 by 110meters) unless otherwise required by the Competition Authorities and approved by the league's Board of Directors.
- 2.2.5. All outdoor playing surfaces must meet FIFA standards. The stadium must have field markings and equipment pursuant to FIFA Rules, a stadium clock capable of counting up or down 45 (forty-five) minutes, a scoreboard indicating the current score and a public address system.
- 2.1.5 The stadium must have a minimum of three (3) separate locker rooms (home team, away team and match officials) are to be provided. Each is to have separate showers and toilets that are not accessible by the public. On match day, security is to be provided for the locker rooms from a minimum of two (2) hours before the scheduled kick off time until one hour after the game or when the last player or official has left the area, whichever is appropriate. *Note: new built stadiums should have three additional locker rooms to enable double headers to be played and separate locker rooms for male and female match officials.*

2.3 Day of Game Personnel

- 2.3.1 Teams must have a press box supervisor, a field manager, a visiting team liaison person, a match official liaison adequate uniformed security, access to an ambulance with ten (10) minute response time, at least six (6) uniformed ball persons, adequate ticket sellers, ticket takers, and ushers. Key personnel must be able to communicate with the match day operations controller.



2.4 Press Box

- 2.4.1 There must be a permanent press box capable of seating ten (10) people, with adequate security and a separate area for the working press. A separate area for electronic broadcast, at least one broadcast phone line if requested by a visiting team, one telephone line, online capabilities, and refreshments.

2.5 Team Office Facilities

- 2.5.1 Each member team must maintain a full-time separate office, located in a commercial building located in the team's market area. The office must be able to accommodate the required staff and team activities. It must be open during regular business hours for twelve months a year. It should be equipped with a fax machine and all the usual and necessary office equipment and supplies.

2.6 Team Office Personnel

- 2.6.1 Throughout the year, each team must maintain a part-time or full time General Manager, a part-time Secretary and at least one part-time staff person responsible for sales marketing, media, and public relations. Hours of work should be so arranged that the office remains open for a twelve-month period. In addition, a ticket and sponsors salesperson should be employed during the season and other staff should be employed, as necessary.

2.7 Team Personnel

- 2.7.1. Each team will have a roster which has a minimum of 14 players and a maximum of 25 players. All players must be under contract to the team.
- 2.7.2. Each team will employ a head coach on a regular part-time basis. In addition, each team will, during the season, employ an assistant coach, a trainer, a team doctor/athletic therapist and an equipment manager.

2.8 League and Team Media/Publicity

- 2.8.1. Each team shall be required to produce the following media and publicity related materials: a media guide, a printed schedule card; a weekly press release beginning one month prior to the start of the season and continuing through to the end of the season; an up-to-date set of uniform statistics and a list of post-game media contacts.
- 2.8.2. The league shall also produce the materials set forth above and shall produce other materials designed to promote the league and its teams.

2.9 League Procedural Standards

- 2.9.1. The league and the teams therein shall adopt and adhere to a schedule of games; maintain and promote league standings; establish uniform roster rules for dropping and adding players; maintain a separate set of home and away uniforms and warm ups; assign a uniform number to a player that does not change as long as the player is on that team's roster; establish rules for the approval of non- league games; exchange travel information and itineraries; and establish rules and procedures for player and team discipline.
- 2.9.2. The league shall establish rules and standards for game presentation which shall be maintained by all teams.
- 2.9.3. OPL will be required to respect the FIFA International calendar, and where the release of more than three (3) international players from any one team is required for international duty, permit the team to reschedule its league match if requested.

2.10 FIFA Rules

- 2.10.1. FIFA rules shall be followed in all instances with the exception that a league may establish specific and separate rules for point standing, which shall be adhered to by all teams.

2.11 Match Officials

- 2.11.1. All match officials officiating in games shall be registered with Canada Soccer through Ontario Soccer, in accordance with Canada Soccer rules. The league shall establish a list of eligible match officials, in conjunction with Ontario Soccer, prior to the start of each season, who meet the criteria set by the Ontario Soccer Match Officials Development Program. No other person shall act as a match official in the league without the prior approval of Ontario Soccer.



2.12 Coaching

- 2.12.1. At the commencement of any season, the Head Coach of any team in the league shall hold a National B License issued by Canada Soccer or he or she has demonstrated enrollment to actively participate in the next available B License coaching course conducted by Canada Soccer.
- 2.12.2. If the Head Coach holds an equivalent “national” license issued by another country’s Association, Canada Soccer’s Director of Coaching must validate the license.
- 2.12.3. Failure to obtain the B license at the conclusion of the next available National B License coaching course conducted by Canada Soccer would render the coach ineligible.
- 2.12.4. All other coaches (except the Head Coach) must hold, as a minimum, a National C License.

2.13 Team Budget

- 2.13.1. Each team should operate on an annual team budget of, at minimum, \$100,000. Each team will be required to provide to the league Board of Directors a financial summary representing an accurate assessment of the financial operations of the club during the calendar year. Where the pro team is part of a larger club, the operation of the team participating in the Standards-Based High-Performance league must be reported separately within the Club’s financial report.

2.14 Team Player Budget

- 2.14.1. Each team that declares as professional in 2026 shall operate with a budget for player salaries of at least \$45,000 with at least nine (9) of the players on the team having a signed professional contract and being paid at least \$5,000 per season.
- 2.14.2. Canada Soccer and OPL will continually monitor the number of players on contracts equal to or over \$5,000 per season to ensure compliance. Should a team fall below the minimum, they will be subject to disciplinary sanctions which may include, but is not limited to, fines, point deduction, or suspension from the league.
- 2.14.3. Canada Soccer and the OPL Board of Directors have the right to audit a professional team’s financial records at the end of the year to ensure compliance with Team Player Budget regulations. If a team is not in compliance, the team and the league may be subject to disciplinary sanctions imposed by Canada Soccer and OPL.
- 2.14.4. Once granted approval by Canada Soccer and OPL, a professional team will be required to register their players in Canada Connect, and they must have a dedicated full time employee responsible for the registration of their players. This individual will be designated as their FIFA TMS Manager and will need to complete an online training course and receive certification from FIFA prior to being granted access to the FIFA Transfer Matching System.

2.15 Letter of Credit / Annual Fees

- 2.15.1. Each team shall post with the league a letter of credit or surety bond, as required by the league’s Board of Directors. In addition, the team shall pay its annual registration fee and the appropriate league fees prior to the commencement of the season. The league will be required to pay an annual membership registration fee to Ontario Soccer.

2.16 Team Player Budget

- 2.16.1. By the commencement of the 2026 season, all clubs shall be required to run a player development program based on a minimum of one development team that should compete at the highest league level (based on Ontario Soccer’s LTPD standards) possible for youth soccer in the region where the club or is registered. An official affiliation with an existing youth club is acceptable, providing the players are registered to play on teams in leagues that are part of the recognized Ontario Soccer talented pathway. All youth teams must fall under the control and supervision of a head coach with a minimum National “B” License (National) or equivalent.



APPENDIX B – COMPETITION STRUCTURE / BREAKING OF TIES IN LEAGUE STANDINGS

For the 2026 season, the BoD, in consultation with the Technical Committee and the License Holders, has ratified the following competition structure:

1. M-OPL1 Competition Structure – 2026 Season

- a) **Twelve (12) Teams** will be organized in a single table format.
- b) Each team shall play each of the other teams in M-OPL1 once at home and once away during the Regular Season, for a total of **twenty-two (22) matches**.
- c) **The team that finishes atop the M-OPL1 table at the end of the Regular Season is recognized as the M-OPL1 Champion for 2026 and will be the OPL representative in the 2027 TELUS Canadian Championship, operated by Canada Soccer.**
- d) The team finishing in **12th** position in the M-OPL1 table will be automatically relegated to M-OPL2 for the **2027** season.
- e) The team finishing in 11th position in the M-OPL1 table will be required to participate in a playoff match versus the team that finishes in 2nd position in the M-OPL2 table. Whichever team wins that playoff match will participate in the M-OPL1 for the 2027 season and the losing team will participate in M-OPL2 for the 2027 season.
 - i. **Note:** If the “Promotion Playoff” match is tied on goals at the end of 90 minutes, the match will proceed to extra time, made up of two (2) halves of fifteen (15) minutes each. If still tied after extra time, the match will be decided by kicks from the penalty spot.

2. W-OPL1 Competition Structure – 2026 Season

- a) Ten (10) Teams will be organized in a single table format.
- b) Each team shall play each of the other teams in W-OPL1 once at home and once away during the Regular Season, for a total of **eighteen (18) matches**.
- c) **The team that finishes atop the W-OPL1 table at the end of the Regular Season is recognized as the W-OPL1 Champion for 2026. The champion of the W-OPL1 will advance to a post-season competition organized by Premier Soccer Leagues Canada, that will serve as a qualifier for the 2027 Women’s Canadian Championship, operated by Canada Soccer.**
- d) The team finishing in **10th** position in the W-OPL1 table will be automatically relegated to W-OPL2 for the **2027** season.
- e) The team finishing in 11th position in the W-OPL1 table will be required to participate in a playoff match versus the team that finishes in 2nd position in the W-OPL2 table. Whichever team wins that playoff match will participate in the W-OPL1 for the 2027 season and the losing team will participate in W-OPL2 for the 2027 season.
 - i. **Note:** If the “Promotion Playoff” match is tied on goals at the end of 90 minutes, the match will proceed to extra time, made up of two (2) halves of fifteen (15) minutes each. If still tied after extra time, the match will be decided by kicks from the penalty spot.

3. M-OPL2 Competition Structure – 2026 Season



- a) Twelve (12) Teams will be organized in a single table format.
- b) Each team shall play each of the other teams in M-OPL2 once at home and once away during the Regular Season, for a total of **twenty-two (22) matches**.
- c) **The team that finishes atop the M-OPL2 table at the end of the Regular Season is recognized as the M-OPL2 Champion for 2026 and will be automatically promoted to M-OPL1 for the 2027 season.**
- d) **The team finishing in 12th position in the M-OPL2 table will be automatic relegated to M-OPL3 for the 2027 season.**
- e) **The team finishing in 2nd position in the M-OPL2 table will participate in a playoff match versus the team that finishes in 11th position in the in the M-OPL1 table. Whichever team wins that playoff match will participate in M-OPL1 for the 2027 season and the losing team will participate in the M-OPL2 for the 2027 season.**
 - i. **Note:** If the “Promotion Playoff” match is tied on goals at the end of 90 minutes, the match will proceed to extra time, made up of two (2) halves of fifteen (15) minutes each. If still tied after extra time, the match will be decided by kicks from the penalty spot.

4. W-OPL2 Competition Structure – 2026 Season

- a) Ten (10) Teams will be organized in a single table format.
- b) Each team shall play each of the other teams in W-OPL2 once at home and once away during the Regular Season, for a total of **eighteen (18) matches**.
- c) **The team that finishes atop the W-OPL2 table at the end of the Regular Season is recognized as the W-OPL2 Champion for 2026 and will be automatically promoted to W-OPL1 for the 2027 season.**
- d) **The team finishing in 10th position in the W-OPL2 table will be automatic relegated to W-OPL3 for the 2027 season.**
- e) **The team finishing in 2nd position in the W-OPL2 table will participate in a playoff match versus the team that finishes in 9th position in the in the W-OPL1 table. Whichever team wins that playoff match will participate in W-OPL1 for the 2027 season and the losing team will participate in the W-OPL2 for the 2027 season.**
 - i. **Note:** If the “Promotion Playoff” match is tied on goals at the end of 90 minutes, the match will proceed to extra time, made up of two (2) halves of fifteen (15) minutes each. If still tied after extra time, the match will be decided by kicks from the penalty spot.

5. M-OPL3 Competition Structure – 2026 Season



- a) Twenty-Seven (28) Teams will be divided into three (3) regional conferences.
- b) Each M-OPL3 team shall play a total of 14 regular season matches (7 Home, 7 Away).
- c) The teams that finish atop their regional conference table at the end of the Regular Season shall qualify for the M-OPL3 playoffs. Additionally, the team that earns the most points in the Regular Season among the three 2nd place finishers in each regional conference will earn a “Wild Card” berth to the playoffs.
- d) The M-OPL3 post-season playoffs shall be contested as follows:
 - i. Semi-Final A – Conference Champion with most Regular Season points hosts Wild Card Team
 - ii. Semi-Final B – Conference Champion with 2nd most Regular Season points hosts Conference Champion with 3rd most Regular Season points.

Note: If a Semi-Final match is tied on goals at the end of 90 minutes, the match will be decided by kicks from the penalty spot.
 - iii. M-OPL3 Championship Final - Winner of Semi-Final A versus the winner of Semi-Final B, hosted by OPL at a neutral venue.

