

2018

LEAGUE COMPETITION RULES

YOUTH LEAGUE LOCAL



ARS Lac St-Louis



LEAGUE COMPETITON RULES

(Revised March 28th, 2018)



TABLE OF CONTENTS

FORFEITING A GAME:.....	3
SECTION A: ADMINISTRATIVE RULES	3
A1. TEAM ENTRIES / WITHDRAWALS	3
A2. FEES	3
A3. CLUB COLOURS	3
A4. COACHES' RESPONSIBILITIES.....	4
A5. PLAYERS' AGE GROUPS	5
A6. PLAYER REGISTRATION	5
A7. DIVISIONS CREATION	5
A8. SCHEDULES.....	6
A9. USE OF PLAYERS	6
A10. TEAMS FAILING TO APPEAR	6
A11. VALID AND INVALID GAMES.....	7
A12. POSTPONED GAMES	7
A13. LEAGUE STANDINGS.....	7
A14. REFEREE FAILING TO APPEAR.....	8
A15. REFEREE ASSIGNMENTS.....	9
A16. AUTOMATIC LEAGUE SANCTIONS.....	9
A17. CHANGES OR AMENDMENTS.....	10
A18. -- Reserved --	11
SECTION B: CUP/PLAYOFF/REGIONAL RULES	12
(YLL) U11-U18 ZONE PLAYOFFS	12
(YLL) U11-U16 YLL REGIONAL CUP.....	12
SECTION C: PLAYING RULES	13
C1. THE FIELD OF PLAY (LAW 1)	13
C2. THE BALL (LAW 2)	13
C3. THE PLAYERS AND TEAM OFFICIALS (LAW 3)	13
C4. THE PLAYERS' EQUIPMENT (LAW 4)	14
C5. THE REFEREE (LAW 5)	15
C6. THE OTHER MATCH OFFICIALS (LAW 6).....	15
C7. THE DURATION OF THE MATCH (LAW 7).....	15
C8. THE START AND RESTART OF PLAY (LAW 8)	16
C9. THE BALL IN AND OUT OF PLAY (LAW 9)	16
C10. DETERMINING THE OUTCOME OF A MATCH (LAW 10)	16
C11. THE OFFSIDE (LAW 11)	16
C12. FOULS AND MISCONDUCT (LAW 12)	16
C13. FREE KICKS (LAW 13)	16
C14. THE PENALTY KICK (LAW 14)	16
C15. THE THROWN-IN (LAW 15)	17
C16. THE GOAL KICK (LAW 16).....	17
C17. THE CORNER KICK (LAW 17)	17
APPENDIX 1: ZERO TOLERANCE REGARDING COACHES BEHAVIOUR ON THE PITCH.....	18



LEAGUE COMPETITION RULES

(Revised March 28th, 2018)



All games are played in accordance with [IFAB Laws of the Game 2017/18](#), [FSQ AA Provincial Rules 2017 \(FR\)](#), ARS Lac St-Louis policies and as modified by the following rules and regulations of the League. U08 will play 5 v 5 soccer, U09-U10 will play 7 v 7 soccer, U11-U12 will play 9 v 9 soccer, U13-U18 will play 11 v 11 soccer, U19, U21, SEN, O30 & O35 will play 11 v 11 soccer

FORFEITING A GAME:

A forfeited game leads to 3-0 score in favor of the other team if it scored less than three (3) goals (or the goals scored by the offending club are deleted while the goals scored by the other team are retained – the better of the two for the team that wins) and a 1-point (-1) loss from the standings. This is will still be applied to division that does not have posted standings assisting in determining promotion/relegation for the following summer season.

SECTION A: ADMINISTRATIVE RULES

A1. TEAM ENTRIES / WITHDRAWALS

- 1) **(YLL)** Team entries (“L”) and withdrawals will be received by the individual league on or before the date specified by each league. Once schedules have been made, withdrawing a team will result in a fine of **\$75**.
 - a) Specify their teams consisting of:
 - Male players (classified “M”)
 - Female players (classified “F”)
 - b) -- **Reserved** --
 - c) In divisions of more than 10 teams, 2 groups can be formed, if the teams are not grouped by caliber. They must be grouped randomly and/or geographically;
 - d) -- **Reserved** --
 - e) **Using PTS-Reg:** for every team registered, the club must:
 - i) Announce the official club uniform colours (**see A3**)
 - ii) Identify the home field(s) and field availability from May 1st to Sept 30th
 - iii) -- **Reserved** --
 - iv) Roster players (**see A6**) and team staff (**see A4.3**)
 - f) Any team that withdraws or gets expelled from the league during the season will be charged **\$250 in addition to the league registration fee** and will be remove from PTS LEAGUE and all the statistics will be erased (goals, points). Any sanction towards a player or coach will remain according to the IFAB, CSA, FSQ and ARS Lac St-Louis rules.

A2. FEES

- 1) Team entry fees will be set by the League or Zone and are not refunded once the “official” divisions are distributed.
- 2) **(YLL)** Referee fees are paid by the home club.
- 3) All Fees will be invoice to club.

A3. CLUB COLOURS

- 1) In PTS REG the club must enter the teams “home” and “away” (if applicable) colours for the jersey, shorts and sock.
- 2) Jersey's must be numbered:
 - a) Numbers must be at least 6 inches high and on the back of the jersey.
 - b) The numbers must be clear and legible
 - c) Each jersey worn by team members during a game must have a unique number.
 - d) Tape may be used to modify jersey #'s for reserve players.
- 3) -- **Reserved** --
- 4) **(YLL)** All teams should carry pinnies of an alternate colour to every game.
- 5) -- **Reserved** --
- 6) -- **Reserved** --
- 7) **(YLL)** If there is a colour conflict, the visiting team must change, if they do not have alternate or pinnies the referee will request if the home team has alternate or pinnies. If neither team has alternates or pinnies the game will be rescheduled.
- 8) Should the referee deem a game not playable due to colour conflict, a report will be filed with the referee assigner.



