

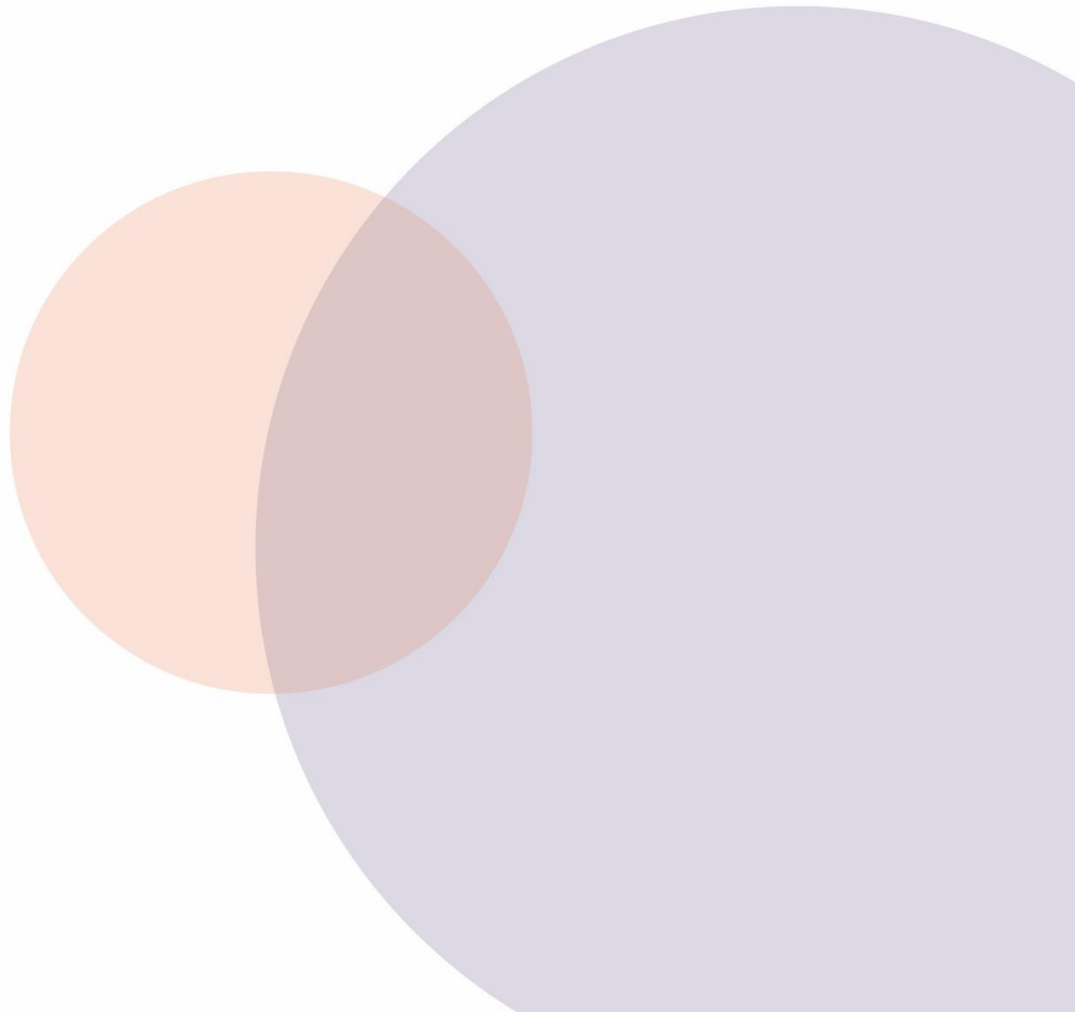


WINTER 2021-2022

LEAGUE RULES

SENIOR LEAGUE

COVID EDITION





SENIOR RULES

(COMPETITION - REV. October 2021)

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All games will be played in accordance with the [IFAB Laws of the Game 2021/2022](#), ARS Lac St-Louis policies and as modified by the following rules and regulations of the League.

FORFEITING A GAME:

All games not played and lost by forfeit will result in a 3-0 score in favor of the non-offending team. In the case where a team abandons an ongoing match or if the default is declared following the match a score of 3-0 is given in favor of the other team if they have scored 3 goals or less. In all cases, the offending team loses one point (-1) in the standings. Any match forfeited may result in disqualification of the offending team from the playoff series.