Note: If the M-OPL3 Championship Final match is tied on goals at the end of 90 minutes, the match will proceed to extra time, made up of two (2) halves of fifteen (15) minutes each. If still tied after extra time, the match will be decided by kicks from the penalty spot.
- e) The team that wins the M-OPL3 Championship Final is recognized as the M-OPL3 Champion for 2026 and will have the opportunity to accept promotion to M-OPL2 for the 2027 season.
- f) If the M-OPL3 Championship Final winner does not accept promotion, a promotion playoff will be staged, featuring the two (2) designated “A” teams in M-OPL3 that earned the most points in the regular season, regardless of which regional conference they were assigned to.
 - i. If the promotion playoff is required, the designated “A” team with the most points in the regular season will be asked to host.
 - ii. If the team that is supposed to host the promotion playoff match is unable to do so for whatever reason, their opponent will be asked to host the match.
 - iii. If neither team can host the promotion playoff match, OPL will host the match at a neutral site (the two participating teams will be billed 50% each for the match staging costs).
 - iv. The winner of the promotion playoff match will participate in M-OPL2 for the 2027 season.

Note: If the “Promotion Playoff” match is tied on goals at the end of 90 minutes, the match will proceed to extra time, made up of two (2) halves of fifteen (15) minutes each. If still tied after extra time, the match will be decided by kicks from the penalty spot.

6. W-OPL3 Competition Structure – 2026 Season



- a) Twenty-Five (25) Teams will be divided into three (3) regional conferences.
- b) Each W-OPL3 team shall play a total of 14 regular season matches (7 Home, 7 Away).
- c) The teams that finish atop their regional conference table at the end of the Regular Season shall qualify for the W-OPL3 playoffs. Additionally, the team that earns the most points in the Regular Season among the three 2nd place finishers in each regional conference will earn a “Wild Card” berth to the playoffs.
- d) The W-OPL3 post-season playoffs shall be contested as follows:
 - i. Semi-Final A – Conference Champion with most Regular Season points hosts Wild Card Team
 - ii. Semi-Final B – The Conference Champion with 2nd most Regular Season points hosts Conference Champion with 3rd most Regular Season points.

Note: If a Semi-Final match is tied on goals at the end of 90 minutes, the match will be decided by kicks from the penalty spot.
 - iii. W-OPL3 Championship Final - Winner of Semi-Final A versus the winner of Semi-Final B, hosted by OPL at a neutral venue.

Note: If the W-OPL3 Championship Final match is tied on goals at the end of 90 minutes, the match will proceed to extra time, made up of two (2) halves of fifteen (15) minutes each. If still tied after extra time, the match will be decided by kicks from the penalty spot.
- e) The team that wins the W-OPL3 Championship Final is recognized as the W-OPL3 Champion for 2026 and will have the opportunity to accept promotion to W-OPL2 for the 2027 season.
- f) If the W-OPL3 Championship Final winner does not accept promotion, a promotion playoff will be staged, featuring the two (2) designated “A” teams in W-OPL3 that earned the most points in the regular season, regardless of which regional conference they were assigned to.
 - i. If the promotion playoff is required, the “A” team with the most points in the regular season will be asked to host.
 - ii. If the team that is supposed to host the promotion playoff match is unable to do so for whatever reason, their opponent will be asked to host the match.
 - iii. If neither team is able to host the promotion playoff match, OPL will host the match at a neutral site (the two participating teams will be billed 50% each for the match staging costs).
 - iv. The winner of the promotion playoff match will participate in W-OPL2 for the 2027 season.

Note: If the “Promotion Playoff” match is tied on goals at the end of 90 minutes, the match will proceed to extra time, made up of two (2) halves of fifteen (15) minutes each. If still tied after extra time, the match will be decided by kicks from the penalty spot.

7. M-OPL U20 Competition Structure – 2026 Summer Session



- a) Thirty (30) teams will be divided into three (3) regional conferences.
- b) Each M-OPL U20 team shall play a total of 14 regular season matches (7 Home, 7 Away).
- c) The teams that finish atop their regional conference table at the end of the Regular Season shall qualify for the M-OPL U20 playoffs. Additionally, the team that earns the most points in the Regular Season among the three 2nd place finishers in each regional conference will earn a “Wild Card” berth to the playoffs.
- d) The M-OPL U20 post-season playoffs shall be contested as follows:
 - i. Semi-Final A – Conference Champion with most Regular Season points hosts Wild Card Team.
 - ii. Semi-Final B – The Conference Champion with 2nd most Regular Season points hosts the Conference Champion with 3rd most Regular Season points.

Note: If the Semi-Final match is tied on goals at the end of 90 minutes, the match will be decided by kicks from the penalty spot.
 - iii. M-OPL U20 Championship Final - Winner of Semi-Final A versus the winner of Semi-Final B, hosted by OPL at a neutral venue **or hosted by the finalist with the most points in the Regular Season.**

Note: If the M-OPL Championship Final match is tied on goals at the end of 90 minutes, the match will be decided by kicks from the penalty spot.
- e) The winner of the M-OPL Championship Final is recognized as the M-OPL Champion for 2026. The champion is not promoted to a higher level of competition.

8. W-OPL U20 Competition Structure – 2026 Summer Session

- a) Nineteen (19) teams will be divided into three (3) regional conferences.
- b) Each W-OPL U20 team shall play a total of 14 regular season matches (7 Home, 7 Away).
- c) The teams that finish atop their regional conference table at the end of the Regular Season shall qualify for the W-OPL U20 playoffs. Additionally, the team that earns the most points in the Regular Season among the three 2nd place finishers in each regional conference will earn a “Wild Card” berth to the playoffs.
- d) The W-OPL U20 post-season playoffs shall be contested as follows:
 - i. Semi-Final A – Conference Champion with most Regular Season points hosts Wild Card Team.
 - ii. Semi-Final B – The Conference Champion with 2nd most Regular Season points hosts the Conference Champion with 3rd most Regular Season points.

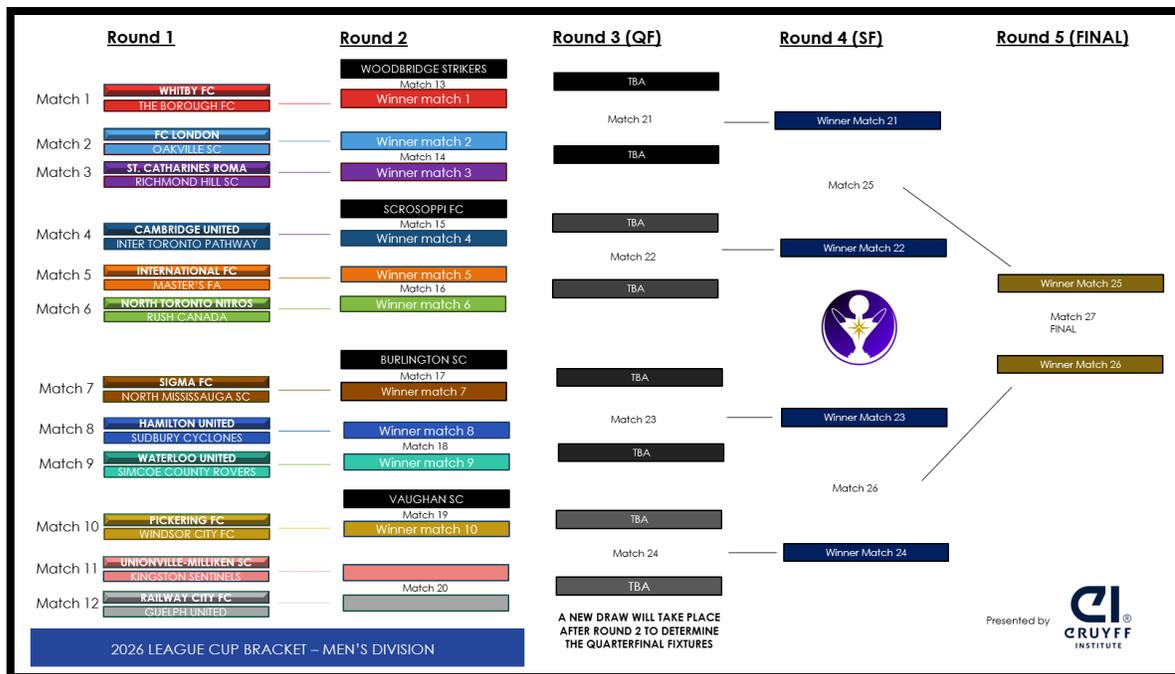
Note: If the Semi-Final match is tied on goals at the end of 90 minutes, the match will be decided by kicks from the penalty spot.
 - iii. W-OPL U20 Championship Final - Winner of Semi-Final A versus the winner of Semi-Final B, hosted by OPL at a neutral venue **or hosted by the finalist with the most points in the Regular Season**

Note: If the W-OPL U20 Championship Final match is tied on goals at the end of 90 minutes, the match will be decided by kicks from the penalty spot.
- e) The winner of the W-OPL Championship Final is recognized as the W-OPL Champion for 2026. The champion is not promoted to a higher level of competition.

9. Men’s League Cup Tournament – 2026 Season



- a) **Twenty-Eight (28)** Teams will participate in the 2026 Men's League Cup tournament.
- b) License Holders shall enter only their designated First Team ("A" Team), that participates in either M-OPL1, M-OPL2 or M-OPL3, into the Men's League Cup tournament.
- c) The tournament consists of five (5) rounds. The First Round features twenty-four (24) teams, playing a total of twelve (12) matches, consisting of four (4) M-OPL3 teams from, twelve (12) M-OPL2 teams and seven (8) M-OPL1 teams.



- d) Three (3) draws will occur to determine the assignment of teams to the tournament bracket.
 - i. Draw #1 will determine the eight (8) M-OPL1 teams that will be drawn to participate in the First Round of the League Cup tournament and which four (4) M-OPL1 teams will receive a bye to the 2nd Round. **A team's record in the 2025 Men's Premier Division table will influence their odds of earning a bye to the 2nd Round.**
 - ii. Draw #2 will serve to assign the eight (8) M-OPL1 Teams, the twelve (12) M-OPL2 teams and the four (4) M-OPL3 teams into their respective bracket position for the First Round of the League Cup tournament. In the First Round, M-OPL1 teams cannot be drawn against each other.
 - iii. Draw #3 will take place after the 2nd Round of the tournament is complete. The eight (8) surviving teams will be randomly drawn to determine the Quarter-Final fixtures and to determine which teams will host in the Semi-Final Round. The League Cup Final is hosted by OPL at a neutral venue.
- e) The winner of each League Cup match will advance to the next round of the tournament.

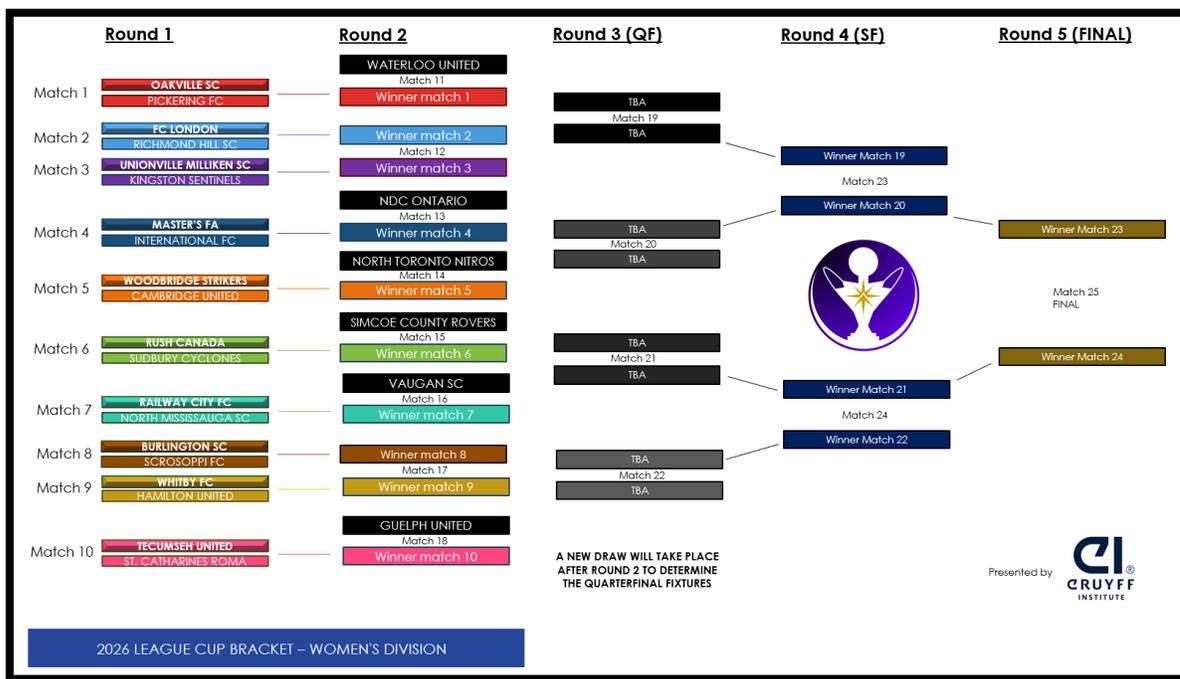
Note: If a League Cup Match in rounds 1 through 4 is tied on goals at the end of 90 minutes, the match will be decided by kicks from the penalty spot.
- f) The winner of the Men's League Cup Final will be the Champion of the 2026 Men's League Cup Tournament.