LEAGUE COMPETITON RULES

(Revised March 28th, 2018)



A4. COACHES' RESPONSIBILITIES

- 1) Coaches must behave in a responsible manner (**IFAB Law 5**).
- 2) Coaches and team staff of both teams are responsible for the security of all players, coaches, spectators, referees, and assistant referees, before, during and after game.
- 3) All coaches must work towards becoming certified in accordance to the level they coach as per the chart below:

LEAGUE	AGE GROUP	CLASS	CERTIFICATION REQUIRED
(YLL)	U11-U18	L	No certification required, S3 (U11-12) and S7 (U13-18) recommended

- 4) The certification of coaches must be listed in PTS REG.
- 5) The certification must be obtained before July 15th of the current year
- 6) A non-playing coach must be presents on the bench for all games.
- 7) -- **Reserved** --
- 8) -- **Reserved** --
- 9) -- **Reserved** --
- 10) -- **Reserved** --
- 11) Coaches of teams should provide to the referee at least 15 minutes prior to the start of the game and no later than 15 minutes after the scheduled start time a pre-printed official game sheet and active F.S.Q. players' and coaches' affiliation cards in one of 3 methods:
 - i) Physical affiliation cards.
 - ii) Via the PTS-League platform by smartphone or tablet. The referee reserves the right to verify the electronic version of the cards at any time.
 - iii) (YLL) A photocopies of physical affiliation cards.
- 12) In extreme emergency, hand-written game sheets are acceptable to play the game, but the ref must forward these hand-written game sheets to their referee assigner immediately after the game.
- 13) Coaches or players whose affiliation cards are missing but listed on the game sheet will not be permitted to enter the field of play nor sit on the players' bench until the affiliation card has arrived.
Coaches or players who arrive after kick-off but are listed on the game sheet and whose affiliation cards are present will be permitted to enter the field of play or sit on the players' bench and will be verified at half time.
A player cannot enter the game after the whistle blows to begin the second half.
(YLL) Any breach of this regulation will result in a forfeit by the score of **3-0**.
- 14) (YLL) All players and all coaches must carry active affiliation cards validated for the current season. Failure to comply will result in a **3-0** forfeited game.
- 15) -- **Reserved** --
- 16) (YLL) A players that is rostered on a higher age category team may not be used as a reserve for a lower age team (i.e. playdown).
- 17) -- **Reserved** --
- 18) -- **Reserved** --
- 19) Once or before a game starts, any coach or club official who withdraws their team from a game or refuses to continue their team's participation in a game will forfeit the game **3-0** and be fined **\$50**.
- 20) Before signing the game sheet at the end of the game, the coaches must ensure that the absentees are crossed off and that the game score, the scorers, cautions & expulsions are correct.
Any intended protest must be filed within 2 days of the game (**see PC section**). It is the coach's responsibility to collect his game sheets and affiliation cards after the game.
No additions or modifications on the game sheet will be permitted once the game has started.
- 21) The coach is encouraged to enter attendance, results, cards and any observations on PTS LEAGUE (www.tsisports.ca) within 24 hours after the match. Thereafter, the referee will enter / validate the attendance, results, cards and any comments as necessary on PTS. Once the referee has saved the data, the coach cannot make changes. They are responsible for reviewing the game validation posted by the referee and league. Should there be irregularities; the team has 48 hours following the game validation to communicate with the league administrator. Any review request after 96 hours from game kick-off will not be considered. All games are to be validated by the league administrator as soon as possible but no later than 21 days after the scheduled date (**FSQ r.f. 23.3**).
- 22) Coaches must ensure that their parents and 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 league committee or regional discipline.



LEAGUE COMPETITION RULES

(Revised March 28th, 2018)

- 23) All players and team officials must be listed on the game sheet. Failure to comply will result in a **3-0** forfeit by the offending team.
- 24) -- **Reserved** --
- 25) Coaches are responsible for tracking their teams' suspensions & stats on PTS-League.
- 26) At any time (before, during and after the match), it is forbidden to smoke, to drink liquor or use drugs inside the technical area. Failure to comply will lead to sanctions from the league committee.
- 27) Coaches will not attempt to unduly influence the referee's decisions. The league committee may take disciplinary actions.

A5. PLAYERS' AGE GROUPS

Age groups shall be those adopted by the Fédération de Soccer du Québec as follows:

Type of Game	5v5	7v7			9v9	
Division	U08	U09	U10	U11	U12	
YOB	2010	2009	2008	2007	2006	
Type of Game	11v11					
Division	U13	U14	U15	U16	U17	U18
YOB	2005	2004	2003	2002	2001	2000
Type of Game	11v11					
Division	U19	U21	SEN	O30	O35	
YOB	1999	1997-98	1996+	1988+	1983+	

A6. PLAYER REGISTRATION

- 1) Player registration shall be in accordance with the FSQ "règles de fonctionnement" (section 1) or as modified by Lac St. Louis Region. A signed affiliation form needs to be activated by the club and validated by the ARS to be available for any game. By signing an affiliation form a member agrees to abide by rules and IFAB Laws of the Game.
- 2) Upon verification of the teams first official game, the player lists must be entered in PTS-Reg within the following parameters (**FSQ art. 35.9.4**):
 - a) 5 v 5 (U08): min. 8 – max. 15
 - b) 7 v 7 (U09-U10): min. 10 → max. 20 players
 - c) 9 v 9 (U11-U12A): min. 12 → max. 20 players
 - d) 9 v 9 (U12AA): min. 12 → max. 16 players
 - e) 11 v 11 (U13 to O35): min. 14 → max. 25 players
- 3) Any player suspended by a club or by the region for administrative reasons will not be permitted to affiliate with another club while the suspension is in force. If the new club does register a suspended player in their club, the team he/she plays for will forfeit all their games he/she plays in.
- 4) Any team who plays a suspended player will forfeit their game.
- 5) Any reservist player and all trial players must possess a validated regional membership card. Failure to comply will result in a forfeit game.
- 6) -- **Reserved** --
- 7) -- **Reserved** --