SECTION A: ADMINISTRATIVE RULES

1. CHANGES OR AMENDMENTS

No rules regarding the competition can be changed during the season. Clubs may submit their recommendations for next season to the Competitions Director.

2. GENERAL RULES

- a. All games and discipline cases are governed by the rules of the Senior League.
- b. The playoffs are organized for all divisions in the Senior League.

3. REGISTRATIONS / WITHDRAWAL OF TEAMS

- a. Registrations and withdrawal of teams must be received by the League no later than the deadline. A fine of **\$150** will be imposed for any late registration or withdrawal after the final division's publication date. When submitting its request, each team must:
 - i) Specify the teams of male players (classified "M") specify the teams of female players (classified "F") specify the teams of Mixed players (classified "X");
 - ii) In PTS REG specify the official club shirt color prior to the start of the season.
- b. Any team that withdraws or is expelled from the league when the season started, will see its statistics canceled (goals, points) and will be subject to a fine of **\$445**. Any penalties/cautions for players and/or coaches remain in effect.

4. FEES

- a. Team fees are set by the league and are not refundable once divisions have been announced as "official".

5. CLUB COLORS

- a. Prior to the start of the season, all clubs must register a home color and an alternate color in PTS REG.
- b. The jerseys must be numbered
 - i) The numbers must be at least 6 inches high, on the back.
 - ii) The numbers must be clear and legible.
 - iii) Each jersey worn by team members during a game must have a unique number.
- c. The home team must wear their declared colors, failing to do so will result in a **\$50** fine.
- d. If there is a color conflict, the visiting team must change. The visiting team will be fined \$50 for not having alternates and the game will forfeited by the score of **3-0**.



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- e. If the referee deems the game non-playable, a report will be filed with the Regional Referee Assigner and the Competitions Director who will determine the final result of the game.

6. COACHES RESPONSIBILITIES

- a. Coaches must behave in a responsible way (**IFAB law 5**).
- b. Coaches of both teams are responsible for the security of all players, coaches, spectators, referees, and assistant referees, representatives of the Lac St-Louis region, before, during and after the game.
- c. Reserved
- d. Reserved
- e. Reserved
- f. Player-coaches are allowed.
- g. If a player-coach is ejected and there is no other player-coach/coach listed on the game sheet, the game will be lost by forfeit.
- h. Reserved
- i. Coaches of teams must provide active FSQ players and coach's affiliation cards (physical or electronic) as well as a game sheet to the fourth official for verification at least 15 minutes before the start of the match. Players whose affiliation cards are missing but listed on the game sheet will not be permitted to enter the field of play nor on the players' bench until the affiliation card is checked by the fourth official. Any breach of this regulation will result in a forfeit by the score of **3-0**.
- j. No players arriving after the start of the second half will be allowed on the field or on the players' bench.
- k. The game must start no later than 5 minutes after the scheduled time indicated on PTS league.
- l. All players must be validated. Failure to comply will result in a **3-0** forfeit.
- m. Before signing the game sheet at the end of the game, coaches must ensure that all absentees are crossed off and that the game score, scorers, cautions and expulsions are correct upon collecting the affiliation cards and official league game sheet. Any intended protest must be filed within 2 days of the game. It is the coach's responsibility to collect the game sheets and the affiliation cards after the game. No addition(s) or modification(s) will be permitted by the team's staff on the game sheet after the game is started.
- n. The coach has the responsibility to enter the players and coaches that participated in the game, final score, goal scorers, cards and any observations on PTS if necessary within 24 hours after the match. Thereafter, the referee will enter presences, final score, goal scorers, cards and any comments as necessary on PTS. Once the referee has saved the data, the coach cannot make changes. The coach has the responsibility to advise the League Manager directly, ONLY if any error or omission has occurred and this must be done within 72 hours of the match.
- o. Reserved
- p. Reserved
- q. Results for played games, standings and statistics of teams are available: [PTS LEAGUE](#)
- r. Spectators must always sit on the stands. Players and coaches must remain within their technical area. Player substitution must be made at a maximum of 1 meter from their bench.
- s. Coaches must ensure that their spectators never enter the field of play. Based on the referee's report, failure to comply will result and the game will result in a **3-0** forfeit by the offending team. Teams may be subject to further disciplinary action.
- t. At any time, only identified club representatives, referees, coaches/manager, physio or athletic therapist and registered players may be present on the field and along sidelines on the team's side. A maximum of 3 coaches/manager (excluding physio or athletic therapist) and a maximum of 16 players are allowed inside the technical area. They must all be entered on the game sheet. Failure to comply will result in a **3-0** forfeit by the offending team. ONLY in the event of an injury requiring external assistance, the referee may allow the presence a person on the field or inside the technical area during the time medical care is required. Any sports therapist present must be available to both teams and be identified by the referee prior to the match.