Note: If the League Cup Final is tied on goals at the end of 90 minutes, the match will proceed to extra time, made up of two (2) halves of fifteen (15) minutes each. If still tied after extra time, the match will be decided by kicks from the penalty spot.

10. Women's League Cup Tournament – 2026 Season



- a) **Twenty-Six (26)** Teams will participate in the 2026 Women's League Cup tournament.
- b) License Holders shall enter only their designated First Team ("A" Team), that participates in either W-OPL1, W-OPL2 or W-OPL3, into the Women's League Cup tournament.
- c) The tournament will consist of five (5) rounds. The First Round will be contested by twenty (20) teams, playing a total of ten (10) matches, featuring six (6) W-OPL3 teams, ten (10) W-OPL2 teams and four (4) W-OPL1 teams.



- d) Three (3) draws will occur to determine the assignment of teams to the tournament bracket.
 - i. Draw #1 will determine the four (3) W-OPL1 teams that will be drawn to participate in the First Round of the League Cup tournament and which six (6) W-OPL1 teams will receive a bye to the 2nd Round. **A team's record in the 2025 Women's Premier Division table will influence their odds of earning a bye to the 2nd Round.**
 - ii. Draw #2 will serve to assign the four (4) W-OPL1 Teams, the ten (10) W-OPL2 teams and the six (6) W-OPL3 teams into their respective bracket position for the First Round of the League Cup tournament. In the First Round, W-OPL1 teams cannot be drawn against each other.
 - iii. Draw #3 will take place after the 2nd Round of the tournament is complete. The eight (8) surviving teams will be randomly drawn to determine the Quarter-Final fixtures and to determine which teams will host in the Semi-Final Round. The League Cup Final is hosted by OPL at a neutral venue.
- e) The winner of each League Cup match will advance to the next round of the tournament.

Note: If a League Cup Match in rounds 1 through 4 is tied on goals at the end of 90 minutes, the match will be decided by kicks from the penalty spot.
- f) The winner of the Women's League Cup Final will be the Champion of the 2026 Women's League Cup Tournament.

Note: If the League Cup Final is tied on goals at the end of 90 minutes, the match will proceed to extra time, made up of two (2) halves of fifteen (15) minutes each. If still tied after extra time, the match will be decided by kicks from the penalty spot.

11. Breaking of Ties Policy



a) M-OPL1, W-OPL1, M-OPL2 and W-OPL2 Regular Season Standings

- i. The breaking of ties in the M-OPL1, W-OPL1, M-OPL2 and W-OPL2 2026 regular season table shall be accomplished by applying the following criteria, in order of importance:
 1. Total wins in OPL Regular Season competition.
 2. Head-to-Head record based on total points in league games between the affected teams.
 3. Best Goal Differential during the regular season.
 4. Most Goals Scored during the regular season.
 5. Best Goal Differential during the regular season in Away Games
 6. Most Goals Scored during the regular season in Away Games
 7. Best Goal Differential during the regular season in Home Games
 8. Most Goals Scored during the regular season in Home Games
 9. Superior Goal Differential between the affected teams in Head-to-Head matches
 10. Coin Toss (if only two teams are tied) or Drawing of Lots (if 3 or more teams are tied)

b) M-OPL3 and W-OPL3 Regular Season Standings (for Conferences with 8 teams)

- i. The breaking of ties in the M-OPL3 and W-OPL3 2026 regular season league table, when a regional conference consists of eight (8) teams, shall be accomplished by applying the following criteria, in order of importance:
 1. Total wins in OPL Regular Season competition.
 2. Head-to-Head record based on total points in league games between the affected teams.
 3. Best Goal Differential during the regular season.
 4. Most Goals Scored during the regular season.
 5. Best Goal Differential during the regular season in Away Games
 6. Most Goals Scored during the regular season in Away Games
 7. Best Goal Differential during the regular season in Home Games
 8. Most Goals Scored during the regular season in Home Games
 9. Superior Goal Differential between the affected teams in Head-to-Head matches
 10. Coin Toss (if only two teams are tied) or Drawing of Lots (if 3 or more teams are tied)

c) M-OPL3 and W-OPL3 Regular Season Standings (for Conferences with 9+ teams)

- i. The breaking of ties in the M-OPL3 and W-OPL3 2026 regular season league table, when a regional conference consists of nine (9) or more teams, shall be accomplished by applying the following criteria, in order of importance:
 1. Total wins in OPL Regular Season competition.
 2. Best Goal Differential during the regular season.
 3. Most Goals Scored during the regular season.
 4. Best Goal Differential during the regular season in Away Games
 5. Most Goals Scored during the regular season in Away Games
 6. Best Goal Differential during the regular season in Home Games
 7. Most Goals Scored during the regular season in Home Games
 8. Head-to-Head record based on total points in league games between the affected teams.
 9. Superior Goal Differential between the affected teams in Head-to-Head matches
 10. Coin Toss (if only two teams are tied) or Drawing of Lots (if 3 or more teams are tied)

d) M-OPL U20 and W-OPL U20 Regular Season Standings (for Conferences with 8 teams)



- i. The breaking of ties in the M-OPL U20 and W-OPL U20 2026 regular season league table, when a regional conference consists of eight (8) teams, shall be accomplished by applying the following criteria, in order of importance:
 1. Total wins in OPL Regular Season competition.
 2. Head-to-Head record based on total points in league games between the affected teams.
 3. Best Goal Differential during the regular season.
 4. Most Goals Scored during the regular season.
 5. Best Goal Differential during the regular season in Away Games
 6. Most Goals Scored during the regular season in Away Games
 7. Best Goal Differential during the regular season in Home Games
 8. Most Goals Scored during the regular season in Home Games
 9. Superior Goal Differential between the affected teams in Head-to-Head matches
 10. Coin Toss (if only two teams are tied) or Drawing of Lots (if 3 or more teams are tied)

e) M-OPL U20 and W-OPL U20 Regular Season Standings (for Conferences with 9+ teams)

- i. The breaking of ties in the M-OPL U20 and W-OPL U20 2026 regular season league table, when a regional conference consists of nine (9) or more teams, shall be accomplished by applying the following criteria, in order of importance:
 1. Total wins in OPL Regular Season competition.
 2. Best Goal Differential during the regular season.
 3. Most Goals Scored during the regular season.
 4. Best Goal Differential during the regular season in Away Games
 5. Most Goals Scored during the regular season in Away Games
 6. Best Goal Differential during the regular season in Home Games
 7. Most Goals Scored during the regular season in Home Games
 8. Head-to-Head record based on total points in league games between the affected teams.
 9. Superior Goal Differential between the affected teams in Head-to-Head matches
 10. Coin Toss (if only two teams are tied) or Drawing of Lots (if 3 or more teams are tied)



1. OPL endeavors to provide an elite, highly competitive level of soccer competition that will engender the respect of the soccer community. OPL will strive to be a desired destination for the top players in the Province of Ontario.
2. OPL will enforce a Code of Conduct for the behavior that all individuals involved in or around the League are expected to adhere to in order to remain in good standing.
3. Players, coaches, team officials and officers of all License Holders shall:
 - a) Behave respectfully toward the Match Officials, their opponents, and League Officials, in the spirit of fair play.
 - b) Present a professional image, both in behavior and appearance, to the general public before, during and after competitions.
 - c) Never jeopardize the integrity of any OPL match by behaving in a manner that adversely affects the outcome of any match. This includes the intentional throwing of games, the offering of improper incentives to opponents to secure a desired result or the offering of gifts to Match Officials.
 - d) Never engage in wagering on OPL matches.
 - e) Refrain from any form of misconduct in public that will negatively affect the reputation of OPL or the team/club that they represent or that generally risks bringing the sport of soccer into disrepute.
 - f) Not intentionally damage or vandalize the physical property of another team/club or at a facility where OPL matches are played.
 - g) Refrain from the use of tobacco or cannabis products and the consumption of alcohol while performing official duties. The use of illegal drugs and other substances is never acceptable, under any circumstances.
 - h) Report to OPL Management any actions that are a violation of the Code of Conduct without fear of recrimination.
4. All OPL participants are required to sign the OPL Code of Conduct agreement for their registration to be accepted and processed by the league office.
5. OPL has the right to impose fines and/or other forms of discipline upon any individual who violates the terms of the Code of Conduct, as per the OPL Discipline Code.



APPENDIX D – OPL SOCIAL MEDIA POLICY

OPL acknowledges the importance of participating in online conversations and is committed to ensuring that all people associated with OPL participate and engage in online social media in an appropriate manner.

This Social Media Policy is intended to empower all individuals involved with OPL (League Officials, League Staff, Players, Team Officials, etc.) to participate in this connected world and to represent OPL by sharing the vision and mission of our organization and the story of our beautiful game.

All individuals involved in OPL are encouraged to engage in social media communities at a level which each person feels comfortable.

The best advice is to approach the online world in the same way we would operate in the “real” world -- use sound judgment and common sense, stay true to the OPL Code of Conduct (see Appendix C of the OPL Operations Manual) and ensure compliance with the OPL Social Media Policies noted below.

Non-compliance with these guidelines may be construed as misconduct, harassment, discrimination, or in certain circumstances, a contravention of the law. Those who fail to comply with these guidelines may be disciplined according to the OPL Discipline Code.

1. Definitions of Social Media

- a) Social Media is formally defined as “content created by people using highly accessible and scalable publishing technologies”.
- b) Social media is distinct from traditional media, such as newspapers, television, and film. Social media comprises relatively inexpensive and accessible tools that enable anyone to publish or access information.
- c) Social Media may include (but is not limited to):
 - i. Social networking sites (e.g., Facebook, LinkedIn, etc.)
 - ii. Video and photo sharing websites (e.g., Flickr, YouTube, TikTok, Instagram, etc.)
 - iii. Blogs, including corporate and personal blogs.
 - iv. Blogs hosted by media outlets (e.g., comments posted to news stories, etc.)
 - v. Micro-blogging (e.g., Twitter, etc.)
 - vi. Wikis and online collaborations (e.g., Wikipedia, etc.)
 - vii. Forums, discussion boards and groups (e.g., Reddit, Discord, etc.)
 - viii. Video or podcasting
 - ix. Online multiplayer gaming platforms (e.g., Roblox, Second Life, etc.)
 - x. Instant messaging (including text messaging apps like WhatsApp, etc.)
 - xi. Geo-spatial tagging (e.g., Foursquare, etc.)

2. OPL Social Media General Guidelines

- a) Transparency in every social media engagement is mandatory. OPL does not condone manipulating the social media flow by creating “fake” destinations and posts designed to mislead followers and control a conversation. Every website, “fan page”, or other online destination that is ultimately managed by OPL must make that fact known.
- b) Respect copyrights, trademarks, rights of publicity, and other third-party rights in the online social media space, including user-generated content (UGC). How exactly one does this may vary from one situation to another, so individuals are expected to refer to OPL communications staff to make informed, appropriate decisions.
- c) OPL will utilize best practices and comply with applicable regulations to ensure that these Social Media Guidelines remain current and reflect the most appropriate standards of behavior.



- d) OPL respects the right of each individual involved in the league to use social media tools as both a form of self-expression and as a means to further develop awareness for OPL and the sport of soccer in general. However, it is important that each individual is aware of the implications of engaging in forms of social media and online conversations that reference OPL, and/or the individual's relationship with OPL and its brand, and that you recognize when OPL might be held responsible for a person's behavior online.

