

2018

AA-A YOUTH LEAGUE RULES



ARS Lac St-Louis



AA-A YOUTH LEAGUE RULES

(Revised March 2018)



TABLE OF CONTENTS

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	6
A7. DIVISIONS CREATION (LEVEL OF COMPETITION).....	6
A8. SCHEDULES	6
A9. RESERVED.....	6
A10. USE OF PLAYERS	6
A11. RESERVED.....	7
A12. TEAMS FAILING TO APPEAR.....	8
A13. VALID AND INVALID GAMES	8
A14. POSTPONED GAMES	8
A15. LEAGUE STANDINGS (NOT APPLICABLE FOR U09-U10-U11-U12).....	9
A16. RESERVED.....	9
A17. RESERVED.....	9
A18. REFEREE FAILING TO APPEAR	9
A19. RESERVED.....	10
A20. AUTOMATIC LEAGUE SANCTIONS	10
A21. RESERVED.....	11
A22. CHANGES OR AMENDMENTS	11
SECTION B: CUP RULES FOR U13 TO U18 INCLUSIVELY	11
B1. QUALIFYING & GENERAL RULES	11
B2. FORMAT.....	12
B3. REFEREE ASSIGNMENT.....	12
B4. FINALS	12
SECTION C: PLAYING RULES	12
C1. THE FIELD OF PLAY (LAW 1)	12
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)	17
C15. THE THROW-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



AA-A YOUTH LEAGUE RULES

(Revised March 2018)



All games are played in accordance with IFAB Laws of the Game, FSQ rules, ARS Lac St-Louis policies and as modified by the following rules and regulations of the League. *U09-U10 will play 7 v 7 soccer, U11-U12 will play 9 v 9 soccer, U13-U18 will play 11 v 11 soccer.*

FSQ rules and regulations:

http://federation-soccer.qc.ca/index.php?option=com_phocadownload&view=category&id=5:reglementation&Itemid=635

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 loss from the standings (-1). *U09-U10-U11-U12 no stats are posted but followed by YL Committee for promotion/relegation purposes.*

Any forfeited games might lead to team disqualification from the Cup Games. *U09-U10, U11-U12 not applicable.*

SECTION A: ADMINISTRATIVE RULES

A1. TEAM ENTRIES / WITHDRAWALS

- a) Team entries ("A" and "AA") and withdrawals will be received by the Youth League on or before the date specified by the Committee. Failure to meet the deadline is subject to a fine of **\$150**. Once schedules have been made, withdrawing a team will result in a fine of **\$475**. Clubs must:
 - i. Specify their teams consisting of male players (classified "M") and of female players (classified "F") – no mixed gender teams will be accepted;
 - ii. Ensure a competitive reserve team of equal or immediately lower category or class for all "AA" teams registered (FSQ competitions point 11);
 - iii. In divisions of more than 10 teams, a club can enter more than one AA team (except in U14AA) and 2 groups can be formed, as long as the teams are not grouped by caliber. They must be grouped randomly and/or geographically. Starting 2019, a club cannot enter more than one AA team;
* Modified March 2018
 - iv. Take note that 2 or more "A" teams will not be permitted without registering a "AA" team of that same category/age group;
 - v. **Using PTS-Reg:** for every team registered, the Club must:
 1. Announce the official Club uniform colours (see A3)
 2. Identify the home fields and field availability from May 1st to Sept 24th
 3. List known team blackout dates – one blackout period of no more than 3 consecutive days per team (subject to restrictions previously stated by the Committee)
 4. Roster players (see A6) and at least one team staff identified as « COACH » (see A4.e)
* Modified March 2018
- b) Any team that withdraws or gets expelled from the league during the season will be charged **450\$** and the statistics will be erased (goals, points). Any sanction towards a player or coach will remain according to the ARS Lac St-Louis rules, FSQ rules, CSA and IFAB rules.

A2. FEES

- a) Team Entry fees will be set by the League and are not refunded once divisions have been announced as "official".
- b) Referees' fees are invoiced separately based on the number of games per division and must be paid to the Region.
- c) There will be an extra **\$20** charge for AA teams only to help cover the costs of the Quebec-Metro League.

