



RULES – COACHES (YLL)

(COMP- REV. Apr. 2014)



SPECIFIC RULES FOR RECREATIONAL SOCCER

All games are played in accordance with FIFA rules, FSQ rules, ARS Lac St-Louis policies and as modified by the following rules and regulations of the league. *U11 will play 9 v 9 soccer, U12-U18 will play 11 v 11 soccer.*

FSQ rules and regulations: http://www.federation-soccer.qc.ca/index.php?option=com_content&view=article&id=162&Itemid=87

A forfeited game leads to 3-0 score (or the score stands – the better of the two for the winning team) and a 1-point loss from the standings.

Any forfeited games might lead to team disqualification from the Playoff Games.

YLL = Youth Ligue Local U11 to U18

YLL-1 COACHES' RESPONSIBILITIES

- a) Coaches must behave in a responsible manner (FIFA Law 5).
- b) Coaches of both teams are responsible for the security of all players, coaches, spectators, referees, and assistant referees, before, during and after game.
- c) All coaches should be working towards becoming a "Certified Community Coach" **or attend the new course offered by the ARS Lac St-Louis.**
- d) **Starting in 2017, a proof of coaching certification must be presented in order to complete the coaches' affiliation cards. Coaches must be affiliated with their club.**
- e) Coaches of teams must provide FSQ affiliation cards for players and coaches and a pre-printed official league game sheet (using PTS-ligue, mandatory for U18) or a completed CLEAR, LEGIBLE PRINT (no labels) game sheet to the referee 15 minutes prior to the start of the game.
- f) **All players (incl. reserves) and all coaches must carry active affiliation cards validated for the current season.** Failure to comply will result in a **3-0** forfeited game and a fine of **\$25**.
- g) Once a game starts, any coach or club official who withdraw their team from a game or refuses to continue their teams participation in a game will forfeit the game **3-0** (or the score stands – the better of the two for the winning team), lose 1 point from the standings (-1) and be fined **\$50**.
- h) **Before signing the game sheet**, the coaches must ensure that the absentees are crossed off and that the game score, the scorers, cautions & expulsions are correct upon collecting of the affiliation cards & official league games sheet. Any intended protest must be noted on the game sheet immediately after the game and filed with league within 2 days. It is the coach's responsibility to collect his game sheets and affiliation cards after the game. Game sheets must be completed in their entirety including date, team name, category, game number, full name of players, coaches and monitors with affiliation card numbers and any other require information (i.e. reserve player ("R"), player serving suspensions, etc...). Failure to do this will result in a fine of **\$25**. No addition(s) or modifications will be permitted by the teams' staff on the game sheet after the game is started.
- i) All teams must have a registered coach at each game. Failure to have a coach will result in a **3-0** forfeited game.
- j) **U18 only:** Coaches must review data registered by the referee within 48 hours of their posting on PTS-ligue. If nothing has been entered, the coach precedes to post the teams statistics & final score. All results are final and are to be validated by the statistician as soon as possible but no later than 21 days after the final whistle (FSQ r.f. #23.3).
- k) **Local U11 to U16:** Before season starts each zone must establish their procedure on how to process game sheets, they must then inform their member and the regional comity of this procedure.
- l) **If and when desired by each Zone Committee**, the standings, statistics and actual game scores are posted on the web site (www.tsisports.ca). If there is a score posted that is deemed incorrect by a coach, there will be a 10 (ten) day time limit from the date the game was played to request a review. Requests are to be made in writing (or by e-mail) by the team's club representative and clear legible copies of the game sheets must be forwarded to the YLL or Zone league statistician. After that date no changes will be permitted in scores and/or standings.