A7. DIVISIONS CREATION

- 1) Divisions are made following standards set by each League Committee (if available a forecast will be issued by late November of each year).
 - a) -- **Reserved** --
 - b) -- **Reserved** --
 - c) (YLL U11-U18) "L" is Local
- 2) (YLL) does not have promotion or relegation, but could recommend to clubs to promote teams to "A"



LEAGUE COMPETITION RULES

(Revised March 28th, 2018)



A8. SCHEDULES

- 1) **(YLL)** A 12 game regular season schedule will be prepared by the beginning of May. Any delays in the preparation of this schedule will be communicated to the clubs. If feasible, will be played starting the 3rd week of May. Minimum of 3 teams to form a division, zones may join together if there are too few teams in their zone division.
- 2) -- **Reserved** --
- 3) Notification of additions and/or withdrawals of teams from competition must be done in writing to the league administrator.
- 4) **(YLL)** Games will be scheduled with start times of 18:15 until 21:15 from Monday to Friday and between 8:00 and 21:15 on Saturday and Sunday. U11 + U12 team will play on weekends only from the beginning of the season until St-Jean Baptiste holiday. The league and club will try to ensure that games where teams need to travel beyond their immediate neighbours will be scheduled into the secondary game slot to allow for more time for the teams to arrive.
- 5) -- **Reserved** --
- 6) -- **Reserved** --

A9. USE OF PLAYERS

- 1) Team to team in the same Club:
 - a) **(YLL)** Players may play up one or two categories (as indicated by year of birth), one or two classes or one or two divisions (not group) above his/her own affiliation. i.e. a U13 playing U13/14 team is not permitted to play as a reserve with a U15/16 team.
 - b) -- **Reserved** --
 - c) Clubs with more than one team in the same division or group may not have any movement of players between the teams.
 - d) **(YLL)** Players may change teams once during the season. All change requests must be made in writing addressed to the league administrator. All roster will be frozen once a team reaches their 4th game of the season.
 - e) To be considered as a reserve player, a player must be registered with a team with an inferior category and/or class.
 - f) **(YLL)** RESERVE (L): A registered regional local player may be called to play an unlimited regular season and / or playoff games with another team from the same club of higher category to his/her own category of affiliation. A team utilising call-up for a game must not exceed fifteen (15) players for 9v9 (regular + reserves) and eighteen (18) players for 11v11 (regular + reserves). If the club has more than one team in a division, a reserve player can only play for one of them per season.
 - g) -- **Reserved** --
 - h) -- **Reserved** --
 - i) -- **Reserved** --
 - j) -- **Reserved** --
 - k) -- **Reserved** --
 - l) -- **Reserved** --
 - m) -- **Reserved** --
- 2) -- **Reserved** --
- 3) At the end of a player's affiliation year (May 1st to April 30th), he/she is free to affiliate with his choice of club. **(FSQ rule 35.8.1)**.
- 4) All players who change clubs are considered mutated for a period of 2 consecutive years of soccer activity. Please refer to **FSQ rule 35.8.2** for exceptions to this rule.
- 5) Trial players are not permitted.
- 6) -- **Reserved** --

A10. TEAMS FAILING TO APPEAR

- 1) -- **Reserved** --
- 2) **(YLL)** Any team unable to appear for a scheduled game must notify the league administrator at least 3 business days in advance. If the reason the team is unable to appear is related to a school activity the game will be re-schedule, if not the game will be forfeited to the opposing team by a score of **3-0**.
- 3) -- **Reserved** --
- 4) **(YLL)** If a team fails to give the 3 business days' notice, the game will be forfeited by the offending team by a score of **3-0**.
- 5) -- **Reserved** --
- 6) -- **Reserved** --
- 7) The League Committee may address any exceptional circumstances.



LEAGUE COMPETITON RULES

(Revised March 28th, 2018)



A11. VALID AND INVALID GAMES

- 1) A game shall be forfeited by a score of **3-0** if a team fields less than **3 (5 v 5 game)**, **5 (7 v 7 game)**, **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.
- 2) -- **Reserved** --
- 3) **YLL** On a game sheet, if a team is comprised of more than the allowable call-up reserve players, the game shall be forfeited and awarded to the opposing team by a score of **3-0. (see A9)**
- 4) -- **Reserved** --
- 5) A game shall be declared valid when the following time has elapsed:

U08	L	20 minutes out of 40 minutes
U11 – U12	L	30 minutes out of 60 minutes
U13 – U14	L	35 minutes out of 70 minutes
U15 – U16	L	40 minutes out of 80 minutes
U17 – U18	L	45 minutes out of 90 minutes
U19 – O35	L	45 minutes out of 90 minutes

- 6) Should the referee abandon a game for reasons other than weather and before the above period has been played, the league committee will decide on the validity of the game following receipt of the referee’s report.
- 7) Any interruption to the normal progress of a game or the refusal to start a game can be considered a withdrawal.