Note: All cheques are to be made payable to: ARS LAC ST-LOUIS.

A3. CLUB COLOURS

- a) At the time of registration, all teams shall declare their official club jersey, shorts and sock colours. A colour picture of the front & the back of the uniform may be requested with the registration. There will be a **\$150** fine if the club has not declared « Home » and « Away » colours in PTS-Reg by May 4th2018.
- b) All teams must carry a numbered jersey of an alternate colour to every game.
- c) – reserved -



AA-A YOUTH LEAGUE RULES

(Revised March 2018)



- d) The home team must wear their declared colours failing which a **\$150** fine will be levied. Should the home team have alternate colour jerseys with them, they can change into them without incurring the fine, in order to accommodate the visiting team's lack of alternate jerseys.
- e) If there is a colour conflict, the visiting team must change. There will be a fine of **\$150** if the visiting team does not have alternates, even if the home team changes into alternate jerseys in order to accommodate the visiting team.
- f) Should the referee deem a game not playable due to colour conflict, a report will be filed with the Referee in Chief and the Director General. The game will be forfeited either by the home team for not having their home colour jersey or by the visiting team for not having their alternate colour jersey.

A4. COACHES' RESPONSIBILITIES

- a) Coaches must behave in a responsible manner (IFAB 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».
- d) A proof of coaching certification must be presented in order to complete the affiliation cards.
- e) All team staff registered as COACH in PTS-Reg must as a minimum hold the following N.C.C.P. coaching certifications:

Level Coached	N.C.C.P. Requirements
U09A to U18A	Community Soccer S2 + S3
U12AA, U15AA to U18AA	Community Soccer S2 + S3 + S7 + Level 1 theory (part A)
U13AA and U14AA	D.E.P. + Provincial Recycling (FSQ r.f. art. 35.5)

** Certifications must be obtained before July 15th of the current season failing the club will be fined **25\$** per game for U11 and under or **50\$** per game for U12 and higher.

* Modified March 2018

- f) A team staff registered as COACH in PTS-Reg must be present for at least 75% of the season's games (except for U13AA and U14AA). The League Administrator will manage this and apply the fine at the end of the season. A fine of **100\$** per game will be charged for each game the coach did not attend in order to reach the 75%. A non-player coach must be at all times on the bench.
* Modified March 2018
- g) For **U13AA and U14AA only**, a certified coach must be on the bench for 100% of the games except in the case of expulsion (FSQ r.f. art. 35.4.1). If not, automatic sanctions will apply:
 - * **\$75** for the first and 2nd offense
 - * **\$200** for the 3rd offense
 - * **\$500** for each subsequent offense
- h) All team staff registered as COACH in PTS-Reg must attend the Annual Lac St. Louis Regional Coaches Symposium. If they don't attend, the coach's passport will be suspended.
* Modified March 2018
- i) Coaches of teams should provide active F.S.Q. players' and coaches' affiliation cards and a pre-printed official Youth League game sheet to the referee at least 15 minutes prior to the start of the game. It is also possible to present the list of affiliation cards via the PTS-League platform by smartphone or tablet. NO paper list of the cards will be allowed and the referee reserves the right to verify the electronic version of the cards at any time. In extreme emergency, hand-written game sheets are acceptable to play the game. The game must not start later than 15 minutes after the scheduled start time. If the Players' and Coaches' cards and game sheets are not present by 15 minutes after the scheduled start time, it will result in a **3-0** forfeit and a fine of **\$75** will be levied to the offending team. The game will not be played. 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 and will get checked in at half time. A player is not permitted to play if his passport has not arrived yet. A player cannot enter the game after the whistle blows to begin the second half.
* Modified March 2018
- j) 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 and a fine of **\$25**.