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- m) Spectators and coaches are not allowed to be behind the goal lines or to run up and down the touchlines coaching. Spectators must be located on the side of the field opposite that of the teams at all times and at least two (2) metres from the touch line. Players and coaches must remain within their technical area as defined by FIFA (1 m from the touch line and 1 m from each end of the players' bench). Player substitution must be made at the midfield line.
- n) Coaches must ensure that their spectators never enter the field of play. Failure to comply will result in a **3-0** forfeit to the offending team. Teams will be subject to further disciplinary action by the YLL Committee or regional discipline.
- o) Only identified YLL Committee Members, LSL officials, referees, personnel and players with affiliation cards are permitted on the field or on the teams' side of the field at any time. A maximum of three (3) coaches & managers (excluding physio or athletic therapists) **a maximum of 20 players (for 9 v 9) or a maximum of 25 players (for 11 v 11)** are permitted in the team's technical area. They must all be listed on the game sheet. ONLY in the event of an injury requiring the help of a spectator or a trained first-aid giver, the referee may approve the presence of an extra person on the field or in the team's technical area during the time required to provide medical attention. Failure to comply will result in a **3-0** forfeit by the offending team.
- p) Coaches are responsible for recording on the official league game sheet, in the suspensions' section, all suspensions being served/purged.
- q) Coaches are responsible for ensuring that the players and coaches that are participating in the game are checked off by the referee. Any players or coaches not crossed off are deemed to have participated in the game. All other players and coaches must be crossed off before the start of the second half.
- r) Smoking is not permitted at the players' bench at any given time before, during or after a game. Failure to comply will lead to sanctions from the YLL Committee.
- s) No alcoholic beverages or drugs are permitted in the team's technical area. Failure to comply will lead to sanctions from the Regional / Zone League Committee/regional discipline.
- t) Coaches will not attempt to unduly influence the referee's decisions. Disciplinary actions may be taken by the YLL Committee.

YLL-2 LATE ARRIVALS

- a) If a team is unable to meet the following minimum requirement of players at 15 minutes after the scheduled start time of the game, the game will be awarded to the opposing team by a score of **3-0**:
 - i. 9 v 9 (U11): 6 players + 1 coach
 - ii. 11 v 11 (U12 to U18): 7 players + 1 coach
- a) Late arrival exceptions noted under YLL-3.

YLL-3 TEAMS FAILING TO APPEAR

- a) Any team unable to appear for a scheduled game must notify the opposing team, league statistician and YLL administrator at least 3 business days in advance. The game will be awarded to the opposing team by a score of **3-0**. Two such forfeits by any team will result in a fine of **\$50**.
- b) If a team fails to give the 3 (three) business days notice, the game will be forfeited by the forfeiting team by a score of **3-0**. 1 point will be removed from its standings, a **\$75** fine will be levied and the team will be disqualified from participating in the Playoffs.
- c) Any exceptional circumstances may be addressed by the YLL Committee.

YLL-4 VALID AND INVALID GAMES

- a) A game will be forfeited to the opposing team by a score of **3-0** if a team fields less than 6 (9 v 9 game) or 7 (11 v 11 game) active players; plays a suspended or illegal player(s); plays players without valid affiliation cards; or if a suspended coach is present within the technical area during the game or is listed as a coach on the official league game sheet.
- b) The duration of the game shall be set as follows:

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Age Category	Length of Game	Valid Game
U11	2 equal periods of 25 minutes	35 out of 50 minutes
U12	2 equal periods of 30 minutes	30 out of 60 minutes
U13 – U14	2 equal periods of 35 minutes	35 out of 70 minutes
U15 – U16	2 equal periods of 40 minutes	40 out of 80 minutes
U17 – U18	2 equal periods of 45 minutes	45 out of 90 minutes

- i. The YLL Committee may shorten the length of games in order to accommodate field availability.
 - ii. Overtime will not be played in regular season league games.
- c) Should the referee abandon a game for reasons other than weather and before the above period has been played, the YLL Committee, following receipt of the referee's report, will decide on the validity of the game.
 - d) In the event that circumstances do not permit the playing of the full duration of a match, and when the referee has prior knowledge of such before the match commences, the referee has the power to shorten each half so as to make them equal and of sufficient duration to complete a valid game (see YLL-4.b). In such situations, both coaches must be advised of the reason for the alteration in time and, as well, the new duration of the halves. The referee is obliged to report the irregularity in writing on the official league game sheet.
 - e) In the event that 2 unequal halves are played for reasons other than YLL-4.d, but more than the time required for the game to be valid, the final score will stand. The referee shall be obliged to report the irregularity in writing on the official league game sheet.
 - f) In the event that the referee ends the first half before the end of its official time, the referee may after advising the opposing coaches of his decision:
 - i. Play the missing time before the start of half time, starting with a drop ball from the position where play ended or at center field.
 - ii. Play the second half equal in time to the first half, providing that the total time played equals the minimum time for a valid game
 - iii. Play the correct length of time for the second half providing that the total time played equals the minimum time for a valid game
 - iv. Coaches will not attempt to unduly influence the referee's decision.
 - v. The referee shall be obliged to report the irregularity in writing on the official league game sheet.