A12. POSTPONED GAMES

- 1) If a game must be postponed because of bad weather or poor field conditions, the club representatives must immediately inform the league administrator. Coaches must make every effort possible to advise their counterparts in a timely fashion.
- 2) If fields are closed by the city/borough, the club representative must immediately notify the league administrator and the referee assigner of the details by phone and by e-mail. The league administrator shall post the game in PTS LEAGUE as “reschedule” and notify the coaches and parents using PTS LEAGUE.
- 3) Should the referee stop or cancel a game, the referee must immediately post it in PTS as not completed and notify the referee assigner. The referee assigner will notify the league administrator.
- 4) -- **Reserved** --
- 5) **YLL** 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.
- 6) Within 7 days of a posted postponed game, it is the receiving club’s responsibility to provide to the league administrator a date/time/field that fits both team’s schedules. The league administrator will confirm and post the provided date/time/field if it respects field availabilities and team blackout dates. A confirmation notice is then sent to the clubs involved using PTS LEAGUE. If the date/time/field does not work for the visiting they may request one time for the home club to provide another date/time/field to play the game. Games must be replayed on these scheduled dates. Should the receiving club fail to provide a new date within 14 days, the visiting many provide a date/time/field in their club to replay the game. If neither team provides a new date and field to play the game after 21 days, the game will be deemed a double forfeit.
- 7) Games may be rescheduled on weekends.
- 8) While school is still on, no game will be played between teams travelling distances exceeding 100 km (one direction) each from Sunday night to Thursday night inclusively. The league committee may grant exceptions.
- 9) -- **Reserved** --

A13. LEAGUE STANDINGS

- 1) Points are awarded as follows:
 - 3 (three) points for a win
 - 1 (one) point for a tie
 - 0 (zero) points for a loss
 - 1 (minus one) point for a forfeit (or the score stands – the better of the two for the winning team).**YLL** Any final score of a game during the regular season that is recorded on PTS with a goal differential greater than 6 will be modify by the league administrator to show a goal differential no greater than 6.
- 2) Points gained or removed according to A15.a shall determine league standings.



LEAGUE COMPETITION RULES

(Revised March 28th, 2018)



- 3) 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.
- 4) -- **Reserved** --
- 5) **(YLL)** Zone playoff champions and finalist and optionally (determined by zones) 3rd and 4th place teams will be presented with a maximum of **20 for 9 v 9 / 25 for 11 v 11** medals.

A14. REFEREE FAILING TO APPEAR

- 1) **(YLL)** "L"
 - a) U11-U15
 - i) If one of the two (2) assistant referees are qualified the match the match will proceed with one (1) referee, (1) assistant referee, and a volunteer assistant referee can be recruited to signal balls in and out.
 - ii) An alternate referee may be selected with the accord of both coaches who must both indicate their accord on the game sheet prior to the start of the game.
 - iii) The opposing coaches themselves must assume the responsibilities of the referee. They must referee one half of the game, with the home team coach refereeing the first half of the game.
 - iv) The coaches must check the players of the other team and the affiliation cards of players and coaches. They must sign each other's game sheets indicating the absence of the referee before the start of the game.
 - b) U16-U18
 - i) If one of the two (2) assistant referees are qualified the match the match will proceed with one (1) referee, (1) assistant referee, and a volunteer assistant referee can be recruited to signal balls in and out.
 - ii) If no one qualified referee is available, the match will be re-scheduled.
 - c) Teams refusing to follow this procedure in section **a)** and **b)** above:
 - i) Must indicate their disaccord on the game sheet that must be submitted to the league administrator within 48 hours.
 - ii) Team(s) will forfeit the game by a score of **3-0**.
- 2) -- **Reserved** --
- 3) -- **Reserved** --
- 4) Both teams are responsible to completing PTS LEAGUE with a note advising that the referee did not appear. The home team is responsible for ensuring that the game sheets are filled in with all pertinent information and he/she must send a copy to the league administrator within 48 hours.
- 5) No additions or modifications may be made to the game sheets after the copies are separated and distributed to the coaches. No protests will be allowed for said games.
- 6) Any yellow or red cards received by players will remain in effect. A report must be submitted to the league administrator within 48 hours.
- 7) Teams refusing to follow this procedure:
 - a) Must indicate their disaccord on the game sheet that must be submitted to the league administrator within 48 hours.
 - b) Will forfeit the game by a score of **3-0**.
 - c) If both teams refuse and / or do not follow the procedure listed above both teams will forfeit the match.
 - d) A fined **\$100** will be imposed on team(s) not following the procedure listed above.



LEAGUE COMPETITON RULES

(Revised March 28th, 2018)



A15. REFEREE ASSIGNMENTS

1) Referee assignments will be complete by either the club, district or regional assigners as per the table below.

ASSIGNER		CLUB = CLUB		DIST = DISTRICT		REG = REGIONAL	
R=Referee		M	F	M	F	M	F
AR=Assistant		L	L	A	A	AA	AA
U08	R	CLUB	CLUB				
U09	R	CLUB	CLUB	CLUB	CLUB		
U10	R	CLUB	CLUB	CLUB	CLUB		
U11	R	CLUB	CLUB	CLUB	CLUB		
U11	AR	CLUB	CLUB	CLUB	CLUB		
U12	R	CLUB	CLUB	CLUB	CLUB	CLUB	CLUB
U12	AR	CLUB	CLUB	CLUB	CLUB	CLUB	CLUB
U13	R	CLUB	CLUB	DIST	DIST	DIST	DIST
U13	AR	CLUB	CLUB	DIST	DIST	DIST	DIST
U14	R	CLUB	CLUB	DIST	DIST	REG	REG
U14	AR	CLUB	CLUB	DIST	DIST	REG	REG
U15	R	CLUB	CLUB	DIST	DIST	REG	REG
U15	AR	CLUB	CLUB	DIST	DIST	REG	REG
U16	R	CLUB	CLUB	DIST	DIST	REG	REG
U16	AR	CLUB	CLUB	DIST	DIST	REG	REG
U17	R	DIST	DIST	REG	REG	REG	REG
U17	AR	DIST	CLUB	REG	REG	REG	REG
U18	R	DIST	DIST	REG	REG	REG	REG
U18	AR	DIST	CLUB	REG	REG	REG	REG
U19	R	DIST	DIST	REG	REG	REG	REG
U19	AR	DIST	DIST	REG	REG	REG	REG
U21	R	DIST	DIST	REG	REG	REG	REG
U21	AR	DIST	DIST	REG	REG	REG	REG
SEN	R	REG	REG	REG	REG	REG	REG
SEN	AR	REG	REG	REG	REG	REG	REG
O30	R	REG	REG	REG	REG	REG	REG
O30	AR	REG	REG	REG	REG	REG	REG
O35	R	REG	REG	REG	REG	REG	REG
O35	AR	REG	REG	REG	REG	REG	REG