AA-A YOUTH LEAGUE RULES

(Revised March 2018)



- k) 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 **\$150**.
- l) 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 upon collecting the affiliation cards & official League game sheets. Any intended protest must be filed within 5 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.
* Modified March 2018
- m) – reserved –
- n) – reserved –
- o) – reserved –
- p) Standings, statistics and actual game scores are posted on PTS-League (www.tsisports.ca/soccer/ligue). Teams are encouraged to enter their stats immediately after their game. They are responsible for reviewing the game validation posted by the referee within the first 48 hours following the game. Should there be irregularities; the team has 48 hours following the game validation to communicate with the League Statistician. Any review request after 96 hours from game kick-off will not be considered. All games are to be validated by the Statistician as soon as possible but no later than 21 days after the scheduled date (FSQ r.f. art. 23.3).
- q) 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 YL Committee or regional discipline.
- r) The coaches are responsible at all times for the actions of their parents or spectators. The referee will be able to stop the game for inappropriate behavior such as inappropriate remarks aimed at negatively influencing the course of the game. Only words of encouragement and support will be tolerated. Any parent or spectator that does not respect this rule (Positive Silence) will have to leave the field otherwise the referee will stop the game. The game will result in a **3-0** forfeit by the offending team and a **\$150** fine will be applied.
* Modified March 2018
- s) 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. Players at the bench NOT wearing a bib/pinnie will result in a **\$25** fine.
- t) Coaches are responsible for tracking their team's suspensions on PTS-League.
- u) Coaches are responsible for ensuring that the referee checks off the players participating in the game (see A4.1). Any names not crossed off are deemed to have played the game. All other names must be crossed off before the start of the second half. Only members of the coaching staff listed on the game sheet are permitted to arrive during the second half of the game.
- v) 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 Youth League Committee.
- w) No alcoholic beverages or drugs are permitted in the team's technical area. Failure to comply will lead to sanctions from the YL Committee/regional discipline.
- x) Coaches will not attempt to unduly influence the referee's decisions. The Youth League Committee may take disciplinary actions.
- y) All team staff registered as COACH in PTS-Reg of AA teams must do the online program "Sport and Respect": <http://respectinsport.com/> before July 15th of the current season.
* Modified March 2018

A5. PLAYERS' AGE GROUPS

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

Age Groups Eligibility

U 09	born in 2009	7 a-side
U 10	born in 2008	7 a-side
U 11	born in 2007	9 a-side
U 12	born in 2006	9 a-side
U 13	born in 2005	11 a-side
U 14	born in 2004	11 a-side



AA-A YOUTH LEAGUE RULES

(Revised March 2018)



U 15	born in 2003	11 a-side
U 16	born in 2002	11 a-side
U 17	born in 2001	11 a-side
U 18	born in 2000	11 a-side

A6. PLAYER REGISTRATION

- a) 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 in order to be available for any game. By signing an affiliation form a member agrees to abide by rules and IFAB Laws of the Game.
- b) By May 4th, 2018, the player lists must be entered in PTS-Reg within the following parameters (FSQ r.f. art. 35.9.4):
 - i. 7 v 7 (U09-U10): min. 10 → max. 20 players
 - ii. 9 v 9 (U11-U12A): min. 12 → max. 25 players
 - iii. 9 v 9 (U12AA): min. 12 → max. 16 players
 - iv. 11 v 11 (U13 to U18): min. 14 → max. 25 players

Should the minimum not be met, a fine of **\$10** will be levied per player missing per week. Should the maximum be exceeded, a **\$100** fine will be levied per player in excess (FSQ tableau des frais 11.4.1.2). In addition, each team must register an active coach with a minimum of certification as stipulated by the FSQ (see A4.e). The Competitions Administrator will verify and apply the fine every Friday.
- c) 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 plays for will forfeit all of their games he plays in by a score of **3-0**.
- d) Any team who plays a suspended player will forfeit their game by a score of **3-0**.