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- v. In case of a mass confrontation involving members of the team's staff, or one or more players from the bench: the staff members and bench players involved will be suspended for a minimum 6 games or the remainder of the season (if less than 6 games remain) and a **\$300** team fine, payable before the next game. Additional sanctions may be applied at the discretion of the Competitions Director.
- w. Reserved
- x. Reserved
- y. Each coach is responsible for keeping track of suspensions to ensure the eligibility of players for each match.
- z. A coach may only coach one team per division.
- aa. In an inter-division match (Cross-over) with the same coach rostered for both teams, the coach must be on the bench of his or her primary team. In this case, the club must identify which team is primary for the coach.
- bb. Coaches are responsible for ensuring that all players participating in the game were checked on the game sheet by the fourth official or referee. Any name that has not been crossed out shall be considered as having participated in the game. All players not present should be crossed out before the start of the second half. Players cannot join the bench after the 2nd half has started.
- cc. At any time (before, during and after the match), it is forbidden to smoke, to drink alcohol and use drugs inside the technical area. Failure to comply with this regulation will result in additional sanctions.
- dd. Coaches will not attempt to unduly influence the referee's decisions.

7. PLAYER AGE GROUPS

The age groups must be these adopted by the FSQ as follows:

Eligibility	Type of Game
U-21	7 aside soccer
METRO	7 aside soccer
O35	7 aside soccer

8. PLAYER REGISTRATION

- a. Registration of players will be in accordance with the operating rules of the FSQ or as modified by the Lac St-Louis Region. A signed affiliation form must be activated by the club and validated by the ARS to be available for any game.
- b. No player U16 or less may be placed on a list of Senior players without medical and parental authorization as prescribed by the FSQ.
- c. Any player suspended by a club or a region for administrative reasons should not be able to enroll in another club while the suspension is in effect.
- d. Any team who lets a suspended player play will lose the match by a **3-0** forfeit and 1 point will be removed from the rankings (-1).

9. DIVISION CREATION (Level of Competition)

The divisions are as follows:

- AA (D1 et U21) are Inter-regional regions according to the FSQ
- A (D2M-D5M, D2F-D5F and U21 A) are Regional
- L (D6M+, D6F+, and U21 L) are Local

10. SCHEDULES



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- a. The ARS Lac St-Louis Senior League will create a schedule and post it on PTS LEAGUE (www.tsisports.ca). No request for changes will be permitted.
- b. Reserved
- c. Reserved
- d. Any club that withdraws a team after the schedule is published will be fined **\$445** and the team entry fee will not be refunded.
- e. Starting times for all games are scheduled on Sundays between 18:00 and 23:00

11. USE OF PLAYERS

- a. Team to team in the same Club.
 - i) A player can play in several categories (as indicated by the year of birth), several classes or several divisions higher or lower than his own.
 - ii) The movement of players between teams from the same club playing in the same division is not allowed.
 - iii) RESERVIST:
 - 1) FREEDOM OF MOVEMENT BETWEEN DIVISIONS IS PERMITTED.
 - 2) Reserved.
 - 3) All players must be affiliated and validated affiliated in Lac St-Louis region before being called as reservists.
 - 4) Reserved
 - 5) only NEW affiliations will be permitted as additions to the team after that date.
 - 6) Reserved
 - 7) Reserve players cannot play for two teams in the same division.
 - 8) At an inter-division match (Cross-over), the player must play for their primary team.
 - 9) Call down players from AAA are allowed.
- b. Movement of player - club to club
 - i) The transfer fees (development fees) for a Senior player considering a change of club cannot be requested.
- c. TRIAL PLAYERS: Trial players are prohibited.
- d. PERMITTED PLAYERS: Refers to senior players playing for a club or a soccer group who received approval from their affiliated club to participate in activities organized by other clubs or independent teams (regroupements).
- e. **A maximum of 16 players active and in club uniform can be listed on the game sheet or participate in a game.** No person other than those listed on the game sheet can be present in the technical area. Non-compliance will result in a forfeit with a score of **3-0** and 1 point will be removed from the standings (-1).