N.B. any disruption to a game's normal progression or refusal to start a game can constitute a withdrawal

YLL-5 LEAGUE STANDINGS

- a) Point are awarded as follows:
 - 3 (three) point for a win
 - 1 (one) point for a tie
 - 0 (zero) points for a loss
 - -1 (minus one) point for a forfeit
- b) League standings shall be determined by points gained or removed according to YLL-5.a.
- c) In the event of a tie at the end of the regular season, the final standings shall be determined by the following (FSQ competitions art. 59):
 - i. The highest number of points obtained;
 - ii. The highest number of points obtained in games between the teams concerned;
 - iii. The goal difference (in games between the teams concerned);
 - iv. The greatest number of wins;
 - v. The greatest goal difference overall;
 - vi. The highest number of goals scored;
 - vii. Random draw.

YLL-6 COOLING-OFF PERIOD

– reserved –

YLL-7 PLAYER REGISTRATION

- a) Player registration shall be in accordance with the F.S.Q “règles de fonctionnement” (section 1) or as modified by Lac St. Louis Region.
- b) By the last Friday before the beginning of the season, the player lists must be entered in PTS-reg within the following parameters (FSQ art. 35.9.4):
 - i. 9 v 9 (U11): min. 12 → max. 20 players
 - ii. 11 v 11 (U12 to U18): min. 14 → max. 25 playersALL YLL affiliation cards must be validated by the Region.
Player’s affiliation card must be ready prior to the teams’ first game of the season, if not they will not be eligible to play.
Reserve players must be noted on the game sheet in the comments column.
- c) All reserve players must carry an active and validated affiliation card. Failure to comply will result in a **3-0** forfeited game and a fine of **\$25**.
- d) Any player suspended by a club or by the region for administrative reasons should not be able to affiliate with another club while the suspension is in force (rev. 16-Feb-11, Presidents’ meeting).
- e) Any team who plays a suspended player will forfeit their game by a score of **3-0** and have 1 point removed from their standings).

YLL-8 NUMBER OF PLAYERS

9 v 9 game: A maximum of 20 uniformed (club colours) active players may be listed on the game sheet or participate per game. Players sitting at the bench must wear a bib/pinnie at all times. No other players are allowed in the team’s technical area. Failure to comply will result in a forfeit of **3-0**.

11 v 11 game: A maximum of 25 uniformed (club colours) active players may be listed on the game sheet or participate per game. Players sitting at the bench must wear a bib/pinnie at all times. No other players are allowed in the team’s technical area. Failure to comply will result in a forfeit of **3-0**.

YLL-9 FIELD OF PLAY & EQUIPEMENT

- a) FIELD OF PLAY: Clubs must ensure that their fields are in safe and playable condition at all times. The Receiving Club will be held responsible if the following field requirements are not met:
 - All fields MUST be properly marked and equipped with two (2) player benches on one same side of the fields and goals on opposite sides.
 - All goals must have nets that are in good condition: no holes or openings larger than 15 cm x 15 cm (6 in x 6 in) and are properly attached to the goal frame on all sides and to the ground to a distance of at least 1 m (3 ft 3 in) behind the goal line.
 - All goals must be anchored and secured to the ground or designed and approved for use on artificial fields.
 - Approved corner flags at least 1.5 m (5 ft) high, must be installed for every game. Games may be played in the absence of 4 corner flags however the club will be fined.
 - Referee or coaches must indicate any non-respect of rule YLL-9.a on the game sheet. No subsequent complaints will be received if not marked on the game sheet.
 - It is the receiving Club’s obligation and responsibility to address any issues with their borough/city and to advise the YLL Committee of any condition affecting the safety of the players and/or changes to the schedule caused by field conditions.
 - NO protest will be heard in relation to the condition of a field.
- b) BALL:

U12 & U13:	Size 4 circumference 25-26 inches (62-65 cm)
	Weight 12-14 ounces (330-390 gm)
U14-U21:	Size 5 circumference 27-28 inches (68-71 cm)

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Weight 14-16 ounces (397-453 gm)

All balls must be inflated to a pressure of 8.5 – 15.6 lbs. per square inch. Unstitched, vulcanised balls are not permitted. COACHES MUST ENSURE THAT GAME BALLS ARE PROPERLY INFLATED. The home team coach is responsible for providing one (1) or two (2) official league game balls. If not available, the referee may approach the visiting team for theirs or use any other appropriate ball, which must be in playable condition and meet the appropriate specifications.

c) PLAYERS:

- i. All players must wear complete club-issued uniforms (jersey, short, socks) of the same colour as registered by their Club (as per FIFA Law 4).
- ii. Goalkeepers must wear a jersey of a colour distinguishable from those of the other players of both teams and the referee. They may wear either shorts or pants. Shorts, pants and socks may be of a different colour than that of their team mates. If a keeper is replaced and wishes to play on the field, he/she is required to comply with YLL-9.c) i. above.
- iii. All players, including the goal keeper, must wear the jersey tucked in at all times. Team jerseys must be numbered (with different numbers) on the back (6" minimum). **Numbers made out of tape (taped numbers) are not tolerated.** They must have un-rolled sleeves.
- iv. *-reserved-*
- v. Players may not switch numbers during the course of a game without permission from the referee. Under no circumstances may a player remove his/her shirt on the field of play.
- vi. Shin guards are mandatory in accordance with FIFA regulations and must be covered at all times during the game.
- vii. FIFA approved headgear may be worn.
- viii. No jewellery or dangerous objects may be worn.
- ix. Players are permitted to wear prescription eyewear & hearing aids. Sports goggles are strongly recommended.
- x. **No hard casts may be worn (plaster or fiberglass).**
- xi. **Orthopedic devices must not expose any metal parts.**
- xii. **FIFA Law 4 – The Players' Equipment: modification to the provisions by which male & female players can now wear head covers are posted on fifa.com.**

YLL-10 GAME RULES

SUBJECT TO THE PRIOR PERMISSION OF THE REFEREE, unlimited substitutions may be made as follows:

- after a goal;
- prior to a goal kick;
- at half time;
- when play has been stopped because of an injury (only the injured player may be substituted).
- at throw ins (substitution may be made by the team taking the throw in and ONLY if they make substitutions, may their opponent also substitute.)
- When play has been stopped and a player shown a yellow card, this player can be substituted by another player at the request of the player's coach

YLL-11 POSTPONED GAMES

- a) If a game must be postponed because of bad weather or poor field conditions, the Club Representatives must immediately inform the YLL Committee and Club Referee Assignor. Coaches must make every effort possible to advise their counterparts in a timely fashion.
- b) If fields are closed by the city / borough, the Club representative must immediately notify the YLL Committee & the club referee assignor of the details by phone and e-mail. The Club representative & Coaches must make every effort possible to advise their counterparts in a timely fashion.
- c) Should a game be cancelled by the referee, the referee must immediately notify the club referee assignor.



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- i. **LIGHTENING:** At the first sight of lightning followed by thunder within 30 seconds, game stops and teams must seek shelter. Game will resume after 10 minutes have passed without lightning or thunder. Teams cannot leave the premises until the referee officially calls the game and completes the game sheets. If enough time remains to resume the game, the referee must adjust his time and send in a report (YLL-4.d).
- d) Once the official schedule is published, games may only be rescheduled for tournaments, for any previously unscheduled and unknown official school or religious function, ONLY if 4 or more players are missing or 2 players and 1 goalie are missing. These requests must be submitted to the YLL Committee.
- e) Within 7 (seven) days of a posted postponed game, it is the receiving Club's responsibility to coordinate a date to reschedule the match with the visiting team, once agreed upon, the receiving club will provide this date to the Inter-Club Scheduler & YLL Committee. The Club Scheduler will inform the Club Referee assignor if applicable.

YLL-12 REFEREES

The home club shall assign and pay for qualified referees and assistant referees to officiate game, except for U17/18 where the head referee shall be assign by ARS Lac St-Louis. The "Home Club" Referee assignors will assign & pay a qualified referee & assistant referee(s) according to the chart:

	Men	Women
U18 L	Regional Referee Club Assistant Referees	Regional Referee Club Assistant Referees
U17 L	Regional Referee Club Assistant Referees	Regional Referee Club Assistant Referees
U11 to U16 L	Club Referee Club Assistant Referees	Club Referee Club Assistant Referees

Discipline reports for ejection must be filed with the Regional Discipline Committee for all U18 games. For all U11-U16 games the reports need to be sent to the Zone League Committee if there are any ejections or major problems in their game.

Any ejected coach will be summoned to appear before the Regional Discipline Committee.

YLL-13 CLUB COLOURS

- a) At the time of registration, all teams shall declare their official club jersey, shorts and sock colours.
- b) All teams must carry numbered jerseys or pinnies of an alternate colour to every game.
- c) Jerseys or pinnies must be numbered – **NO TAPE TO NUMBER JERSEYS**
 - i. numbers must be at least 6" high on the back
 - ii. numbers must be clear & distinctive
 - iii. each jersey or pinnie worn by team members during a game must have a unique number
- d) The home team must wear their declared colours.
- e) If there is a conflict the visiting team must change.
- f) There will be a fine of **\$10** if the visiting team does not have alternates. The game will be rescheduled should the referee deem the game not playable.