A7. DIVISIONS CREATION (LEVEL OF COMPETITION)

- a) Divisions are made following standards set by the Youth League Committee (a forecast is issued by late December of each year).
 - i. AA is Inter-regional as per FSQ Zones (FSQ r.f. art. 34.2)
 - ii. A is Regional
 - iii. L is Local
- b) The current rule on promotion and relegation between "A" & "AA" teams is applied based on the previous year's standings. Any exemption request will be subject to analysis and final approval by the Youth League Committee.
- c) Refusal to be promoted or to play a ranking game will result in a **\$445** fine.

A8. SCHEDULES

- a) A schedule based on the numbers of teams registered by the deadline indicated by the Youth League Committee will be prepared by the end of March. Any delays in the preparation of this schedule will be communicated to the club representatives. A minimum of a 14 will be played starting the 1st week of May (depending on the number of teams entered in each division). Divisions of minimum 5 teams are forecasted. U9-U10s & U11-U12s may have more games, as these categories' season will end the first weekend after Labour Day in September with a Festival.
* Modified March 2018
- b) Notification of additions and/or withdrawals of teams from competition must be done in writing to the Competitions Administrator.

A9. RESERVED

A10. USE OF PLAYERS

- a) Team to team in the same Club:
 - i. A player 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.



AA-A YOUTH LEAGUE RULES

(Revised March 2018)



- ii. Clubs with more than one team in the same division or group may not have any movement of players between the teams.
- iii. To be considered as a reserve player, a player must be registered and on a team roster. A player may be called to play an unlimited number of games with another team from the same club of higher or equal category to his own category of affiliation and of higher or equal calibre/class to his class of affiliation (see chart USE OF PLAYERS). An unlimited number of reserve players may be used at any one game paying attention not to exceed the maximum number of muted players per game (A10.b).
* Modified March 2018
- iv. – reserved -
* Modified March 2018
- v. – reserved -
- vi. PLAYDOWN (AAA → AA) (FSQ r.f. art. 35.9):
→ Exclusive to U15AAA to U18AAA playing U15AA to U18AA:
 1. All the while respecting the rules set by the FSQ, a club is master of its membership and can do as it sees fit.
 2. A player must wait 7 days from his/her last AAA game before playing with a AA team (AAA → AA).
 3. A AAA player cannot play more than 6 games with the AA team during the same championship.
 4. A maximum of 6 AAA players may be used during the same championship.
 5. No more than 2 AAA players at a time may play down in the same game.
- vii. Failure to comply with rules A10.a (i–vi) will result in a **\$25** fine and a forfeited game with a score of **3-0**. Additional offences by the same team will be dealt with by the Youth League Committee and could lead to further sanctions.
- viii. All A and AA players must be on a roster of a team playing in the Youth League before being called as a reserve. Permanent rosters are fixed on July 15th therefore no player downgrade as of July 16th – only player upgrade or NEW affiliations may be added thereafter (FSQ r.f. art. 6.9.1.2).
* Modified March 2018

b) Number of muted players that can take part in the same game:

Category	Class	Class
	A	AA
U09-U10	2	n/a
U11	2	n/a
U12	2	2
U13	3	3
U14	4	4
U15	4	4
U16	4	4
U17	6	6
U18	6	6

- i. At the end of a player’s affiliation year (May 1st to April 30th), he is free to affiliate with his choice of club. (FSQ r.f. art. 35.8.1).
- ii. All players who change clubs are considered muted for a period of 2 consecutive years of soccer activity. Refer to FSQ rule (FSQ r.f. art. 35.8.2) for exceptions to this rule.
- iii. Trial players are not permitted.

A11. RESERVED



AA-A YOUTH LEAGUE RULES

(Revised March 2018)



A12. TEAMS FAILING TO APPEAR

- a) Any team unable to appear for a scheduled game must notify the League Statistician, the Director General and the opposing team at least 5 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 **\$250**.
* Modified March 2018
- b) If a team fails to give the 5 business days' notice, the game will be forfeited by the offending team by a score of **3-0**, a **\$300** fine will be levied.
* Modified March 2018
- c) Any team unable to appear for a game involving travel to or from outside the normal boundaries of the Lac St-Louis region without at least 5 business days' notice will forfeit the game by a score of **3-0**, will be fined **\$500**.
* Modified March 2018
- d) The Youth League Committee may address any exceptional circumstances.