3. Expectations for Personal Behavior in Social Media

- a) There is a difference between speaking "on behalf of OPL" and speaking "about" OPL. The following set of principles refers to those personal or unofficial online activities where an individual might refer to OPL.
- b) Adhere to all applicable policies. You are subject to the OPL Code of Conduct in every public setting, including your personal activities online.
- c) You are responsible for your actions. Anything you post that can potentially tarnish the image of OPL will ultimately be your responsibility. While we do encourage individuals associated to OPL to participate in the online social media space, we urge you to do so properly, exercise sound judgment and use common sense. Please make sure to include the following disclaimer to each profile or platform you use where you can be identified as related to OPL: "The views expressed are the views of the author alone".
- d) Be a "scout" for compliments and criticism. Even if you are not an official online spokesperson for OPL, your time spent online can be vitally important in terms of monitoring the social media landscape. If one comes across positive or negative remarks online about OPL, please consider sharing them with OPL communications staff.
- e) Let subject matter experts respond to negative posts. You may come across negative or disparaging posts about OPL. Unless you are an authorized online spokesperson, avoid the temptation to react to these comments yourself. Pass the post(s) along to OPL communications staff, who are better equipped to address such comments. Be mindful of the state of mind you are in when engaging online and as it may affect the way you react and respond to postings.
- f) It is wise to be very conscious when mixing your business and personal lives in the online sphere. Online, your personal and business personas are likely to intersect. OPL respects each individual's free speech rights, but you must remember that anyone has access to the online content you post. Keep this in mind when publishing information online that can be seen by more than friends and family and know that information originally intended just for friends and family can be forwarded on. Remember that everyone can see what you do on these platforms, including sponsors, rivals, and most importantly, fans of the league and its teams.
- g) Do not present yourself as an official spokesperson of OPL in any social media forum unless it has been authorized beforehand and never disclose non-public information (including confidential information). Be aware that taking public positions online that are counter to OPL's interests may be harmful and could be considered a breach of compliance.

4. Expectations for Official OPL Spokespeople

- a) Just as with traditional media, we have an opportunity and responsibility to manage the reputation of OPL when we engage online.
- b) We will be selective about how and when we opt to participate in the online conversations that mention OPL.
- c) The following guidelines, in addition to general guidelines provided earlier, are how OPL Spokespeople should represent OPL online in an official capacity (when speaking "on behalf of OPL"):
 - i. Always be mindful that you are representing OPL. As an OPL representative, it is important that your posts convey a positive, optimistic spirit that aligns with the league's overall communications strategy. Be respectful of all individuals, races, religions, and cultures. How you conduct yourself in the online social media space not only reflects on you but is also a direct reflection on OPL.
 - ii. Fully disclose your affiliation with OPL. We require that anyone who is communicating on behalf of OPL always discloses their name and their affiliation. It is never acceptable to use aliases or otherwise deceive



people. State your relationship with OPL from the outset.

- iii. When in doubt, do not post. You are personally responsible for your words and actions, wherever you are. As an online spokesperson, you must ensure that your posts are completely accurate and not misleading, and that they do not reveal “non-public” information. Exercise sound judgment and common sense, and if there is any doubt, DO NOT POST IT. In any circumstance in which you are uncertain about how to respond to a post, contact OPL Senior Leadership for guidance.
- iv. Give credit where credit is due and don't violate others' rights. DO NOT claim authorship of something that is not yours. If you are using another party's content, make certain that they are credited for it in your post and that they approve of you utilizing their content. Do not use the copyrights, trademarks, publicity rights, or other rights of others without the necessary permissions of the rights holder(s). If the content has been internally created, please make sure that all credits are directed accordingly.
- v. Know that the Internet is permanent. Once information is published online, it is essentially part of a permanent record, even if you "remove/delete" it later or attempt to make it anonymous. If your complete thought, along with its context, cannot be squeezed into a character-restricted space (such as Twitter), provide a link to an online space where the message can be expressed completely and accurately.

5. Specific applications and situations

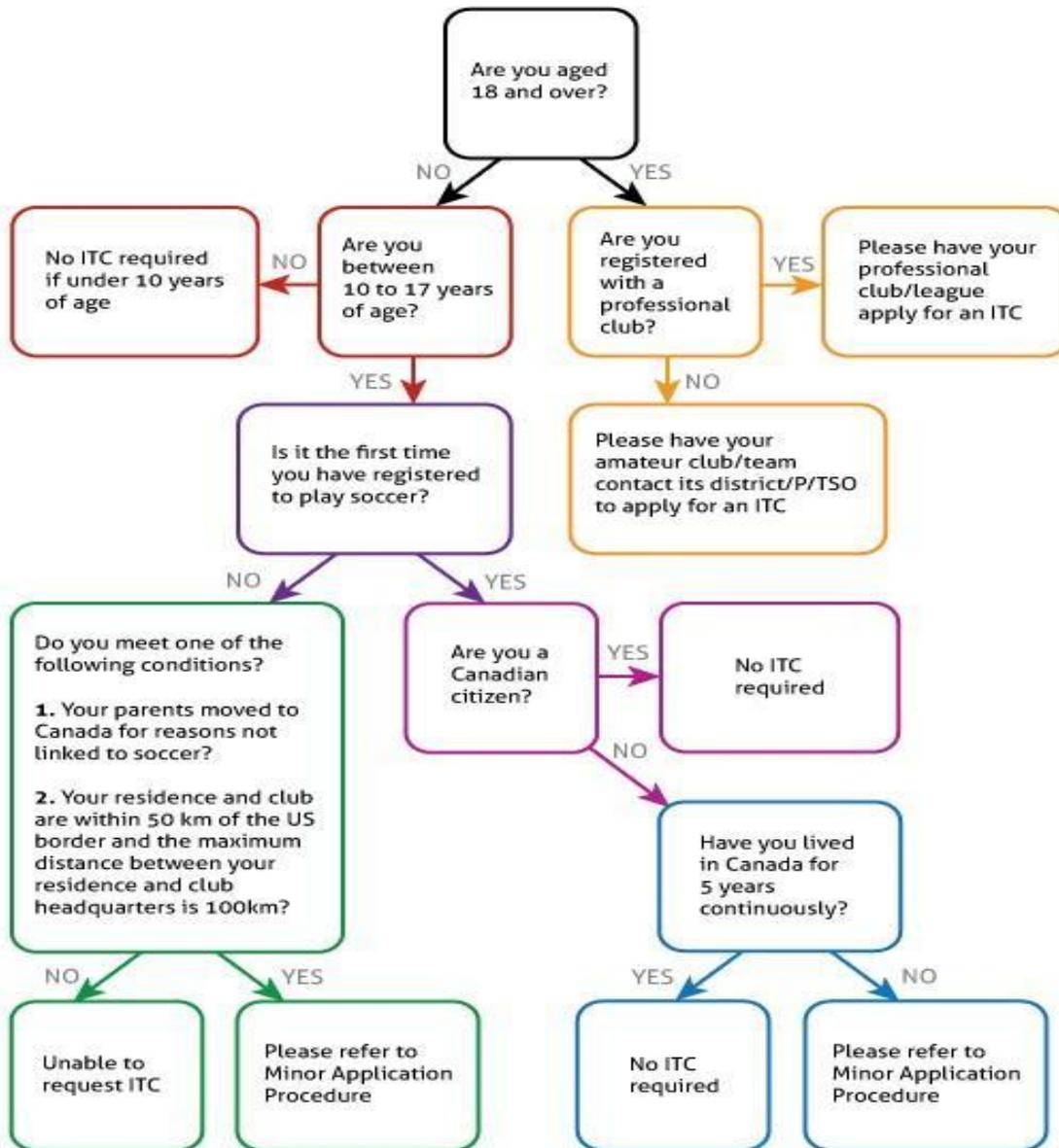
- a) Some situations require you to refrain from uploading content or participating in social media. These situations include (but are not limited to):
 - i. During a non-public event or meeting organized by OPL.
 - ii. Before, during or after a meeting where non-public information is discussed.
 - iii. Before, during or after a match or training session when strategic, tactical, or medical information is discussed. We ask that you please refer to the team's coaching or medical staff before making any comments pertaining to these sorts of situations.
- b) We recognize that players and team officials may see value in using pictures or videos where they are wearing official clothing of an OPL licensee. The usage of such content is permitted, but it is important to remember that the use of such photos (e.g., using them as your profile picture) automatically links you to OPL and therefore requires that you be conscious of the comments and content you post. The use of any other official marks should follow copyrights and trademarks regulations.
- c) OPL will impose fines and other sanctions, as per the OPL Discipline Code, upon any individual who violates the terms of the OPL Social Media Policy.



APPENDIX E – INTERNATIONAL TRANSFER CERTIFICATES (ITC)

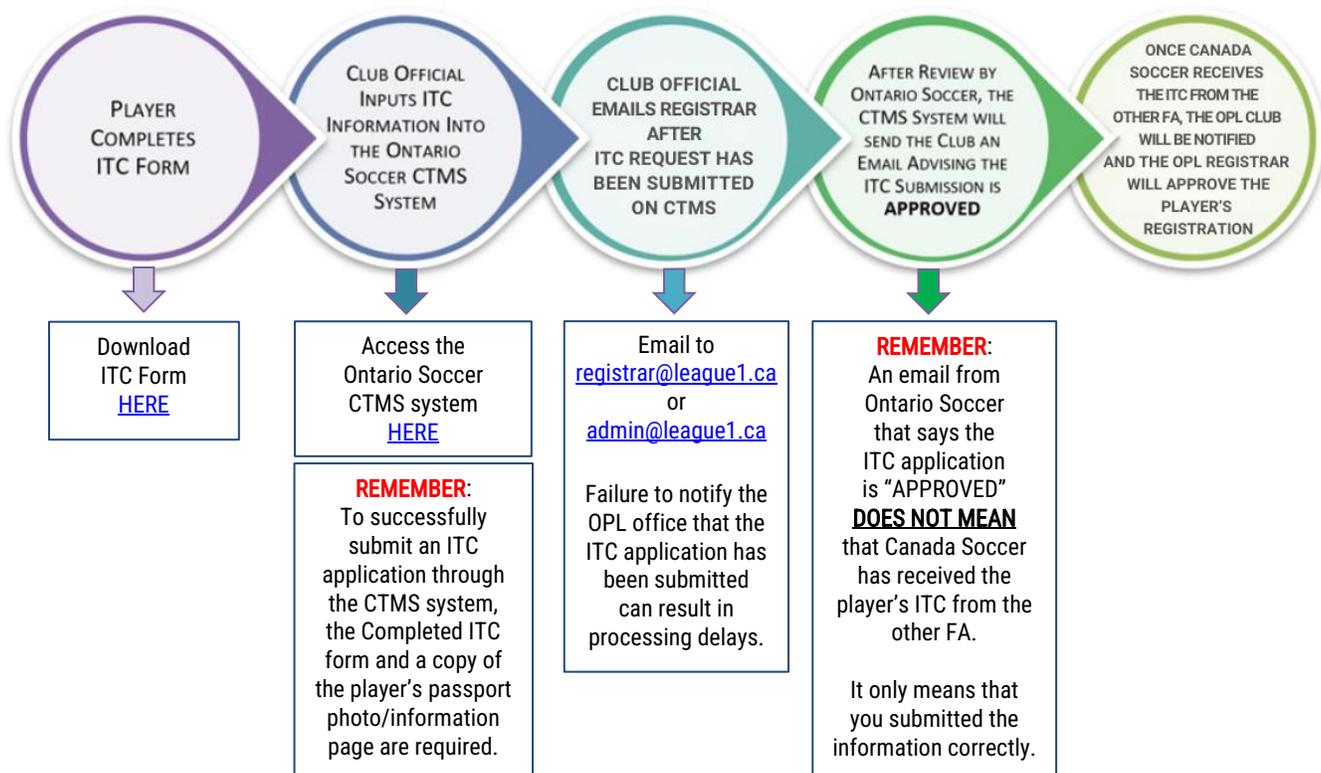
1. Determining If an ITC is Required

International Transfer Certificates (ITC)





2. ITC Workflow for Teams Participating in OPL Competition



3. Provisional ITC

- If the FA where the player was last registered has not communicated with Canada Soccer within **7 days** after Canada Soccer submits the ITC request to the other FA, the OPL Registrar will be able to **provisionally** register the player.
- If the FA where the player was last registered replies to Canada Soccer after the **7-day** window and they notify CSA that there is an issue with transferring the player's registration to Canada, **the player will be IMMEDIATELY de-registered** and the player will be unable to play until Canada Soccer confirms that the issue is resolved.

4. Applying for an ITC for a Minor

ITC MINOR APPLICATION PROCEDURES

Players between the ages of 10 - 17

Included with the request (application form above), the following mandatory documents must be submitted by the player/parents (in PDF format, with no documents larger than 2MB in size:

- Proof of identity and nationality (ie passport) - player
- Proof of identity and nationality (ie passport) - parents
- Proof of birth date (birth certificate) - player
- Employment contract - parents
- Work permits - parents
- Proof of residence (ie proof of home ownership, rental agreement) - player and parents
- Proof of distance for 50km rule (ie Google maps showing location residence/US border)
- Proof of distance for 100km rule (ie Google maps showing location residence/club headquarters)
- Parental authorization



APPENDIX F – NCAA PLAYER ELIGIBILITY GUIDELINES

1. Each team participating in official OPL competition that intends to register players that also play soccer at NCAA schools in the United States of America shall ensure they are familiar with the eligibility regulations established in the most current “Guide for the College-Bound Student Athlete” that is published by the NCAA Eligibility Center each year. This document is the most comprehensive resource published by the NCAA for all issues related to an athlete’s initial eligibility, including academics, amateurism, and recruiting.
2. Link: http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/CBSA.pdf
3. License Holders and players who attend NCAA schools or who intend to attend NCAA schools are ultimately responsible for ensuring that a player’s participation in official OPL competition does not impact their NCAA eligibility.
4. OPL accepts no responsibility for any eligibility issues that may arise from OPL participation.