YLL-14 AUTOMATIC LEAGUE SANCTIONS

Unless otherwise specified, a suspension = no regional soccer activities until suspension has been served. This applies to all functions an affiliated member may hold (player, coaching staff member, referee).

- a) All player suspensions are to be served with the team that they were "earned".

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- b) All coach suspensions must be served at the category where he/she was ejected. The coach may NOT participate in **any regional activities** until the suspensions have been purged. It is not necessary to show a coach a red card in order for an expulsion to be official.
- c) When a player accumulates 2 cautions in one (1) game, he/she is automatically suspended for the next game. For U18 and any case forwarded by the Zone League Committees to the Regional Discipline Committee a **\$20** fine is levied (art. DC-9). Additional sanctions may be applied if the cautions are a result of misbehaviour. (These 2 cautions will not apply to rule YLL-14.e)
- d) When a player or coach that is expelled or red carded in a game, he/she is automatically suspended for the next game. For U18 and any case forwarded by the Zone League Committees to the Regional Discipline Committee a **\$20** fine is levied (art. DC-9).
- e) When a player accumulates a total of three 3 separate cautions during the season, he/she is automatically suspended for the next game. (FSQ art. 26.1)
- f) Suspensions remain in force until the players and/or coaches have his/her name and affiliation card number indicated on the subsequent game sheet(s) for multiple game suspensions, as serving a suspension. Suspensions will carry over to the next YLL game(s) ,including playoff, series, cup games and following year (even carry to U21 , metro or senior league)
- g) Additional discipline will follow the regional discipline guideline.
- h) The YLL Committee or Regional Discipline Committee may decide that the governing club of any player, coach, parent, spectator, team or official found at fault in a major breach of rules will be required to post a one thousand dollars (\$1,000.00) behaviour bond for the remainder of the current season and the subsequent season.
 - i. The bond must be posted by the specified date otherwise all teams involved in any regionally sanctioned play will forfeit all subsequent games and honours for the current season and will be excluded from all subsequent playoff games for that year.
 - ii. If the bond is not posted by the specified date, the club will be placed in bad standing.
 - iii. If the bond is not posted the club will not be permitted to participate in any subsequent competitions until the full bond is posted.
 - iv. This bond will be returned at the end of the subsequent season if no major breach of rules at any level occurs.
 - v. This bond will be forfeited if any subsequent major breach of rules occurs at any level by any player, any coach, any parent, any spectator, any team or any club official. The YLL Committee, Regional Discipline Committee or Regional Board may impose additional fines, sanctions or placement of the club in bad standing. Another bond of one thousand dollars (\$1,000.00) must be submitted within one (1) week of official notification of forfeiture of bond.

YLL-15 PLAYER MOVEMENT

1. Call-ups

- a) A player may play up one category or two (as indicated by the year of birth) i.e. a U-13 playing U-13/14 player is not permitted to play as a reserve with a U-15/16 team. No player is allowed to play in a category lower that for which they are registered. ALL reserve (call-up) players must present a valid regional affiliation card on the field prior to the start of the game.
- b) A registered local call-up player shall only be allowed to play a maximum of seven (7) regular season or tournament games. Should it occur that a player be called for an 8th game, (including post-season playoff), the player would become an illegal player thus penalising the team according to the illegal player ruling. A registered call-up local player can only be a call up for one (1) higher category YLL team during the entire season. They are, however, also allowed to be a call-up for a competitive (A or AA) team concurrently as long as they are not transferred players ("mute").
- c) A team utilising call-ups for a league game must limit the game sheet to a maximum of fifteen (15) players. Call-ups are not permitted if a club can field a team comprised of fifteen (15) regular players.
- d) The maximum number of call-ups that can be rostered to a team shall be 5.

2. Team-to-team Movement



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- a) Clubs with more than one team in the same category may not have any movement of players between the teams during the season, if these teams are playing in the same division.
- b) Players may change teams once during the season. All change requests must be made in writing addressed to the Regional YLL V.P. and Zone League Committee Representative and must take place before June 30th. Before playing for the new team, a written response from the YLL Committee must be obtained by the Club requesting the change.