A13. VALID AND INVALID GAMES

- a) A game shall be forfeited by a score of **3-0** if a team fields less than 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.
- b) On a game sheet, if a team is comprised of more than the allowable number of mutated players, the game shall be forfeited and awarded to the opposing team by a score of **3-0** (Refer to A10 a) iii & vii b)).
- c) *- reserved -*
- d) A game shall be declared valid when the following time has elapsed:

U09 – U10	35 minutes out of 50 minutes
U11-U12	45 minutes out of 60 minutes
U13 – U14	53 minutes out of 70 minutes
U15 – U16	60 minutes out of 80 minutes
U17 – U18	68 minutes out of 90 minutes

- e) Should the referee abandon a game for reasons other than weather and before the above period has been played, the Youth League Committee will decide on the validity of the game following receipt of the referee's report.

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

A14. POSTPONED GAMES

- a) If a game must be postponed because of bad weather or poor field conditions, the Club Representatives must immediately inform the League Statistician and Competitions Scheduler. 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 Competitions Scheduler and the referee assigner of the details by phone and by e-mail. The Competitions Scheduler shall then notify the coaches affected by the closure and the League Statistician.
- c) Should the referee stop or cancel a game, the referee must immediately notify the referee assigner. The referee assigner will notify the League Statistician and Competitions Scheduler.
- d) Once the official schedule is published, games may only be rescheduled for Provincial Cup Competition and for tournaments and/or other competitions involving players on Regional select teams, for any previously unscheduled and unknown official school or religious function, and ONLY if 4 or more players are missing or 2 players and 1 goalie (identified on game sheets as K, GK, 1 or 0) are missing. These requests must be submitted to the Youth League Chairman and Director General with all official supporting documentation no later than 7 business day prior the game (N.B. a signed letter on school, church, temple or synagogue letterhead...etc....are examples of OFFICIAL supporting documents). In exceptional circumstances, with a 10 days' notice and if the coaches of the two teams agrees to a new date, a game change request could be accepted with a **\$50** fee for the first request and **\$100** for subsequent requests.
* Modified March 2018



AA-A YOUTH LEAGUE RULES

(Revised March 2018)



- e) Within 7 days of a posted postponed game, it is the receiving Club's responsibility to propose 3 dates to the Competitions Scheduler who will confirm the one most fitting the existing schedule all the while respecting field availabilities and team blackout dates. A confirmation notice is then sent to the clubs involved, the club referee assigner and League Statistician. Games must be replayed on these scheduled dates unless A14.d applies. Should the receiving club fail to provide rescheduling dates, the visiting team becomes the host and proceeds to offer 3 new dates. If neither team provides a new date and field to play the game, after 21 days, the game will be deemed a double forfeit.
- f) Games may be rescheduled on weekends.
- g) While school is still on, no game will be played between teams travelling distances exceeding 100 km each from Sunday night to Thursday night inclusively. The Youth League Committee may grant exceptions.
- h) Failure to comply with ANY of the above articles (A14.a through g) will lead to a **\$150** fine imposed on the offending team.

A15. LEAGUE STANDINGS (NOT APPLICABLE FOR U09-U10-U11-U12)

- a) 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
- b) Points gained or removed according to A15.a shall determine League standings.
- 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.
- d) League season Champions and Second Place teams in each division will be presented with a maximum of **22 for 11 v 11** trophies, plaques or medals. **18 medals per team will be distributed at the U09-U10-U11-U12 Festival.**
* Modified March 2018
- e) Any forfeited game may disqualify teams from participating in the Youth League Cup, AA Provincial Champions Cup and « A » Regions Cup. **Not applicable for U09-U10-U11-U12.**
* Modified March 2018

A16. RESERVED

A17. RESERVED

A18. REFEREE FAILING TO APPEAR

"A" divisions only → U9 to U15

- a) 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.
- b) 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.
- c) 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.
- d) The home team coach is responsible for ensuring that the game sheets are filled in with all pertinent information and he/she must send by fax or scan the game sheets to the League within 48 hours.
(514) 631-3672 or lacstlouis@soccerlsl.qc.ca