APPENDIX G – ROLE DEFINITION FOR GAME DAY STAFF

1. Game Day Manager

- a) The Home Team / Host Organization shall designate a Game Day Manager, who must be present at the venue on Match Day no later than ninety (90) minutes prior to the scheduled kickoff time. Ideally the Game Day Manager is on site two (2) hours prior to kickoff.
- b) The Game Day Manager will liaise with the visiting team, the match officials, league representatives and television broadcast personnel (if the game is televised).
- c) It is the responsibility of the Game Day Manager to ensure that all of the following are in place at least 60 minutes before the scheduled kick-off time:
 - i. Field Markings, Goals / Nets and Corner Flags
 - ii. Table and Chair for Fourth Official
 - iii. Press area, MDOC Work Area (with Wi-Fi and electricity), working P.A system and working scoreboard.
- d) The Game Day Manager is also ultimately responsible for the following details:
 - i. Supervising set-up and take down of signage.
 - ii. Supervising pre-game and halftime ceremonies to ensure game timing is adhered to
 - iii. Supervising security forces
 - iv. Supervising ball retrievers
 - v. Ensuring needs of the working media are met
 - vi. Ensuring the needs of the match officials are met
 - vii. Ensuring match officials are provided with inflated game balls
 - viii. Ensuring that match officials receive game day rosters by the required time and copies are provided to OPL staff and the media.
 - ix. Informing the OPL if staff or match officials arrive on venue later than the specified time.

2. Match Day Operations Coordinator

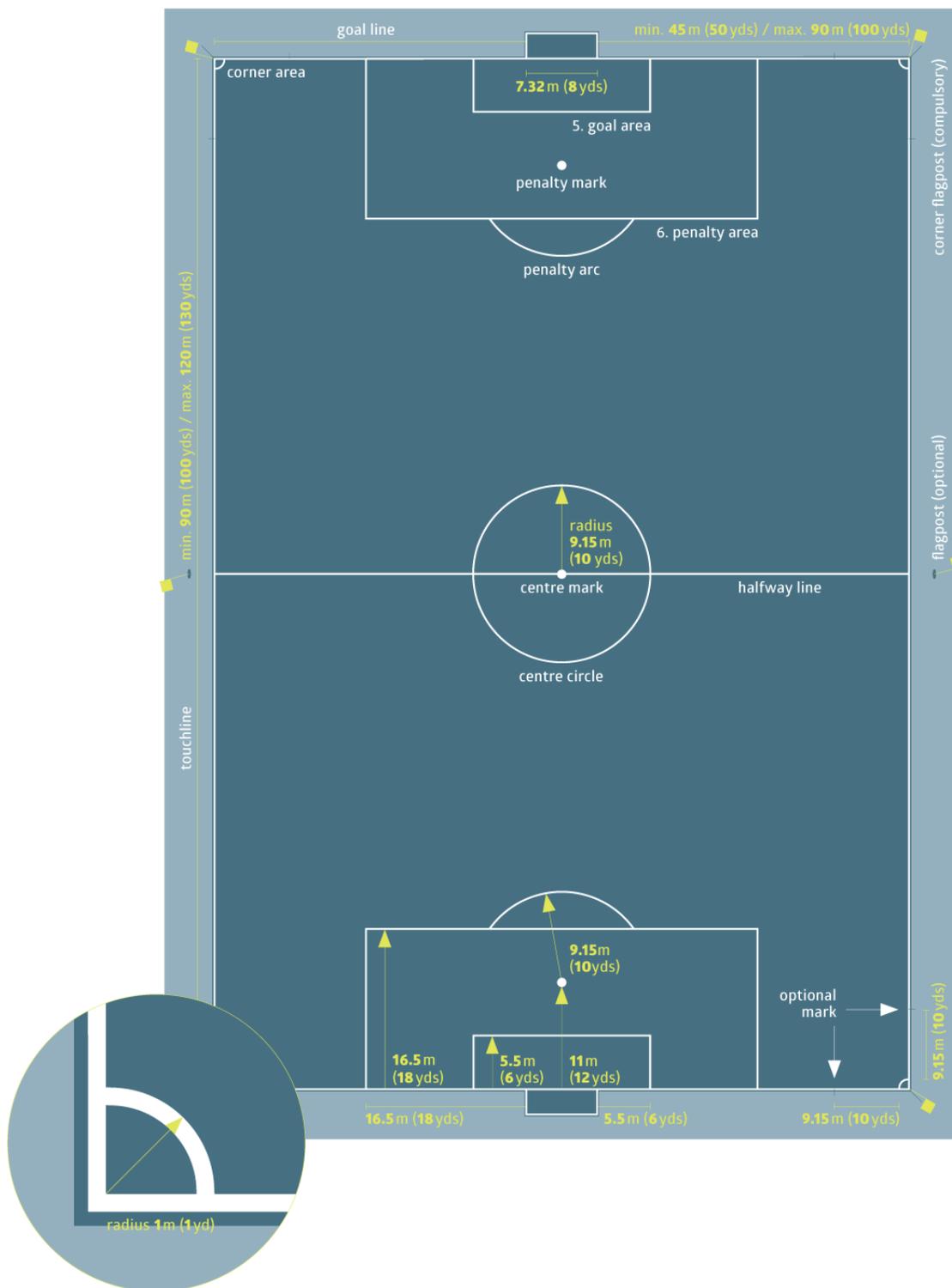
- a) The Match Day Operations Coordinator (MDOC), when appointed, will arrive at least ninety (90) minutes prior to kickoff time and will advise both teams and the Match Officials of any obvious deficiency prior to the start of the match. He/she will follow game requirements listed on a check list. Deficiencies will be recorded and submitted to the League office. The League office will share the MDOC report with the teams involved.
- b) If the MDOC advises the teams and / or the Match Officials of a clear deficiency prior to the start of the match, the correction must be addressed without delay, unless it is deemed impossible without impacting the timelines leading to kickoff.

3. Security

- a) In addition to the security provided by the home team, OPL has the authority to mandate the hiring of additional security guards and/or uniformed police officers should it be deemed necessary. The home team will bear the full cost of additional security, unless otherwise arranged by OPL.



APPENDIX H – REQUIREMENTS FOR FIELD OF PLAY SETUP





1. Corner Flags

Corner flags shall be on posts no less than five (5) feet high with rounded or squared off tops. The top of the posts cannot be pointed. The Flag material shall not be ripped or torn.

2. Halfway Line and Centre Circle

A halfway line shall be marked across the centre of the field. The centre of the field shall be marked and have a circle, which has a ten (10) yard radius, drawn around it.

3. Goal Area

At each end of the field, a line perpendicular to the goal line shall be drawn parallel to each side of the goal and six (6) yards from each goalpost. This line shall extend six (6) yards into the field of play from the goal line. A line running parallel to the goal line shall be drawn connected to two perpendicular lines, forming the goal area.

4. Penalty Area

At each end of the field, a line perpendicular to the goal line shall be drawn parallel to each side of the goal and eighteen (18) yards from each goalpost. This line shall extend for the eighteen (18) yards into the field of play from the goal line. A line running parallel to the goal line shall be drawn to connect the two perpendicular lines, which shall form the penalty area. Within the penalty area is the penalty spot (or penalty mark), which is 12 yards from the goal line, directly in-line with the centre of the goal.

5. Corner Area

At each of the four corners of the field, measuring from the corner flags post, a circle having a radius of one (1) yard shall be drawn inside the field of play.

6. Bench and Technical Area

The home and away teams' benches and technical area (as well as the fourth official table) shall be placed on the same side of the field. Team benches for both teams shall be covered/sheltered in the event of inclement weather. The 4th officials table shall always be covered/sheltered.

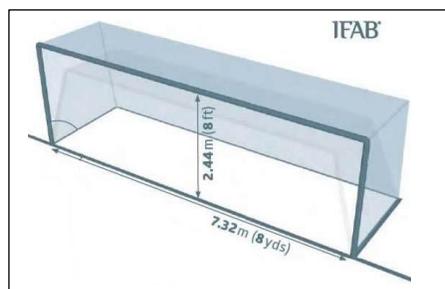
The bench area and technical area shall be marked according to FIFA's technical area markings.

The technical area extends one (1) yard on either side of the designated seated area and extends forward up to a distance of one (1) yard from the touch line. It is recommended that markings be used to identify this area clearly.

Only one (1) person at a time is permitted to stand and convey tactical instructions from the technical area. All other persons are to remain seated in the confines of the technical area. All occupants of the technical area must behave in a responsible manner. Failure to do so will result in removal from the technical area by the Referee.

7. Goals

Each goal shall measure 8 feet high x 24 feet wide, be centered on the goal line, an equal distance on each side from the corner flags.





8. Wheels on Goals



Figure 1

Goals equipped with wheels on the side of the frame (refer to figure 1) **shall NOT be permitted in official OPL matches.**

The wheels must be removed prior to kickoff.

The Referee will not allow a match to kickoff with such wheels installed.



Figure 2

Goals equipped with wheels on the back of the frame (refer to figure 2) are acceptable as long as the wheels are covered to provide extra protection (e.g., covered with sandbags or equivalent)

It is preferred if the wheels are removed prior to kickoff but removal is not mandatory if covered appropriately.



APPENDIX I – MATCH VIDEO RECORDING SPECIFICATIONS

1. All OPL matches **MUST** be video recorded in accordance with league established match video standards. **The Home Team is responsible for ensuring official OPL matches are video recorded.**
2. All teams participating in official OPL competition, at all levels, shall coordinate their own video recording of their official OPL home matches and must adhere to league established match video standards.
3. If OPL opts to livestream a match featuring a team that arranges their own match video recording for home matches, OPL will advise the home team's media liaison at least five (5) days prior to the match. In that case, the home team would not be responsible for providing a match video recording for that match, although it may choose to record the match for its own match analysis purposes.
4. OPL Match Video Standards are as follows:
 - a) A video recording of each OPL match must be uploaded to the OPL YouTube Channel within 24 hours of the conclusion of the match.
 - b) The video file uploaded to YouTube shall not use any promotional watermark or branded marketing collateral, unless authorized by OPL.
 - c) The home team (or its service provider) must provide a raw video file copy of the match, upon request.
 - d) The final video file must be minimum 1080p HD quality and shot from central vantage point (e.g., halfway-line), from an elevated position (min. 20 feet, ideally 30 feet high). The recording shall clearly capture both on-ball and off-ball actions (e.g., minimum two lines of play and ball visible at all times).
 - e) Video files shall be uploaded to YouTube as a single file (do not upload 1st half and 2nd half separately).
 - f) Video Files must be titled using the following format: dd/mm/yy – Competition Tier - home team v away team (example: 29/05/26 – Men's OPL2 – Whitby FC v Guelph United).
 - g) Video must be accompanied by match audio (e.g., ambient mic on camera or ground mic set up separately).
 - h) **Half-time on field activities must be edited out of the video file and all music muted before upload to YouTube, to ensure file is not restricted due to copyright restrictions.**
 - i) The video that is uploaded to YouTube shall include all minutes played in each match and must end promptly at the final whistle.
5. If an OPL team fails to comply with the league established match video standards noted above, it will result in fines being assessed to the License Holder or Guest Team for each instance, as per the OPL Discipline Code.
 - a) Any team that is fined twice in a season for match video standards non-compliance will be required to cede responsibility for match video recording to OPL, which will assign a service provider and invoice the team for said services at a rate of \$400.00 + HST per home match.
6. If an OPL team chooses to use "Free-Standing" Videography equipment for the video recording of official OPL matches, that team's match-day staff shall ensure they comply with Ontario Soccer Operational Policy 27.1:
 - a) "Free Standing Videography Equipment is defined as self supportive video equipment used to record soccer games and training sessions managed by Ontario Soccer or by affiliated Leagues, Clubs or Teams within Ontario Soccer. The use of video recording equipment and the safe handling of this equipment at Ontario Soccer sanctioned events is an important health and safety consideration. Equipment must be secured, and owners must adhere to the manufacturers' instructions when securing the equipment for use. While outdoors, equipment must be secured in place and must not be left unsupervised. Outdoors, equipment must not be used in inclement weather. Indoor use is at the sole discretion of each facility. If permitted, equipment must be secured in place and positioned in a way not to pose a hazard to players, coaches, or spectators, and must not be left unsupervised. Equipment owners are responsible for adhering to all protocols for the use of videography equipment applicable to the facility or permitted field, whether Municipal or privately owned.