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12. TEAMS ARRIVING LATE

- a. If a team cannot be present 5 minutes after the scheduled start time with a minimum of 5 players and 1 coach (or player-coach), the match will be forfeited in favor of the opposing team by a score of **3-0**.
- b. Two of these forfeits will result in a fine of **\$150**. Each additional forfeit will result in a fine of **\$150** per game.

13. ABSENT TEAM

- a. If a team cannot be present for a game, their club administrator must advise the league manager at least 5 calendar days before the date specified in the schedule. The match will be forfeited to the opposing team by a score of **3-0**; 1 point will be removed from the standings (-1). A team that cannot be present for a second game or more will forfeit the match and a fine of **\$50** per game will be imposed.
- b. In the case of absence without prior notice of 5 calendar days, the offending team loses the match by a score of **3-0**, 1 point will be removed from the standings (-1), a fine of **\$50** is immediately imposed and its participation in the playoffs could be removed.
- c. Reserved
- d. Any extraordinary circumstances can be brought to attention of the Competitions Director.

14. VALID GAMES AND FORFEIT

- a. A team will forfeit a game with any of the following conditions,
 - i) Less than five (5) active players on the field;
 - ii) Using a player under suspension;
 - iii) Using a player without an affiliation card;
 - iv) Having a suspended coach/player present within the technical area or entered on the game sheet

15. CANCELED GAMES

- a. If a game must be canceled, the game will be posted in PTS LEAGUE. The game will not be rescheduled and a score of 0-0 will be applied.

16. LEAGUE STANDINGS

- a. Points are awarded as follows:
 - 3 points for a win
 - 1 point for a draw
 - 0 points for a loss
 - -1 point for a game lost by forfeit
- b. Team rankings are calculated in PTS League.
- c. In the event of a tie at the end of the regular season, the final standings shall be determined by the following:
 - i) The highest number of points obtained;
 - ii) The highest number of points obtained in the matches between the two teams concerned;
 - iii) The goal differential (in the matches between the two teams concerned);
 - iv) The team with the greatest number of wins;
 - v) The greatest goal difference overall;
 - vi) The team with the most goals scored;
 - vii) Random draw.
- d. Any match lost by forfeit may result in disqualification of the team from playoff games.

17. AUTOMATIC LEAGUE SANCTIONS

- a. Any suspension must be served with the team that he/she acquired the suspension. This is applicable to a regular player, a reservist player, coaching staff. The player is suspended from ALL Senior League activities for the duration of the suspension.
- b. All coach suspensions must be served with the team with which he/she was ejected. The suspended coach may NOT participate in any Senior League soccer activities until the suspensions have been purged.



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- c. When a player receives 2 cautions in the same game, he/she is expelled from the game and automatically suspended for the next game. Additional sanctions may be applied. The combination of two cautions during the same match is not recognized in accumulated cautions during the season. The penalized team may however replace the ejected player with another player after a period of 10 minutes.
- d. When a player, a coach, an assistant, a monitor, or manager is ejected from the game (red card) he/she is automatically suspended for the next game, and a fine of **\$20** (first occurrence), **\$30** (second occurrence), or **\$50** (third and subsequent occurrences) applies. Additional sanctions may be applied. Subsequent expulsions in the same season can result in additional suspensions.
- e. When a player accumulates a total of three separate cautions during the season, he/she is automatically suspended for the next game.
- f. Suspensions resulting from ejections remain in force until the players and/or coaches have his/her name and affiliation card number indicated on the subsequent game sheet(s) for multiple game suspensions, as serving a suspension. Suspensions will carry over to the next Senior League competition. Example:
 - i) Summer season to playoffs
 - ii) Summer season and/or playoffs to winter season
 - iii) Summer season and/or playoffs to next summer season
 - iv) Winter of current year to next summer season
 - v) Suspensions are carried over from the previous season in PTS REG automatically.
- g. Additional sanctions are in accordance with the FSQ discipline chart.
- h. The Regional Discipline committee may decide that, if a player, coach, parent, spectator, or official club member, violates the regulations having been found guilty of a major violation regulations, the affiliated club will be required to provide a good behavior bond of one thousand dollars (\$ 1,000.00) for the rest of the season and the subsequent season.
 - i) The bond must be issued on the specified date otherwise all teams involved in games sanctioned by the region, will forfeit any ranking and all subsequent games of the current season, and will be excluded from the playoff games this season.
 - ii) The bond will be returned at the end of the following season if there is no major infraction of the rules by the player, coach, parent, spectator or team official club member and at this at any level.
 - iii) The bond will be endorsed if there is another major infraction of the rules, and at any level, by a player, coach, parent, spectator, a team or a club official member.
 - iv) The Senior League Committee, the Regional discipline committee or Regional Board may impose additional fines, restrictions or sanctions.
 - v) Another good behavior bond of one thousand dollars (\$ 1,000.00) shall be submitted within one week after the official announcement of the endorsement of the first bond.
 - vi) If a bond is not delivered by the specified date, the team will be banned from participating in any competition prior to the issuance of the bond. Any missed games will be forfeited.