AA-A YOUTH LEAGUE RULES

(Revised March 2018)



- e) 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.
- f) Any yellow or red cards received by players will remain in effect. A report must be submitted to the General Director within 48 hours.
- g) Teams refusing to follow this procedure:
 - i. Must indicate their disaccord on the game sheet that must be submitted to the League statistician within the proscribed time period
 - ii. Will forfeit the game by a score of **3-0**
 - iii. Will be fined **\$100**

“AA” divisions → U12 to U18 and “A” divisions: → U16 to U18

- a) If the appointed referee fails to appear by 15 minutes after the scheduled start of the game in the U-12 to U-18 “AA” & U-16 to U-18 “A” categories, the game will not be played. The Youth League Committee will reschedule the game in accordance to the rescheduling rules.

A19. RESERVED

A20. 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 (accumulations of cautions &/or ejections) are to be served with team that they were “earned”. This applies to regular players and reserve players (FSQ competitions section XI). The player may NOT play in any Youth League soccer game until the suspension has been purged.
- b) All coach suspensions must be served with the team with which he/she was ejected. The coach may NOT participate in any Youth League soccer activities until the suspensions have been purged. It is not necessary to show a coach a card in order for an expulsion to be official.
- c) When a player accumulates 2 cautions in 1 game, he/she is automatically suspended for the next game. A **\$20** fine is levied (art. DC-9). 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 (A20.e).
- d) 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 **20\$**
 - 2nd red card **30\$**
 - 3rd and over red card **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 competitions section XI).

- e) When a player accumulates a total of 3 separate cautions during the season, he/she is automatically suspended for the next game (FSQ competitions point 48).
- f) – reserved –
- g) – reserved –
- h) A team that incurs 20 cautions will be assessed a fine of **\$50**. Every additional multiple of 5 cautions will cost the team an additional **\$50**. The Discipline Coordinator will apply the fines for these accumulated cautions, at the end of the season.
- i) 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 signs up for. Example:
 - summer to cup
 - summer and/or Cup to winter
 - summer and/or Cup to next summer
 - winter of current year to next summer
- j) Cautions and accumulated cautions do carryover from championship to Cup and vice versa.
- k) Additional discipline will follow the regional discipline guideline.



AA-A YOUTH LEAGUE RULES

(Revised March 2018)



- l) The YL 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 CUP 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. 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 YL 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 1 week of official notification of forfeiture of bond.
 - vi. A team could be excluded from the Cup Games due to bad behaviour during the season games.
 - vii. A team that exhibits bad behaviour could be asked to provide a \$1000 behaviour bond, in order to continue playing during the season.

A21. RESERVED

A22. CHANGES OR AMENDMENTS

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

SECTION B: CUP RULES FOR U13 TO U18 INCLUSIVELY

B1. QUALIFYING & GENERAL RULES

- a) Cup play will include all U13 to U18 teams that are registered unless they have been disqualified.
* Modified March 2018
- b) Team placement will be determined by a random draw by category & classification. Draw will be held on the 3rd Tuesday of May.
* Modified March 2018
- c) League Rules will govern all games and discipline.
- d) A player may only play as a reserve for another team if their own team has been eliminated from the Cup. If found playing as call-up on another team while their own team is still in the Cup, the game for that second team having used that player shall be forfeited to the opposing team by a score of **3-0**.
* Modified March 2018
- e) – *reserved* –
* Modified March 2018
- f) A Reserve AAA player is not permitted to play in the Cup games.
- g) If a team is unable to meet the minimum requirement of **7 players + 1 coach** 15 minutes after the scheduled start time of the game, the game shall be automatically forfeited to the opposing team by a score of **3-0**.
* Modified March 2018
- h) If a team fails to appear, they will be automatically be disqualified from further cup competition.
* Modified March 2018
- i) With the exception of the FINAL game, all games ending in a tie at the end of regulation time will proceed directly to 5 penalty kicks from the penalty mark. All games must determine a winner.
- j) The use of trial players is not permitted.