2) Discipline reports for ejection must be filed with the Regional Discipline Committee for all games.

A16. 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).

1) All player suspensions (accumulations of cautions &/or ejections) are to be served with team that they were “earned”. This applies to regular players and reserve players (**FSQ compétitions section XI**). The player may NOT play in any league soccer game until the suspension has been purged.



LEAGUE COMPETITION RULES

(Revised March 28th, 2018)

- 2) All coach suspensions must be served with the team with which he/she was ejected. The coach may NOT participate in any league soccer activities until the suspensions have been purged. It is not necessary to show a coach a red card for an expulsion to be official.
 - 3) When a player accumulates 2 cautions in 1 game, he/she is automatically suspended for the next game. Additional sanctions may be applied if the cautions are a result of misbehaviour. These double-caution infractions are not added to the accumulation of separate cautions (*see A16 5*).
 - 4) When a player, a coach, an assistant, a monitor or a manager is expelled from a game (red card), he/she is automatically suspended for the next game. A fine is levied (*art. DC-9*):
 - 1st red card of the season **\$20**
 - 2nd red card of the season **\$30**
 - 3rd + red card(s) of the season **\$50**Additional sanctions may be applied if the expulsion is a result of misbehaviour. Additional red cards in the same season may lead to more suspensions and possible summons to appear before the Regional Discipline Committee (*FSQ compétitions section XI*).
- To contest a suspension following an expulsion (red card), the fee payable is **\$50 (art DC-9)**.
- 5) When a player accumulates a total of 3 separate cautions during the season, he/she is automatically suspended for the next game (*FSQ competition point 48*).
 - 6) A team that incurs 20 cautions will be assessed a fine of **\$50**. Additional multiple of 5 cautions will cost the team an additional **\$50**. The league administrator will apply these fines for as they have been accumulated during the season.
 - 7) -- *Reserved* --
 - 8) Suspensions resulting from ejections remain in force until the players and/or coaches have purged them in PTS-League. Suspensions will carry over to the next regional competition the member affiliates. Example:
 - summer to cup/playoffs
 - summer and/or cup/playoffs to winter
 - summer and/or cup/playoffs to next summer
 - winter of current year to next summer
 - 9) Cautions and accumulated cautions do carryover from season/championship to cup/playoffs.
 - 10) Additional discipline will follow the regional [discipline guideline](#) section **DC-7**.
 - 11) -- *Reserved* --
 - 12) The league committee(s) 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 one thousand dollars (**\$1,000**) behaviour bond for the remainder of the current season and the subsequent season.
 - a) 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 cup/playoff games for that year.
 - b) If the bond is not posted by the specified date, the club will be placed in bad standing.
 - c) If the bond is not posted the club will not be permitted to participate in any subsequent competitions until the full bond is posted.
 - d) This bond will be returned at the end of the subsequent season if no major breach of rules at any level occurs.
 - e) 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 this bond will be forfeited. The league 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**) must be submitted within 1 week of official notification of forfeiture of bond.
 - f) A team could be excluded from the cup/playoff games due to bad behaviour during the season games.
 - g) A team that exhibits bad behaviour could be asked to provide a **\$1000** behaviour bond, to continue playing during the season.

A17. CHANGES OR AMENDMENTS

Rules governing the league competition(s) cannot be changed during the playing season. All Clubs recommending changes must submit them to the respective league committee(s) for consideration for the next season. The league committee(s) reserves the right to modify rules not directly related to **FIFA, CSA** or **FSQ** rules.



LEAGUE COMPETITON RULES

(Revised March 28th, 2018)



A18. -- Reserved --



LEAGUE COMPETITON RULES

(Revised March 28th, 2018)