APPENDIX J – UNIFORM STANDARDS AND ADVERTISING GUIDELINES

OPL recognizes each License Holder’s right to enter into sponsorship contracts, endorsements, and business relationships and, as part of those relationships, have the right to allow their sponsors to advertise their brands on uniforms worn in official OPL competitions.

OPL reserves the right to mandate the application of sponsor logos to the uniforms worn by teams in official OPL competitions in order to comply with commercial agreements that benefit the interests of OPL.

This document has been produced to provide guidance to all teams participating in official OPL competition for the 2026 season in the application of OPL’s Uniform Standards and Kit Advertising standards.

1. Definitions and Interpretations

- a) **“Advertising”** means any designation, message, logo, trademark, name, or emblem of any nature.
- b) **“Clothing”** means the clothing of a Player, Team Official or Match Official worn in an official match and shall include (but not limited to) shirts, shorts, socks, undershorts, t-shirts (or any other item of clothing worn under the shirt), sweat-bands, headbands, caps, tracksuits, gloves, and coats as well as any outer garments worn by substitutes and Club Officials in the Technical Area at any time. Football boots are not considered as clothing.
- c) **“Clothing manufacturer”** means any organization that carries out the business of manufacturing football clothing and has been appointed by the OPL team to supply their clothing for the 2026 season.
- d) **“Team Officials”** includes any Team Official as defined in the OPL Operations or Game Day Manuals who has team duties such as coaches, managers, physiotherapists/athletic therapists/medical staff and includes any person who takes up a position in the Technical Area at any time during a match.
- e) **“Football boots”** means any footwear worn during the period of a Match by a Player or Match Official.

2. Permitted Advertising

- a) Club emblem and name may appear on football boots and all other clothing
 - i. The official team crest (or part thereof), name, initials, nickname, or a trademark registered by the OPL License Holder, or a combination of such, **may appear on football boots without restriction.**
 - ii. The official team crest (or part thereof), name, initials, nickname, or a trademark registered by the Club, or a combination of such, **may appear once only on the front of the shirt, providing it does not exceed an area of 36 sq. inches.**
 - iii. The official team crest (or part thereof), name, initials, nickname, or a trademark registered by the Club, or a combination of such, **may appear once only on the right leg of the shorts, providing it does not exceed an area of 25 sq. inches.**
 - iv. The official team crest (or part thereof), name, initials, nickname, or a trademark registered by the Club, or a combination of such, **may appear once only on each sock, providing it does not exceed an area of 10 square inches.**
 - v. The official team crest (or part thereof), name, initials, nickname, or a trademark registered by the Club, or a combination of such, **may appear once only on the front of any outer garments worn by substitute players and Team Officials in the Technical Area. There are no restrictions as to the position and size of the Club emblem or name.**
- b) Clothing Manufacturer logo/emblem and name may appear on football boots and all other clothing
 - i. The established mark, logo, name or model/style of football boots or their manufacturer, or a combination thereof, may appear without restriction.
 - ii. The established mark, logo or name of a clothing manufacturer may appear only once on the shirt and on the shorts, providing its size does not exceed an area of 10 sq. inches.

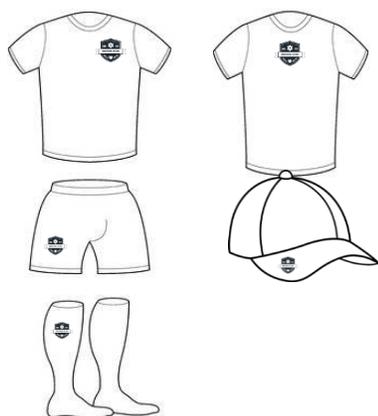


- iii. The established mark, logo or name of a clothing manufacturer may appear only once on each of the socks worn by outfield players and goalkeepers, providing its size does not exceed an area of 10 sq. inches.
 - iv. The established mark, logo or name of a clothing manufacturer may appear only once on each of the goalkeeper's gloves (and on a goalkeeper's cap) providing its size does not exceed an area of 10 sq. inches.
 - v. The established mark, logo or name of a clothing manufacturer may appear only once on gloves worn by outfield players, providing its size does not exceed an area of 10 sq. inches.
 - vi. The established mark, logo or name of a clothing manufacturer may appear only once on the front and back of any t-shirt or any other item of clothing worn under the uniform shirt providing its size does not exceed an area of 10 sq. inches and is not visible outside the playing shirt during the period of a match.
 - vii. The established mark, logo or name of a clothing manufacturer may appear only once on undershorts worn under uniform shorts providing its size does not exceed an area of 5 sq. inches and is not visible outside the playing shorts during the period of a match.
 - viii. The established mark, logo or name of a clothing manufacturer may appear only once on the front of any outer garments worn by substitute players and Team Officials in the Technical Area, except that there are no restrictions as to the position and size of the Club emblem or name.
 - ix. The same established mark, logo or name or combination must appear on all clothing of all Players and Club Officials wherever such advertising appears.
- c) Player Numbers may appear on football boots and all other clothing
- i. A player's shirt number may appear on their boots without restriction.
 - ii. A player's shirt number shall appear on the back of the uniform shirt, should be clearly legible in all lighting and be positioned in the centre of the back of the shirt, measuring between 8 inches and 12 inches tall.
 - iii. A player's shirt number may appear on the front of the shorts (on the left leg). The number shall match the number on the back of the shirt. It should measure between 3 inches and 4 inches tall.
- d) Player Names may appear on football boots and other clothing
- i. A Player's name, including any appropriate nickname or initials, may appear on that Player's boots without restriction.
 - ii. A Player's name (given or family name) or appropriate nickname may appear on the back of the uniform shirt. The height of the lettering cannot exceed 3 inches tall.
 - iii. A Player's name (given or family name) or appropriate nickname may appear on a goalkeeper's gloves. The size of the name cannot exceed 5 sq. inches.
- e) A single image of the Canadian flag may be placed on the right sleeve of the uniform shirt or on the back of the player's shirt, above the player number, providing it does not exceed an area of 9 square inches.
- f) An image of the OPL logo (on its own or in combination with a league sponsor logo) shall be applied on the LEFT SLEEVE of every uniform shirt worn in official OPL competition.
- i. OPL will provide its teams with the official logo patch and any required league sponsor patch no later than March 31 of each season.
 - ii. If delivered before the deadline, all costs associated with the application of league supplied logo patches to a uniform shirt sleeve is the responsibility of the License Holder.
- g) Sponsor logos and/or emblems may appear as follows:
- i. The application of a sponsor logo or emblem is not permitted on a player's football boots.
 - ii. Sponsor Advertising is permitted on the clothing worn by a player in an official OPL match, excluding on socks worn by players in an official OPL match.



- iii. Sponsor advertising may appear on tracksuits and other items of clothing worn by substitute players and Team Officials in the Technical Area.
- iv. Sponsor advertising may appear on tracksuits and other articles of clothing worn by Substitute Players and Team Officials in the Technical Area. Such sponsor advertising can be the same as the sponsor advertising that appears on the uniforms worn by the starting players on the pitch or It can be unique to only to the clothing worn by Substitute Players and Team Officials
- v. License Holders may enter into sponsorship agreements whereby the home and away kit features completely different sponsors. If the License Holder opts to outfit their teams with a third kit, that kit may also feature entirely unique sponsors advertising.
- vi. One or more Sponsor Logos or Emblems may be advertised on the uniform clothing worn by a player in an official OPL match.
- vii. The same Sponsor Logos or Emblems must appear in the same form on the clothing of all Players and Team Officials wherever such advertising appears, throughout the entirety of the match.

3. Example of Club Emblem on Uniforms



4. Example of Clothing Manufacturer Logo or Emblem

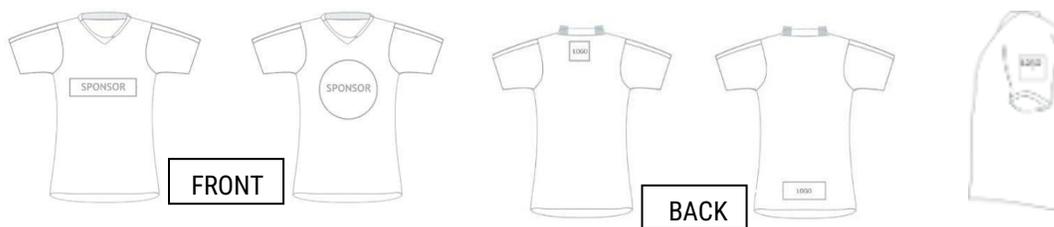




5. Example of League Logo Patch Placement



6. Example of Sponsor Logo or Emblem on Uniforms



7. Examples of Shorts Advertising



8. Advertising on Match Official Uniforms

- a) No advertising of any nature, save as set out below, is permitted on match officials' clothing or football boots without the consent of Canada Soccer and Ontario Soccer.



APPENDIX K – GAME DAY TIMING GUIDELINE

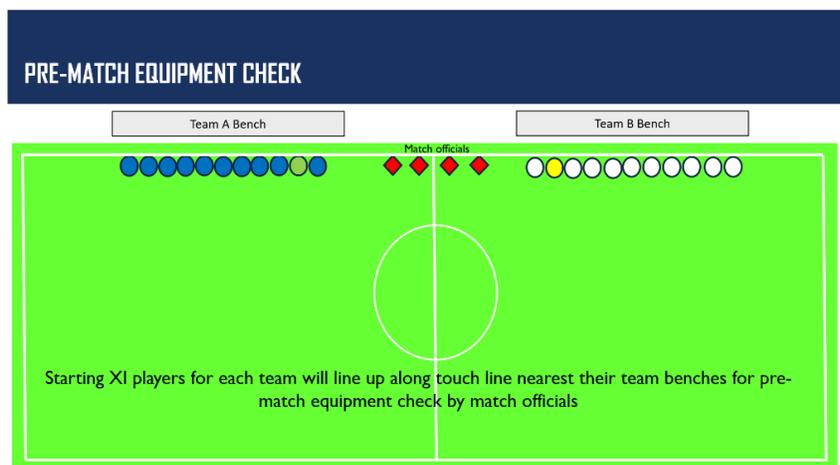
All M-OPL1, W-OPL1, M-OPL2, W-OPL2 matches, as well M-OPL3 and W-OPL3 matches featuring a Designated "A" Team

Kickoff minus 90 minutes	- Latest Arrival at Stadium for Home Team Game Day Staff
Kickoff minus 75 minutes	- Latest Arrival of Teams and Match Officials at Stadium - Dressing Rooms are open to both teams - Water / Ice / Cooler must be in Match Official Dressing Rooms
Kickoff minus 60 minutes	- Gates open to Spectators - Ticketing and Spectator Services begin - All OPL mandated signage must be installed per provided guidelines.
Kickoff minus 50 minutes	- Field of Play is open for pre-game warm up session (max 30 minutes)
Kickoff minus 20 minutes	- Pre-Game warm up ends. Both teams return to their Dressing Rooms - Both teams submit FINAL Game Sheets via COMET
Kickoff minus 10 minutes	- Teams and Match Officials receive 2-minute warning to line up for Walk Out
Kickoff minus 9 minutes	- Team Officials and Substitute Players exit dressing rooms, proceed to team benches.
Kickoff minus 8 minutes	- Starting XI for each team + Match Officials congregate at designated meeting spot - Equipment check by match officials before walk on to field of play
Kickoff minus 7 minutes	- Match officials lead teams out onto the field of play - Starting XI for each team lines up on either side the Match Officials - All players and officials face the Canadian flag for the national anthem
After National Anthem	- Teams Shake Hands (Away Team goes first) - After Handshakes, each team poses for team photo (Away Team first) - After team photos, team captains meet match officials at midfield for coin flip - After coin flip, teams take to the field of play on the appropriate side, and prepare for Referee to signal for kickoff
Kickoff	- At the discretion of, and signaled by, the Referee.
Halftime	- ONLY FIFTEEN (15) Minutes - Teams and Match Officials must be back on the field of play or bench area no later than thirteen (13) minutes after halftime whistle.
Fulltime + 45 minutes	- Completion of Match Forms. Teams will receive Final Match Forms via Email.