AA-A YOUTH LEAGUE RULES

(Revised March 2018)



B2. FORMAT

- a) Teams will play single elimination rounds in order to advance to the final game. Template formats are available on www.arslacstlouis.com/en/Competition/youth_summer.html
- b) All games will be played within the territory covered by Lac St-Louis Youth League. Teams from ARS Outaouais drawn in their first round will host the game (receiver-visitor may need to switch).

B3. REFEREE ASSIGNMENT

- a) All preliminary round games: Referees and referee assistants to be assigned by the Regional Referee Assignor & host Clubs.
- b) Semifinals and finals within the ARS Lac St-Louis territory: Referees and referee assistants to be assigned by the Regional Assignor.

B4. FINALS

- a) The finals are to be played on the 3rd Saturday of September – some exceptions may arise.
- b) All finals ending in a tie will be decided as follows:
 - 2 x 10-minute halves of added time, played in their entirety.
- c) If game is still tied after playing the added time, teams will proceed to taking 5 kicks from the penalty mark as per IFAB Laws of the Game.

SECTION C: PLAYING RULES

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

https://football-technology.fifa.com/media/1245/lotg_17_18_en.pdf

C1. THE FIELD OF PLAY (LAW 1)

- a) Clubs must ensure that their fields are in safe and playable condition at all times. 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:
 - i. 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.
 - ii. 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.
 - iii. For 9 v 9 games, 11 v 11 goals must be used.
 - iv. All goals must be anchored and secured to the ground or designed and approved for use on artificial fields.
 - v. 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 however the club may be fined.
 - vi. 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.

- b) 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.



AA-A YOUTH LEAGUE RULES

(Revised March 2018)



C2. THE BALL (LAW 2)

- a) The home team 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*.
- b) Coaches must ensure that game balls are properly inflated.
- c) If no ball is available, the game will be forfeited by the home team by a score of **3-0** and a **\$250** fine will be levied.
- d) All balls must be inflated to a pressure of 9-10.5 lbs. per square inch.

U09 - U13: Size 4 circumference 25-26 inches (62-65 cm)
Weight 12-14 ounces (330-390 grams)

U14 - U18: Size 5 circumference 27-28 inches (68-71)
Weight 14-16 ounces (397-453 grams)

C3. THE PLAYERS AND TEAM OFFICIALS (LAW 3)

- a) Number of Players and Team Officials:

Category	# of Players (min/max)	# of Team Officials (min/max)
7 v 7	5 / 13	1 / 3 + physio or athletic therapist
9 v 9	6 / 16	1 / 3 + physio or athletic therapist
11 v 11	7 / 18	1 / 3 + physio or athletic therapist

- b) 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 A10.

Failure to comply with the maximum limit will result in a forfeit by a score of **3-0** by the offending team as per A15.a.

- c) 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);
 - v. When play has been stopped because of an injury (only the injured player may be substituted);
 - vi. For U09-10, U11-12 ONLY: At throw-ins;
For U13-18: At throw-ins in favor of the team. Substitution may be made by the team taking the throw-in and ONLY if they make substitutions, may their opponent also substitute;
* Modified March 2018
 - 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 with the exception of 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.



AA-A YOUTH LEAGUE RULES

(Revised March 2018)



- d) Player substitutions must follow the procedure in the *IFAB Laws of the Game*.
- e) 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. All substitutes must wear pinnies/bibs. . Failing to do so will result in a **\$25** fine.
- f) Only identified Youth League Committee member and/or club representatives (as listed in PTS-Reg), referees, personnel and players with affiliation cards are permitted on the field or on the teams' side of the field at any time. If a club representative wishes to stay on the players' side, they must present themselves to the referee and produce a valid passport in order to be allowed to stay on the player' side.
- g) **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.