SECTION B: PLAYING RULES

18. FIELD AND EQUIPMENT

- a. Field dimensions are determined by the facility used for the competition.
- b. Any cost of repairs and damage to the facilities, caused by a team/player, will be assumed by the team/player's club to which he/she belongs.
- c. THE BALL:
 - i) Format no.5, circumference of 27-28 inches (68-70 cm) - Weight 14-16 ounces (410-450 g)
 - ii) The pressure should be 8.5-15.6 psi - (0.6-1.1 atmosphere). Non-stitched balls vulcanized are prohibited. COACHES MUST ENSURE THAT GAME BALLS ARE PROPERLY INFLATED. Host team coach is responsible for providing two compliant balls for the game. The ball must be ready for use and meet the appropriate standards and conditions. If such a ball is not available, the referee may inquire with the coach of the visiting team or use any other ball in good condition and meets the specifications mentioned above.
- d. PLAYERS:



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- i) All players must wear the declared uniform (jersey, shorts, socks) and the same color as registered by their club on PTS (as stipulated by Law 4 of IFAB).
- ii) The goalie must wear a different color jersey than other players and the referee and may wear either shorts or pants. The shorts, pants and socks can be a different color than those of the team. If a keeper is replaced and wishes to play on the field, he/she must apply Regulation **18-d-i)** above.
- iii) The jersey must be numbered (different number) on the back (dimension 6" minimum). Sleeves must be unrolled. Adhesive tape is permitted to differentiate numbers.
- iv) Players cannot change numbers during a game without the permission of the referee. In no case can a player withdraw his jersey on the field of play.
- v) Shin guards are obligatory in accordance with the IFAB Laws of the Game and must be completely covered by the socks at all times.
- vi) Headgear approved by IFAB may be worn.
- vii) No jewelry or dangerous objects may be worn. Medical bracelets are allowed but their chains must be covered with adhesive tape.
- viii) Hearing aids are allowed.
- ix) Prescription eyeglass lenses are not allowed. Only sports eyewear approved by IFAB will be accepted.
- x) Hard casts cannot be worn (plaster or fiberglass).
- xi) Orthopedic braces must not have exposed metal or plastic parts.

Any player that fails to comply with the above will not be permitted to play.

19. LAWS OF THE GAME

IFAB Laws of the Game 2021/22 apply except for modifications/clarifications below.

- a. Fouls and Misconduct
 - i) A penalty kick is awarded if a player commits a direct free kick offence inside their penalty area or off the field as part of play as outlined in Laws 12 and 13. The ball must be placed on the penalty mark, seven (7) meters from the goal line. All players other than the kick taker must be six (6) meters from the ball, outside of the penalty area, and behind the ball.
 - ii) All free kicks are taken from the place where the offence occurred, except:
 - a. Indirect free kicks to the attacking team for an offence committed inside the opponent's penalty area are taken from the nearest point on the penalty area line that runs parallel to the goal line.
 - b. Direct free kicks to the defending team in their penalty area may be taken from anywhere in that area.
 - c. If the ball comes in contact with the building structure during the game, this will result in a direct free kick for the opposing team underneath the area where the ball made contact with the building structure.
 - d. If the ball touches the building structure above the penalty area, a goal kick or corner kick is awarded based on the team that last touched the ball.
 - iii) The ball is in play when it is kicked and clearly moves.
 - iv) Opposing players must remain a minimum of six (6) meters away from the ball on all free kicks.
- b. When restarting the game with a dropped ball within the penalty area, the ball will be dropped for the defending team goalkeeper.
- c. PASS BACK: An indirect free kick will be awarded if a goalkeeper, inside their penalty area, touches the ball with their hands after it has been deliberately kicked to the goalkeeper by a teammate.
- d. Kick-in: when the whole ball passes over the touchlines, play will be restarted with a kick-in. Players will have one attempt to play the kick-in. All opposing players must remain a minimum of six (6) meters from the ball.
- e. When the whole ball passes over the goal line without passing between the goalposts and under the crossbar, a goal kick or corner kick will be awarded depending on which team last touched the ball.
 - a. On a goal kick, opposing players must remain outside the penalty area and a minimum of six (6) meters from the ball. The ball is in play when it is kicked.
 - b. On a corner kick, opponents must remain at least six (6) meters from the corner. The ball must be placed on the corner and is in play as soon as it is kicked and clearly moves.