All M-OPL3 and W-OPL3 featuring two (2) Designated "B" Teams and all M-OPL U20 and W-OPL U20 matches

- Kickoff minus 60 minutes
- Latest Arrival of Teams and Match Officials at Designated Facility
 - Water / Ice / Cooler must be provided to Match Officials
 - Gates open to Spectators
 - Ticketing and Spectator Services begin (optional)
- Kickoff minus 40 minutes
- Field of Play is open for pre-game warm up session (max 30 minutes)
- Kickoff minus 20 minutes
- All OPL mandated signage must be installed per provided guidelines
 - Both teams submit FINAL Game Sheets via COMET
- Kickoff minus 10 minutes
- Pre-Game warm up ends. Both teams return to designated bench area
- Kickoff minus 8 minutes
- Starting XI for each team lines up on or near touch line in front of their designated bench area for final Equipment Check
 - All players and officials face the Canadian flag for the national anthem (optional)
- After Equipment Check/Anthem
- Teams Shake Hands (Away Team goes first)
 - After Handshakes, team captains meet match officials at midfield for coin flip
 - After coin flip, teams take to the field of play on the appropriate side, and prepare for Referee to signal for kickoff
- Kickoff
- At the discretion of, and signaled by, the Referee.
- Halftime
- ONLY FIFTEEN (15) Minutes
 - Teams and Match Officials must be back on the field of play or bench area no later than thirteen (13) minutes after halftime whistle.
- Fulltime + 30 minutes
- Completion of Match Forms. Teams will receive Final Match Forms via Email.



**** Please Note: ****

If the designated Field of Play is not available 40 minute prior to kickoff for the pre-game warm up for a M-OPL3, W-OPL3, M-OPL U20 or W-OPL U20 match, the home team must provide an appropriate warm up area (in close proximity to the field of play) for the away team and match officials.

Kickoff may be delayed up to ten (10) minutes to allow teams and match officials a brief warmup on the field of play to acclimatize themselves to the surface.



APPENDIX L – HEAD SHOT PHOTO SPECIFICATIONS

1. A high-resolution digital head shot photo is required for every player and team official that will participate in official OPL competition each year
 - a) Head Shot photos must be uploaded to COMET at the time of registration.
 - b) Player and team official registrations in COMET will not be approved by OPL Management if a headshot photo is not provided or if the provided photo does not conform with the requirements set forth herein, thereby rendering the player or team official ineligible to be added to an official match roster.
 - i. The uploading of Head Shot photos is the responsibility of the License Holder or Guest Club.
2. OPL reserves the right to contract a photographer to produce compliant head shot photos on a license holders' behalf should they be unable to comply with league established deadlines. The cost for this service will be invoiced to the license holder.
3. Guidelines for Taking High Quality Head-Shot Photos are as follows:
 - a) Photographer:
 - i. Stand in front of player, 4 to 5 feet distance from the player.
 - ii. Aim diagonally and downward at the seated player's face, while keeping torso in photo as well to capture club logo.
 - iii. Ensure the subject is clear and well-lit from front.
 - b) Player:
 - i. Squat position (seated if possible) looking up at camera.
 - ii. Keep back straight at all times, hands down.
 - c) Backdrop:
 - i. Clean, white background – not dark.
 - ii. Backdrop can include club logo, or league sponsor logo (if mandated by league).
4. Sample Photo:
 - a) Width should be 1024 pixels ideally to maximize web display.
 - b) Player clearly lit with club badge evident.
 - c) Shot is in focus and with light coloured background.
 - d) Photo file must be min. 125 dpi resolution.





5. Recommended Best Practices:

	
<p>Do:</p> <ul style="list-style-type: none"> - get close cropped photo with player face and club badge clearly in focus. - Team logo in background always ideal. 	<p>Do:</p> <ul style="list-style-type: none"> - use white/ light coloured team background
<p>Don't:</p> <ul style="list-style-type: none"> - Use a dark background as image can be difficult to discern, does not show as well on web/print 	<p>Don't:</p> <ul style="list-style-type: none"> - avoid photographer casting a shadow on the background as it obscures player's face

6. Photography Service Provider

- a) OPL has secured the services of a professional photographer that can provide head shots at a cost of \$500 + HST + travel cost. That price includes:
 - i. 2-hour team photo session
 - ii. Professional lighting
 - iii. Supply of backdrop
 - iv. Photo editing after the shoot
- b) Any License Holder that wishes to reserve the services of this contractor should contact the OPL League Administrator through email to coordinate the booking (admin@league1.ca)



APPENDIX M – OPL BRAND GUIDELINES

1. The OPL marks and logos may not be altered in any way, specifically around colours, proportions, font, and any other manner without the express written consent of League1 Ontario Inc.
2. OPL may change or update these marks and logos at any time and will provide adequate notice for License Holders to update their materials.
3. OPL License Holders are strongly encouraged to use the OPL logo on their website and official correspondence but may not alter the marks.
4. Official OPL logos for all corporate advertising and branding applications are as follows:

PRIMARY / PREFERRED LOGO



ALTERNATE LOGO



ONTARIO RED:

PANTONE: 1788c
RGB: 238, 39, 55
HEX: #EE2737
CMYK: 0, 90, 83, 0

ONTARIO BLUE:

PANTONE: 280c
RGB: 1, 33, 105
HEX: #012169
CMYK: 99, 69, 0, 59





APPENDIX N – GUIDELINES FOR GRANTING PERMITS FOR 2009-2010 BORN PLAYERS

1. OPL Compliance and Standards

- a) OPL is sanctioned by Ontario Soccer and adheres strictly to all rules and regulations set forth by Ontario Soccer governing leagues and team entries.
- b) OPL aligns with the principles of Long-Term Athlete Development, prioritizing Player Welfare at all times.

2. Age Eligibility for Official OPL Competitions for the 2026 season.

- a) For the 2026 season, players born in 2008 or earlier may be rostered to any OPL Team ("A" team, "B" team or "C" team), and they can also be called up, without permit, from any eligible lower-level team.
- b) Players born in 2009 and 2010 may be rostered to any OPL team ("A" team, "B" team or "C" team) if the player meets at least one of the criteria required to be granted an "Exceptional Player Permit".
- c) Players born in 2009 and 2010 players that are not eligible for the "Exceptional Player Permit" may also be rostered to an OPL team if the player is granted a "Special Circumstances Permit" by league management.
 - i. Players granted a "Special Circumstances Permit" shall only be registered to a License Holder's designated "B" or "C" team, which competes in one of M-OPL3, W-OPL3, M-OPL U20 or W-OPL U20, but may be called up to a License Holder's designated "A" team after completing a five (5) match probationary period playing for the License Holder's "B" and/or "C" teams.
- d) Players born in 2009 may be called up from a License Holder's OPDL U17 team to that License Holder's designated "A" Team, "B" Team or "C" Team, without any restrictions or permits required.
- e) Players born in 2010 may be called up from a License Holder's OPDL U16 or U17 team to that License Holder's designated "B" Team and/or "C" team, but only after being granted an "Exceptional Player Permit" or "Special Circumstances Permit" by OPL Management.

3. Exceptional Player Permit Evaluation Criteria

- a) OPL reserves the right to consider all Exceptional Player Permit application submissions, but priority will be given to players already identified as being "exceptional talents" by having met at least one (1) of the following criteria:
 - i. Selected for a Canada Soccer Youth or Senior National Team Camp between 2022 and 2026.
 - ii. Selected for a Youth or Senior National Team Camp of a nation other than Canada between 2022 and 2026
 - iii. Selected by a Canadian Premier League Club to participate in First Team training opportunities between 2022 and 2026.
 - iv. Selected to join an Major League Soccer or Canadian Premier League club academy between 2021 and 2026.
 - v. Selected in the Ontario Regional Excel Super Center, the National Development Centre Ontario, or another REX/NDC program overseen by Canada Soccer between 2022 and 2026.
 - vi. Participation in an Ontario Soccer Provincial Xcel Team between 2022 and 2026.
- b) An Exceptional Player Permit may also be granted to a player born in 2009 who has been registered to the License Holder's youth teams during the 2022, 2023, 2024, and 2025 outdoor seasons consecutively.
- c) Upon receipt of the Exceptional Player Permit Application and all supporting documentation and evidence, OPL shall convene a review panel to consider the applications. The panel will consult Ontario Soccer management as required on matters involving permit eligibility.
- d) There is no limit to the number of players that are granted an Exceptional Player Permit that can be registered to a single team in any season

4. Special Circumstances Permit Application Review Process

- a) A License Holder's Technical Director or Team Head Coach must complete the "Special Circumstances Permit" application form and provide all the information required.



- b) Upon receipt of the Special Player Permit Application and all supporting documentation and evidence, OPL shall convene a review panel to consider the applications. The panel will consult Ontario Soccer management as required on matters involving permit eligibility.
 - c) **Special Circumstances Permits will be strictly limited to players that demonstrate to the satisfaction of the review panel that they are able to thrive at the OPL level of play.**
5. Permit Monitoring and Evaluation for Recipients of the Exceptional Circumstances Permit
- a) OPL Management shall receive an interim report for each player that has been granted a Special Circumstances Permit after they have appeared in five (5) official OPL matches for that License Holder's designated "B" Team and/or "C" Team, which participates in one of M-OPL3, W-OPL3, M-OPL U20 or W-OPL U20.
 - i. The club's Technical Director or designate shall be responsible for submitting the interim report.
 - ii. The report shall be supported by match video footage focusing on the player in question, preferably using clips extracted from the MSA video analysis platform. Please note that MSA will generate the required video footage for a fee.
 - iii. Failure to submit the report and video by the deadline will result in immediate revocation of the permit.
 - b) The OPL review panel will analyze the submitted information. A meeting may be required with the respective team's Head Coach and/or Technical Director to evaluate the player's suitability for continued participation in official OPL competitions.



APPENDIX O – CANADIAN CHAMPIONSHIP ROSTER DECLARATION REGULATIONS

1. The OPL teams that have qualified for the Canadian Championship, organized by Canada Soccer, shall will be required to field their first team eligible roster players for the tournament.
2. All players must be registered with the participating OPL club via the COMET Competition Management System and with the National Association via Canada Connect.
3. Clubs must submit a 35-player roster declaration via the COMET no later than seven (7) days prior to the team's opening match in the Competition. This list is binding and must contain the names of a minimum of 20 players and no more than 35.
 - a) All players submitted on the Roster Declaration shall also have been duly registered in the Ontario Soccer online registration system and assigned to the roster of that License Holder's designed OPL "A" Team or to the roster of lower-level teams participating in OPL competition that are operated by the License Holder.
4. If the submitted roster declaration does not include the maximum 35 players, then additional players may be added, provided the maximum of 35 players is not exceeded.
5. Participating clubs must submit a maximum 23-player roster (and no less than 18 players) via COMET, no later than forty-eight (48) hours prior to each match. The players selected shall have been named on the 35-player competition roster declaration.
 - a) The 23-player roster must also be shared with the opposing team no later than forty-eight (48) hours prior to each match.
6. For the purposes of this competition, to be eligible to be considered as a Canadian player, a player must be a Canadian citizen and/or hold a Canadian passport.
7. Players must hold a valid passport, national identity card or a current Provincial or nationally issued driver's license; otherwise, they will not be permitted to play. At the Match Coordination Meeting of each team's first match in the Competition, the identification documentation for all players listed on the 35-player roster will be verified by Canada Soccer.
 - a) At subsequent games, player identification will be required for any player listed on the 35-player roster whose identification has not previously been verified by Canada Soccer.
8. Once a player has appeared on the field for a club in the Canadian Championship, that player may not appear for any other club for the duration of the Competition in that year.
9. Players registered to an affiliated organization are not permitted to be included on the Roster Declaration and cannot be called in to play in the Canadian Championship tournament. Temporary Eligibility Permits are also not permitted in the Canadian Championship tournament.
10. The participating clubs shall submit to the General Coordinator, via COMET, their final roster of twenty (20) players for the match, from their list of twenty-three (23) players, no later than ninety (90) minutes before the scheduled kick-off time.
11. At least three (3) Canadian players, as defined in line item 6 above, shall be listed as starters for any match in the Competition.
12. At least three (3) U23 Canadian (born on or after 1 January 2003) players shall be listed on the final roster.
13. Refer to the Competition Regulations provided by Canada Soccer for all other roster and competition regulations.