Failure to comply with rules YLL-15.1 and YLL-15.2 will result in a fine of **\$25, and loss of the game with a score of 3-0**. A second offence by the same team will be dealt with by the **Zone (U12-U16) and the YLL Committee** and could lead to further sanctions. A third offence will automatically disqualify the team from the Regional Tournament.

YLL-16 REFEREE'S RESPONSIBILITIES

- a) Before kick-off, the referee must check the official league game sheet and the players' and team personnel's FSQ affiliation cards. Players whose affiliation cards are missing but listed on the game sheet will not be permitted to enter the field of play until checked at half time. After the game the referee must indicate the exact start time, players who scored goals, all cautions and ejections issued and enter the final score. For 11 a-side games only, game sheets must be mailed to the league statistician within 48 hours by the Referee, immediately AFTER having posted the game's statistics on PTS-ligue. If not received within one week of the game date the matter will be referred to the Referee Committee.
- b) Team Handshake Exchange: the referee will oversee the shaking of hands at the beginning of the game.

YLL-17 ACCESSING THE POST SEASON SERIES

- a) Local U11-16: Before season's start, each zone is responsible to establish a procedure on how to determine their representative to the regional tournament. They must then inform their members and the regional committee.
- b) Local U11-16 Regional tournament: All participating teams will play 2 (two) games, randomly selected (to be played on Friday and/or Saturday). The first four teams (Standings will be determined per rules mentioned below) from each category will play in the final on Sunday.
 - The first place team will play the second place team (gold and silver medal).
 - The third place team will play the fourth place team (bronze and participation medal).
- c) Local U18: Before season's start, a randomly selected schedule will set 4 preliminary games among all registered teams to create the YLL U18 cup games tournament. Cup format will be adjusted in each gender according to the amount of registered teams for the year. Divisions of 12 teams and less will play semi-final and final, Divisions of 13 teams and more will first play quarter final. Winner of semi-final (Standing will be determined per rules mentioned below) will compete for gold and silver in a final, loser of semi-final will compete for bronze and participation medal.

YLL-18 SPECIFIC PLAYOFF AND CUP GAMES RULES

- a) Playoff games will be played in accordance with existing Lac St-Louis YLL rules and by the following rules.
- b) Teams must arrive at least 30 minutes before each game.
- c) All players on the team must be allowed to participate in fair playing time.
- d) Every effort must be made to start games on time.
- e) The referee is authorised to adjust the length of the game to fit the time allowable to play as long as the total duration meets the minimum of one-half a regular game.

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- f) Teams will be allowed the use of call up players from the category preceding theirs (in accordance with rule YLL-15a) ...). A team may call up to 3 reserve players however the total number of players on a game sheet cannot exceed 13. All called up players must have a valid YLL passport.

NOTE: No reserve players will be allowed during zone semi-final and final games or during the weekend of the LSL Regional tournament

- g) During the 4 preliminary play-off games, games can end in a tie, and no overtime or shoot-outs will be played. Quarter-finals and semi-finals that finish in a tie will go directly to shoot-outs (5 shooters). For the finals and consolation finals only, games that end in a tie will be followed by 2 ten minute periods; sudden death rule will be applied, followed by a penalty shoot out if required.
- h) Only players on the field of play at the conclusion of normal play will be entitled to participate in the shoot out. Substitutes on the bench cannot participate in the shoot out and must remain on the bench.
- i) The choice of which team shoots first will be decided by a coin toss, the winner of the coin toss taking the first kick.
- j) Teams will shoot alternatively.
- k) All of the first five players must shoot unless it is impossible for one team to tie.
- l) In the event of a tie, the shoot out will proceed to the remaining players and will become sudden death.
- m) If, after all eligible players on each team have taken a kick and the score remains tied, players will kick again, the format remaining sudden death.
- n) Standings shall be determined by adding the points gained. Standings will be kept to determine the participants to the next round. Points will be determined by the following rules:
- Win - 3 points
 - Tie - 1 point
 - Loss - 0 point
 - Forfeit games won: 3 points (**1** goal)
 - Forfeit games lost: -1 point
- o) In the event of a tie at the end of the playoffs, the final standings will be determined by the following: (FSQ competitions art. 59):
- i. The highest number of points obtained;
 - ii. The highest number of points obtained in games between the teams concerned;
 - iii. The goal difference (in games between the teams concerned);
 - iv. The greatest number of wins;
 - v. The greatest goal difference overall;
 - vi. The highest number of goals scored;
 - vii. Random draw.