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- g. Goals cannot be scored directly from an indirect free kick or a kick-in.

20. DURATION OF GAMES

- a. Games must be 2 halves with a half-time of 1 minute, the first half will be 25 minutes and the second will end at 25 minutes or 5 minutes before the start of the subsequent game (whichever comes first).
- b. If a penalty kick is awarded at the end of the game, the game will be extended to allow for the kick to be taken in accordance with Law 14 of the IFAB Laws of the Game, and any resulting goal added to the game score. This does not apply to any free kick awarded prior to the end of the game.
- c. Teams must be ready to play at the designated time on the schedule. A team that arrives more than 5 minutes after the scheduled start time will automatically lose the match by forfeit.
- d. The referee is the official timekeeper, but games must end 5 minutes before the next game on the schedule.
- e. A game will be considered valid after 38 minutes of play. There will be no extra time during regular season games.
- f. Games are played 7 vs. 7 (including the goalkeeper)
- g. A non-formal warm up period is assigned.
- h. If for any reason a referee stops a match before the end of the periods mentioned above, the Competitions Director, on receiving the report of the referee, will determine the validity of the game. The referee is obliged to report the irregularity in writing on the official game sheet and PTS.
- i. Any coach or club representative who;
 - i) Refuses to start a game
 - ii) Interrupts the normal progress of a game
 - iii) Withdraws his team from the playing field
 - iv) Refuses to continue the match will result in the following:

The offending team loses the match by the score of **3-0** (or the score remains unchanged - the best advantage for the winning team), one point will be removed from their standings **(-1)**, a fine of **\$150** will be imposed immediately and participation in the playoffs could be removed, and the team could be subject to additional disciplinary action by the Senior League Committee.

21. REFEREE RESPONSIBILITIES

- a. Before kick-off, the fourth official must check the official game sheet, and the FSQ validated affiliation cards for all players and coaches.
- b. After the game, the referee must indicate on the game sheet, the actual start time of the match, attendance, players who scored goals, all cautions and ejections issued and enter the final score.
- c. For all games, the referee will also record on PTS-REF/League the score and statistics from both game sheets within 48 hours of kick-off.
- d. There is no handshake exchange at the end of the game.
- e. If the appointed referee fails to appear at the scheduled start of the game, the fourth official will replace him/her. If no referee is available, the match will not take place.

22. PLAY-OFF FORMAT

- a. A reservist player can be used during the playoffs only if he has already played at least 1 regular season game with that team. If a team uses a player in the playoffs without first having played at least 1 game with the team, the game will be lost by forfeit with a score of **3-0** and the team will be disqualified from the playoffs.
- b. Reserved.
- c. Accumulated cautions and suspensions will be transferred to the playoffs.
- d. QUALIFICATIONS

For all divisions, only the first 4 teams in the final standings of the season qualify for the playoffs.
The positioning of the teams will be determined by the official season standings.
- e. SEMI-FINALS

All matches will be played according to the full time.
In case of a tie at the end of the full time, there will be kicks from the penalty mark (5 kickers) to determine a winner in accordance with the IFAB Laws of the Game.
- f. FINALS

All matches will be played according to the full time.



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In case of a tie at the end of full time, there will be two extra time periods of 5 minutes each that will be played in full (no golden goal). If the game remains tied after two extra time periods, there will be kicks from the penalty mark to determine a winner in accordance with the IFAB Laws of the Game.

23. COMPETITION PRIZES

Prizes will be awarded as follows:

a. LEAGUE CHAMPIONSHIP

Category	Champions	Finalists	Playoff Champions
All divisions	\$800	\$400	\$300