APPENDIX P – TRIALS/TRYOUTS & SHORT-TERM PLAYER REGISTRATIONS (STRP)

WHEN TO APPLY FOR A TRIAL/TRYOUT PERMIT

1. If a player is registered in the Ontario Soccer registration system for the 2025-26 Indoor Soccer Season or the 2026 Outdoor Soccer Season and wishes to participate in trial/tryout activities with an OPL team other than the one that they are presently registered to, that player must complete an OPL Trial/Tryout form, which must indicate the name of the OPL club and team for which they wish to trial/tryout for.
 - a) A player shall only be permitted to participate in Trial/Tryout activities, including exhibition matches, during the timeframe that their current Ontario Soccer registration (2025-26 Indoor Season or 2026 Outdoor Season) is valid.
 - b) The Trial Player shall not be eligible for inclusion on the match-day roster for any official OPL Competition. They shall only be eligible to be included on the match-day roster for an official OPL Match after being properly registered to an OPL team in the Ontario Soccer player registration system, in accordance with the regulations established in Section 4.1 of this document.
 - c) The OPL team that has invited the already registered player to participate in trial/tryout activities must submit proof of the Trial Player's current Ontario Soccer registration, together with the completed OPL Trial/Tryout form, to the OPL League Administrator for approval prior to allowing the player to participate in any Trial/Tryout activities.
 - i. The OPL team that has invited the already registered player to Trial/Tryout shall be responsible for securing any and all required documentation from the player to prove their registration status.
 - d) If an OPL team discovers that a potential Trialist is currently registered by another OPL team, written permission is required from the team that has already registered the player in order for the other OPL team to invite the player in question to participate in Trial/Tryout activities. That OPL team that has already registered the player in question is under no obligation to provide such permission.
 - i. The OPL League Administrator will not approve an OPL Trial/Tryout form submission where the Trial Player's current club is a License Holder without receiving written confirmation granting permission for the player in question to participate in Trial/Tryout activities with another OPL club.
 - e) There is no fee associated with the approval of an OPL Trial/Tryout form that meets all the established criteria.

WHEN TO APPLY FOR A SHORT-TERM REGISTRATION PERMIT (STRP)

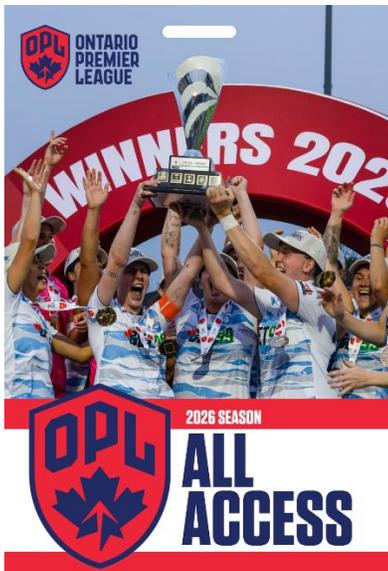
1. If a player is not currently registered in the Ontario Soccer registration system for the 2025-26 Indoor Soccer Season or the 2026 Outdoor Season and wishes to participate in Trial/Tryout activities with an OPL club, including participating in Exhibition matches, that player shall complete the Short-Term Registration Permit (hereinafter referred to as the STRP). The STRP shall be used by OPL teams to register players with Ontario Soccer for the purpose of:
 - a) participating in any type of Tryout/Trial with the OPL team,
 - b) participating in Exhibition matches that are not part of the official OPL schedule, and/or
 - c) participating in training sessions only (with no intention of participating in an official OPL match).
2. The STRP requires approval by the OPL League Administrator in order to be valid and it remains valid for a maximum of thirty (30) days after being approved.
3. The STRP application must be signed by the player (or parent/legal guardian, if the player is not yet 18 years of age at the time of signing the document) prior to participating in a tryout/trial/training sessions or participating in an Exhibition match.
4. Players registered by an OPL team in the Ontario Soccer official registration system solely with an STRP shall not be eligible for inclusion on the match-day roster by an OPL team for any official OPL competition.
5. An administration fee of \$10 shall be charged to the OPL team for each STRP that is approved by the OPL League Administrator. OPL teams will be invoiced by Ontario Soccer directly for each STRP that is approved.



APPENDIX Q – LEAGUE ISSUED ACCREDITATION DEVICES - 2026 SEASON

OPL will issue three (3) different accreditation devices for the 2026 season which shall grant free entry to any official OPL match to the individual presenting their accreditation at the entry gate.

Terms of Access are noted on the backside of each pass and must be adhered to by the Pass holder and access granted at the venue by the OPL License Holder.



THIS BADGE IS PROVIDED TO:

- ALL MATCH OFFICIALS,
- OPL STAFF
- OPL BOARD DIRECTORS
- OPL MDOCs
- CPL SENIOR STAFF

A PERSON BEARING THIS PASS SHALL HAVE ACCESS TO ALL ZONES IN THE MATCH DAY FACILITY, INCLUDING SPECTATOR SEATING.

THIS INCLUDES ACCESS TO ALL BACK-OF-HOUSE AREAS



THIS BADGE IS PRIMARILY PROVIDED TO OPL LICENSE HOLDERS.

EACH CLUB WILL RECEIVE FIVE (5) BADGES MINIMUM.

CLUBS SHALL BE RESPONSIBLE FOR DISTRIBUTING THEIR PASSES TO MEMBERS OF THEIR ORGANIZATION

THESE BADGES ARE ALSO PROVIDED TO:

- ONTARIO SOCCER STAFF
- DISTRICT ASSOC. STAFF
- VIPS

A PERSON BEARING THIS PASS SHALL HAVE ACCESS SPECTATOR SEATING FREE OF CHARGE.



THIS BADGE IS PROVIDED TO MEDIA MEMBERS, INCLUDING:

- PHOTOJOURNALISTS
- VIDEO JOURNALISTS
- PRINT MEDIA/BLOGGERS
- RADIO & TV JOURNALISTS
- LEAGUE APPOINTED MEDIA (INCLUDING LIVESTREAM CREW)
- CLUB MEDIA

A PERSON BEARING THIS PASS SHALL HAVE ACCESS TO DESIGNATED MEDIA WORK AREAS (PRESS BOX, MEDIA TENT, MIXED ZONE, ETC) AS WELL AS SPECTATOR SEATING.

TEAM PHOTOGRAPHERS TRAVELLING TO AWAY GAMES SHALL REQUIRE A MEDIA PASS AND A DISTINCTIVE PINNIE TO HAVE FIELD OF PLAY ACCESS



APPENDIX R – FIELD OF PLAY ACCESS FOR ACCREDITED MEDIA

1. General Provisions and Eligibility

- a) Individuals attending an official OPL match for the purpose of providing media coverage shall possess a valid league-issued media credential to gain complimentary entry to the stadium venue on match-day. Possession of such a credential grants conditional access to designated perimeter areas of the field of play, subject to the following regulations:

2. General Access Conditions

- a) Members of the working media are granted access to the field of play on the strict condition that they do not impede, obstruct, or otherwise interfere with match play or the duties of the Match Officials.
- b) The Home Team and/or the Match Officials reserves the right to restrict or revoke access immediately if a media representative is deemed to be disruptive or otherwise negatively impacting to the sporting integrity of the match.

3. Authorized Field Zones

- a) Members of the working media are permitted to operate only within the following designated areas:
 - i) Spectator Seating Area: Access is permitted along the spectator side of the field, provided a minimum buffer zone of 2 meters is maintained from the touchline at all times.
 - ii) Behind the Goal Line: Access is permitted in the area between the corner flag and the 18-yard box. A minimum buffer of 2 meters from the goal line shall be maintained at all times. For the safety of players and match officials, media members are strictly prohibited from the area directly behind the goal.
 - iii) Technical Area (Team Benches): Access to the side of the Field of Play where the Team Benches are located shall be limited. Where permitted, media members shall maintain a minimum distance of 5 meters from the boundaries of the two teams' Technical Areas. Media personnel are strictly prohibited from entering a team's Technical Area at any time, including pre-match, halftime, and post-match intervals.
 - iv) Media Mixed Zone: Members of the working media may interview players and team officials immediately following an official OPL match at the Mixed Zone set up by the Home Team.

4. Inclusion of Team Media Staff on Match-Day Roster

- a) Individuals attending a match in the capacity of accredited media may not be listed on the official match-day roster for a match that they are working a member of the media, even if they are an official media staff person for one of the teams participating in the match.
- b) Team Media Staff shall never actively comment on the match they are covering from pitchside, nor shall they partake in providing coaching instructions.



APPENDIX S - POLICY ON TRANSGENDER ATHLETES

1. OPL license holders will adhere to the following policy regarding transgender athletes, as found in Section 5.13 (Transgender Player) of Ontario Soccer's Operating Policies:

As per Canada Soccer Policy regarding Transgender Players, the following operational procedure shall apply unless otherwise stipulated and will be assessed accordingly.

For the purpose of registration on gender-based amateur teams, a player may register with the gender team with which the player identifies, and confirmation sufficient for guaranteeing access shall be satisfied by documentation or evidence that shows the stated gender is sincerely held, and part of a person's core identity. Documentation satisfying the herein stated standard includes, but is not limited to, government-issued documentation or documentation prepared by a health care provider, counsellor, or other qualified professional not related to the player.



APPENDIX T – SMOKE AND INCINDIARY DEVICE DISCHARGE POLICY

1. The following regulations are intended to ensure that clubs and fans are able to create a unique and enjoyable atmosphere at all official OPL matches while also ensuring the safety and wellbeing of players, team staff, match officials, stadium staff and spectators alike.
2. Home Team stadium staff will be expected to apply these regulations in a proactive way.
3. The use and discharge of smoke devices or any other incendiary device within the perimeter of a stadium used to host official OPL matches are permitted if:
 - a) The discharge of said device is completely under the control of the home team/stadium operator's staff and approved by the local fire authority, and/or
 - b) The device is discharged by supporters in an area designated by the home team/stadium operator's staff, which is monitored by security and approved by of the home team/stadium staff and local fire authority.
4. Where the home team/stadium staff authorizes supporters to discharge a smoke device or other incendiary device in a controlled and supervised manner, further restrictions shall apply, as follows:
 - a) The smoke/incendiary device must be purchased by the home team or stadium operator.
 - b) The smoke/incendiary device must be safely stored by the home team or stadium operator.
 - c) The device must be approved in advance by the local fire authority.
 - d) The device must be discharged by an individual who has been instructed by the home team or stadium operator's staff as to how to safely discharge said device during a match.
5. The Home Team, in conjunction with the stadium operator's staff (if applicable) shall establish an agreement for the timing and frequency of smoke and incendiary device discharge.
 - a) The disregard or abuse of such agreement shall result in the loss of smoke privileges.
6. NO spectator shall enter a stadium hosting an official OPL match in possession of pyrotechnics, smoke flares, fireworks, or other incendiary devices.
7. Any person found entering a stadium hosting an official OPL match that is in possession of prohibited smoke/incendiary device equipment or that is identified setting off any said devices without prior approval of the Home Team or Stadium Operator, will be banned from all OPL matches and events:
 - a) First offense: One (1) year ban.
 - b) Second offense: Lifetime ban.
8. Any Home Team that fails to exhibit appropriate controls over the use of smoke devices or other incendiary devices within the grounds of their stadium on official OPL match days and where pyrotechnic, smoke flares, fireworks, or other similar equipment is discharged in the spectator area in a manner that does not comply with this policy, that team will be subject to discipline in accordance with the OPL Discipline Code, as follows.
 - a) First violation: Warning, in writing, to the club.
 - b) Second and All Subsequent violations: Fine + a one (1) match ban on all smoke/incendiary device use



APPENDIX U – SPECIAL ROSTER RULES FOR ACADEMY TEAMS OF PROFESSIONAL CLUBS AND NATIONAL DEVELOPMENT CENTRE TEAMS FOR THE 2026 SEASON

1. The following roster regulations apply only to the Academy Teams of Professional Soccer Clubs operating at a higher level than OPL (e.g. Canadian Premier League, Northern Super League, Major League Soccer, etc.), as well as to teams operated by Canada Soccer's National Development Centre Ontario.
2. OPL "A" Teams operated by clubs operating in Higher Level Professional Leagues
 - a) If a License Holder also operates a team(s) in a higher-level professional soccer league that is sanctioned by Canada Soccer, that License Holder's designated "A" team that participates in OPL1, OPL2 or OPL3 will be restricted to operating as a U21 Team. For the 2026 season, U21 players are those born in 2005 or later.
 - i. Such teams shall be permitted to register a maximum of three (3) U23 players to their OPL "A" team roster. For the 2026 season, U23 players are those born 2003 or later.
 - b) As per section 4.3 (d) of this document, a License holder that also operates a team(s) in a higher-level professional soccer league shall have their designated "A" team that participates in OPL1, OPL2 or OPL3 automatically designated as a reserve team to that organization's professional team(s).
 - i. As such, and in accordance with Canada Soccer regulations, that designated "A" team that participates in OPL1, OPL2 or OPL3 may accept, players that are signed to professional contracts by that parent organization's higher-level professional team(s) on a short-term loan basis.
 - ii. The OPL "A" team is permitted to accept no more than two (2) outfield players and one (1) goalkeeper on a short-term loan basis for each regular-season match. Loan Players are not permitted for League Cup Matches.
3. OPL "A" Teams operated by a Canada Soccer National Development Centre
 - a) Whereby a License Holder is operated by Canada Soccer's National Development Centre, that License Holder's "A" team that participates in W-OPL1, W-OPL2 or W-OPL3 will be restricted to operating as a U19 Team. For the 2026 season, U19 players are those born in 2007 or later.
 - b) No players born 2006 or earlier may be registered to that License Holder's "A" Team roster for OPL competition.