- a) 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*. Undershirts must be the same colour as the main colour of the shirt sleeve and undershorts/tights must be the same colour as the main colour of the shorts or the lowest part of the shorts **OR they can both be black or white**. Players of the same team must wear the same colour;
* Modified March 2018
 - ii. Home team must wear their declared colours. If there is a conflict, the visiting team must change (see A3.d);
 - 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 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;
 - 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 at all times during the game.
 - viii. Substitutes must wear a bib/pinnie at all times;
- b) Other equipment:
 - i. *IFAB* approved headgear may be worn;
 - 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.



AA-A YOUTH LEAGUE RULES

(Revised March 2018)



C5. THE REFEREE (LAW 5)

- a) 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.i);
 - 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.
- b) Team Handshake Exchange:
 - i. The referee will oversee the shaking of hands at the beginning of the game.

C6. THE OTHER MATCH OFFICIALS (LAW 6)

- a) Assistant referees will be assigned to 9 v 9 and 11 v 11 games.
- b) Assistant referees will not be assigned to 7 v 7 games.

C7. THE DURATION OF THE MATCH (LAW 7)

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

U09 – U10	2 equal periods of 25 minutes (valid after 35 minutes)
U11 – U12	2 equal periods of 30 minutes (valid after 45 minutes)
U13 – U14	2 equal periods of 35 minutes (valid after 53 minutes)
U15 – U16	2 equal periods of 40 minutes (valid after 60 minutes)
U17 – U18	2 equal periods of 45 minutes (valid after 68 minutes)

* No extra time will be played if a game ends in a draw during the regular season.

- b) With the exception of U14AA, in the event that 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 so as 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.
- c) In the event that 2 unequal halves are played for reasons other than C7.b, 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.
- d) 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 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.
- e) **LIGHTNING:** As soon as you hear thunder, quickly get to a safe location and stay inside for 30 minutes after the last rumble of 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 (C7.b).

* Modified March 2018



AA-A YOUTH LEAGUE RULES

(Revised March 2018)



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

See *IFAB Laws of the Game*, no specific league rules.

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

See *IFAB Laws of the Game*, no specific league rules.

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

- a) Regular season: Games may end in a draw.
- b) Cup: All rounds with the exception of the Final (U13-U18): games that end in a draw will be followed by kicks from the penalty mark (See *IFAB Laws of the Game* for procedure).
* Modified March 2018
- c) Cup: Playoff Final (U13-U18): games that end in a draw after 2 periods of play will be followed by 2 x 10 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* for procedure).
* Modified March 2018

C11. THE OFFSIDE (LAW 11)

- a) The offside rules will apply for both 9 v 9 & 11 v 11. It does not apply for 7 v 7.

C12. FOULS AND MISCONDUCT (LAW 12)

- a) 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.
- b) 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.
- c) 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.
- d) 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.
- e) 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)

- a) On the taking of a free kick, opponents must remain at least:
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)

- a) The penalty kick is taken:
- 7V7: 6 meters from the goal line.
 - 9v9: 11 meters from the goal line.
 - 11v11: 11 meters from the goal line.

C15. THE THROW-IN (LAW 15)

- a) 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)

- a) On the taking of a goal kick, all opponents must remain outside the penalty area and not less than:
- 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.
- b) The ball is in play when it is kicked directly out of the penalty area.
- c) Retreat Line (For U9-U10): the retreat line is set at the half way line of the field. During a goal kick, the player taking the kick has the choice to wait for the opposing team to move behind the retreat line, or play the ball immediately. If the distance is requested, the game resumes at the referee's whistle when the opposing team's players are all in their half of the field.



* Modified March 2018

C17. THE CORNER KICK (LAW 17)

- a) On the taking of a corner kick, opponents must remain at least:
- 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.



AA-A YOUTH LEAGUE RULES

(Revised March 2018)



APPENDIX 1: Zero tolerance regarding coaches behaviour on the pitch

1 : Coaches not behaving in a responsible manner :

- a. **Example: berating an official on a call(s): are you an idiot, are you stupid, blind profanities etc. will not be tolerated.**
- b. **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 \$1000.00.

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 \$1000.00 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 \$1000.00.