SECTION B: CUP/PLAYOFF/REGIONAL RULES

(YLL) U11-U18 ZONE PLAYOFFS

- 1) The second week of June a randomly selected schedule will set 4 preliminary games among all registered teams to create the YLL playoff games. Playoff format will be adjusted in each gender according to the number 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 also include a quarter final round. Winner of semi-final (Standing will be determined per rules mentioned bellow) will compete for gold and silver in a final, if applicable the loser of semi-finals will compete for bronze and participation medal.
- 2) Playoff games will be played in accordance with existing Lac St-Louis YLL rules and by the following rules.
- 3) Teams must arrive at least 30 minutes before each game.
- 4) All players on the team should participate with fair playing time.
- 5) Every effort must be made to start games on time.
- 6) The referee is authorised to adjust the length of the game to fit the time allowable to play if the total duration meets the minimum of one-half a regular game.
- 7) Teams will be allowed the use of call up players from the category preceding theirs in accordance with rule *(see A9)*.
- 8) During the 4 preliminary play-off games, games can end in a tie, and no extra time will be played nor kicks from the penalty mark be taken. Quarter-finals and semi-finals that finish in a tie will go directly to kicks from the penalty mark (five kicks). For the finals and consolation finals only, games that end in a tie will be followed by 2 five-minute periods of extra time to be played in full, followed by kicks from the penalty mark if required.
- 9) Only players on the field of play after normal time (extra time in finals) will be entitled to participate in the kicks from the penalty mark. Substitutes on the bench cannot participate in the kicks from the penalty mark and must remain on the bench. Only one coach will be allowed on the field for kicks from the penalty mark.
- 10) The choice of which team shoots first will be decided by a coin toss; the winner of the coin toss may choose to kick first or second. The goal will also be chosen by a second coin toss unless one goal is clearly in better condition.
- 11) Teams will shoot alternatively.
- 12) All the first five players must kick unless it is impossible for one team to tie.
- 13) In the event of a tie, the kicks from the penalty mark will proceed to the remaining players and will become sudden death.
- 14) 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.
- 15) Standings shall be determined by adding the points gained. Standings will be kept determining 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
- 16) In the event of a tie at the end of the playoffs, the final standings will be determined by the following rule **A13**.

(YLL) U11-U16 YLL REGIONAL CUP

- 1) The winning team of each zone's playoffs competition will represent that zone in the regional tournament. Each Zone can choose to invite clubs that did not participate in the zone league to participate in the zone playoffs and/or arrange a "Match de Barrage" to determine the zone representative for the regional tournament. Each club will have to confirm the presence of their qualified team(s) 10 days prior to the start of the tournament. If a club does not confirm the presence of their qualified team(s) and one or more teams do not show-up at the tournament, they will be charge for the team entry and be fined an additional **\$100**.
- 2) If a confirmed team(s) does not show-up for the tournament a fine of **\$100** will be charged to the club. If a qualified team from a club cannot make it to the tournament, it is acceptable to send the runner-up team in its place.
- 3) 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 Gold or Bronze medal game on Sunday.
 - a) The first-place team will play the second-place team (gold and silver medal).
 - b) The third-place team will play the forth-place team (bronze and participation medal).
- 4) All games will consist of 2 x halves of 30 minutes.



LEAGUE COMPETITION RULES

(Revised March 28th, 2018)



SECTION C: PLAYING RULES

IFAB Laws of the Game 2017/18 apply except for modifications mentioned below.

C1. THE FIELD OF PLAY (LAW 1)

Clubs must ensure that their fields are in safe and playable condition always. Referees or coaches must indicate any non-respect of this law on the game sheet. No subsequent complaints will be received if not marked on the game sheet. The following points must be respected:

- a) All fields MUST be properly marked and equipped with 2 player benches on one same touchline on the opposite side of the spectators and goals on opposite sides.
- b) 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 1m (3ft. 3in) behind the goal.
- c) For 9 v 9 games, 11 v 11 goals must be used.
- d) All goals must be anchored and secured to the ground or designed and approved for use on artificial fields.
- e) Approved corner flags, at least 1.5 m (5ft) high, must be installed for every game. Games CAN be played in the absence of 4 corner flags.
- f) It is the receiving club's obligation and responsibility to address any issues with their borough/city and to advise the Competitions Director 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 the condition of a field.
- g) Spectators, coaches and team staff 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 touchline or behind the fence where present. Players and coaches must remain in their technical area as defined by IFAB (1 metre from the touch line and 1 metre from each end of the players' bench). Player substitutions must be made at the midfield line, 1 metre from the touchline.

C2. THE BALL (LAW 2)

- 1) The home team is coach is responsible for providing 2 official League game balls. If not available, the referee may approach the visiting team for game balls or use any other appropriate ball meeting the requirements of **IFAB Law 2 (p.28)**.
- 2) Coaches must ensure that game balls are properly inflated.
- 3) -- **Reserved** --
- 4) All balls must be inflated to a pressure of 9-10.5 lbs. per square inch.
 - U08 - U13: Size 4 circumference 25-26 inches (62-65 cm) Weight 12-14 ounces (330-390 grams)
 - U14 – O35: Size 5 circumference 27-28 inches (68-71) Weight 14-16 ounces (397-453 grams)

C3. THE PLAYERS AND TEAM OFFICIALS (LAW 3)

- 1) Number of Players and Team Officials:

Category	Class	# of Players (min/max)	# of Team Officials (min/max)
9 v 9	L	6 / 20	1 / 3 + physio or athletic therapist
11 v 11 U14-U18	L	7 / 25	1 / 3 + physio or athletic therapist
11 v 11 U19-O35	L	7 / 18	1 / 3 + physio or athletic therapist

- 2) If a team is unable to meet the minimum requirement of players 15 minutes after the scheduled start time of the game, the game will be forfeited to the opposing team by a score of **3-0** as per late arrival exceptions noted under **A9**.
- 3) If a team exceeds the maximum limit it will result in a forfeit by a score of **3-0** by the offending team as per **A13 1)**.
- 4) Subject to the prior permission of the referee, unlimited substitutions may be made as follows:
 - i) After a goal;
 - ii) Prior to a goal kick;
 - iii) At half time;
 - iv) When play has been stopped and a player has been cautioned (only the cautioned player may be substituted);



LEAGUE COMPETITION RULES

(Revised March 28th, 2018)



- v) **(YLL)** U11-U18 teams 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);
 - vi) When play has been stopped because of an injury (only the injured player may be substituted);
 - vii) In the case of an injured player, where play is stopped, and team personnel assistance is required on the field of play, the injured player must leave, or be removed from the field of play except for the goalkeeper and for any physical offence where the opponent is cautioned or sent off. In that case, an injured player can be quickly assessed and treated and remain on the field of play. The safety of all players on the field of play is the referee's responsibility. The injured player may be immediately replaced by another player, and allowed to come back at the next allowable substitution. Due to the sensitivity of the position, reasonable time for recovery will be allowed for the goalkeeper. The referee has the final say for goalkeepers staying after an injury. All players with a bleeding injury (including the goalkeeper) must leave the field and may only return once the referee is satisfied that the bleeding has stopped.
 - viii) In case of any head injury, the play must be whistled down immediately, regardless of the location of the ball, and the player must be removed from the field of play if possible and cannot return until approved to do so by his/her coach and/or physio.
- 5) Player substitutions must follow the procedure in the *IFAB Laws of the Game* (p.34).
- 6) Technical area:
- i) Only players and team officials listed on the game sheet and validly check in may be in the technical area or on the field during the match. Anyone not on the game sheet cannot actively verbally coach while on the players' side;
 - ii) -- **Reserved** --
- 7) Only identified League Committee member and/or club representatives, referees, coaches/manager, physio or athletic therapist and registered players may be present on the field and along the sidelines on the teams' side. If a club representative wishes to stay on the players' side, they must present themselves to the referee and produce a valid passport to be allowed to stay on the player' side.
- 8) 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.

C4. THE PLAYERS' EQUIPMENT (LAW 4)

Players must not use equipment or wear anything that is dangerous.

- 1) Compulsory equipment:
- i) All players must wear club-issued uniforms (jersey, shorts, socks) of the same colour as registered by their club as per *IFAB Laws of the Game* (p.41);
 - ii) Home team must wear their declared colours. If there is a conflict, the visiting team must change (see A3.b/c);
 - iii) Jerseys must have clear and distinctive numbers at least 6" high on the back. Each jersey worn by team members during a game must have a unique number. Taping is allowed. Sleeves must be unrolled;
 - iv) Players may not switch numbers during a game without permission from the referee. Under no circumstances may a player remove his/her shirt on the field of play;
 - v) 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 teammates. If a keeper is replaced and wishes to play on the field, he/she is required to comply with above rule;
 - vi) Teams must clearly identify their captain by wearing an armband on their left arm. Not applicable for U09-U10-U11;
 - vii) Shin guards are mandatory in accordance with IFAB regulations and must be covered always during the game.
 - viii) Substitutes must wear a bib/pinnie always;
- 2) Other equipment:
- i) *IFAB* approved headgear may be worn (*IFAB* p.42);
 - ii) No jewellery may be worn;
 - iii) Approved sports glasses or goggles are the only eyewear permitted. Hearing aids are also permitted;
 - iv) No hard casts may be worn (plaster or fiberglass);
 - v) Orthopedic devices must not expose any plastic or metal parts and must be covered by a neoprene sleeve.



LEAGUE COMPETITION RULES

(Revised March 28th, 2018)

C5. THE REFEREE (LAW 5)

- 1) Game sheets:
 - i) 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 or coming late during the first half will not be permitted to enter the field of play until checked at half time (**see A4 11**);
 - ii) 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 all games, the referee will also record on PTS-League the score and statistics from both game sheets within 48 hours of kick off. The referee has the obligation to report any irregularity in writing to the Referee in Chief and the Director General.
- 2) Team Entry & Handshake Exchange:
 - i) -- **Reserved** --
 - ii) -- **Reserved** --
 - iii) The referee will oversee the hand shake exchange at the end of the game or may prohibit it according to the course of the game.

C6. THE OTHER MATCH OFFICIALS (LAW 6)

- 1) Assistant referees will be assigned to 9 v 9 and 11 v 11 games.
- 2) Assistant referees will not be assigned to 5 v 5 or 7 v 7 games.

C7. THE DURATION OF THE MATCH (LAW 7)

- 1) The duration of the match shall be that set by the FSQ, which is as follows:

U11 – U12	L	2 halves of 30 minutes (valid after 30 minutes)
U13 – U14	L	2 halves of 35 minutes (valid after 35 minutes)
U15 – U16	L	2 halves of 40 minutes (valid after 40 minutes)
U17 – U18	L	2 halves of 45 minutes (valid after 45 minutes)
U19 – O35	L	2 halves of 45 minutes (valid after 45 minutes)

- 2) If circumstances do not permit the playing of the full duration of a game, and when the referee has prior knowledge of such before the game kicks off, the referee has the power to shorten each half to make them equal and of sufficient duration to complete a legal game. In such situations, both coaches must be advised of the reason for the alteration in time and of the new duration of the halves. The referee is obliged to report the irregularity in writing on the official League game sheet and in PTS-League.
- 3) If 2 unequal halves are played for reasons other than **A13**, but more than the time required for the game to be official, the final score will stand. The referee shall be obliged to report the irregularity in writing on the official League game sheet and in PTS-League.
- 4) If 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 an official game;
 - iii) Play the correct length of time for the second half providing that the total time played equals the minimum time for an official 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 and on PTS-League.
- 5) **LIGHTNING**: 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 (**A13**).



LEAGUE COMPETITION RULES

(Revised March 28th, 2018)



C8. THE START AND RESTART OF PLAY (LAW 8)

See *IFAB Laws of the Game* (p.64), no specific league rules.

C9. THE BALL IN AND OUT OF PLAY (LAW 9)

See *IFAB Laws of the Game* (p.68), no specific league rules.

C10. DETERMINING THE OUTCOME OF A MATCH (LAW 10)

- 1) Regular season: Games may end in a draw.
- 2) Cup / Playoffs: All rounds except for the Final (U12-O35): games that in a draw will be followed by kicks from the penalty mark (See *IFAB Laws of the Game* (p.71-72) for procedure).
- 3) -- **Reserved** --
- 4) **[YLL]** Cup / Playoff Final (U12-U18): games that end in a draw after 2 periods of play will be followed by 2 x 5-minute periods of extra time played in full. If score is still equal after extra time, the game is followed by kicks from the penalty mark (See *IFAB Laws of the Game* (p.71-72) for procedure).

C11. THE OFFSIDE (LAW 11)

- 1) The offside rules will apply for both **9 v 9** & **11 v 11**. It does not apply for **5 v 5** or for **7 v 7**.

C12. FOULS AND MISCONDUCT (LAW 12)

- 1) If a foul, which incurs a direct free kick, is committed inside the penalty area by the defending team, a PENALTY KICK will be awarded to the attacking team.
- 2) If a foul, which incurs an indirect free kick, is committed by the defending team inside the penalty area, and INDIRECT FREE KICK will be awarded to the attacking team. The ball will be positioned where the foul occurred, unless the infraction occurs in the goal area, in which case the ball will be placed in line with where the infraction occurred on the 6-yard line. Notice: For 7v7 games, there is no goal area, just a penalty area.
- 3) If a foul, which incurs either a direct or an indirect free kick, is committed by the attacking team inside the penalty area; a FREE KICK will be awarded to the defending team. The ball will be positioned where the foul occurred, unless the infraction occurs in the goal area, the ball may be placed anywhere in the goal area. Opponents must remain outside the penalty area until the ball is in play. The ball is in play when it is kicked directly out of the penalty area. Notice: For 7 v 7 games, there is no goal area, just a penalty area.
- 4) When restarting the game with a drop ball within the goal area, the referee shall drop the ball on that part of the goal area line that runs parallel to the goal line, at the point nearest to where the ball was when play was stopped. The ball is in play when it touches the ground. Notice: For 7 v 7 games, there is no goal area, just a penalty area.
- 5) The “pass back” rule (when the ball is passed to the goalkeeper directly from a deliberate foot pass or a throw in from one of his/her own players) will be applied.

C13. FREE KICKS (LAW 13)

- 1) On the taking of a free kick, opponents must remain at least:
 - **5V5**: 6 meters from the ball until it is in play.
 - **7V7**: 6 meters from the ball until it is in play.
 - **9v9**: 9.15 meters from the ball until it is in play.
 - **11v11**: 9.15 meters from the ball until it is in play.

C14. THE PENALTY KICK (LAW 14)

- 1) The penalty kick is taken:
 - a) **5V5**: 6 meters from the goal line.
 - b) **7V7**: 6 meters from the goal line.
 - c) **9v9**: 11 meters from the goal line.
 - d) **11v11**: 11 meters from the goal line.



LEAGUE COMPETITION RULES

(Revised March 28th, 2018)



C15. THE THROWN-IN (LAW 15)

- 1) If the ball touches the ground before entering, the throw-in is taken from the same team from the same position. If the throw-in is not taken correctly, it is retaken by the opposing team.

C16. THE GOAL KICK (LAW 16)

- 1) On the taking of a goal kick, all opponents must remain outside the penalty area and not less than:
 - **5V5**: 6 meters from the ball until it is in play.
 - **7V7**: 6 meters from the ball until it is in play.
 - **9v9**: 9.15 meters from the ball until it is in play.
 - **11v11**: Remain outside the penalty area.
- 2) The ball is in play when it is kicked directly out of the penalty area.

C17. THE CORNER KICK (LAW 17)

- 1) On the taking of a corner kick, opponents must remain at least:
 - **5V5**: 6 meters away from the corner arc until the ball is in play.
 - **7V7**: 6 meters away from the corner arc until the ball is in play.
 - **9V9**: 9.15 meters away from the corner arc until the ball is in play.
 - **11V11**: 9.15 meters away from the corner arc until the ball is in play.



LEAGUE COMPETITION RULES

(Revised March 28th, 2018)



APPENDIX 1: ZERO TOLERANCE REGARDING COACHES BEHAVIOUR ON THE PITCH

1) Coaches not behaving in a responsible manner:

- Example: berating an official on a call(s): are you an idiot, are you stupid, blind profanities etc. will not be tolerated.
- Coaches intimidating referees with verbal insults (male or female) will not be tolerated and subject to sanctions.

2) **Coaches must know the basic rules, no exceptions:** House league, Youth league and Metro inclusively. Virtually every coach that has appeared before discipline claims they are well versed in the rules by virtue of experience as a coach.

This defense will not be accepted should they appear before the Regional Discipline Committee that « **they did not know nor were advised.**

3) Should coaches have any concerns, complaints, it must be sent in writing with complete details via the club to the Regional Director without exceptions.

4) **Any communications sent not originating from the Club will be deemed not acceptable.**

5) **All communications received via the Clubs shall receive confirmation of receipt from the Region. A subsequent reply will be forthcoming once the complaint, query has been investigated by appropriate Department / Committee.**

NB: Spectators are the responsibility of respective teams. It is the team's responsibilities to make sure that, at a game, spectators behave in a responsible manner. Failure to comply will result in possible sanctions to the Club in form of a behaviour bond of **\$1000**.

Sanctions will be as follows:

- First offense (subject to review) as per the ARS chart and /or the respective league Clubs may be required to post a behavioural bond not less than **\$1000** refundable at the end of the season provided there are not in violation.

6) **Racism Zero tolerance**

As you are aware, racism comes in many forms, verbal, physical and hidden illnesses that are not visible. The ARS will not tolerate any such act and will impose sanctions accordingly as per the discipline chart including possible behaviour bond of **\$1000**.