

LEAGUE RULES

025-26 Additional / Modified Rules and Reminders

Team JERSEYS are OBLIGATORY!!!

ALL players MUST have identical team jersey and or exact colour, including spares and NEW players!

A Pinnie might be supplied by the league, **ONE TIME EXCEPTION**. After which, the Player can buy a shirt from the league or bring his/her own, and the league can print the number on it free of charge. Note: different shades of blue for example, are not accepted. SAME shade only!

If a player does not have a matching team jersey, he/she **will not** be allowed to play. There is NO excuse for a player not to have a **matching** team jersey. This is the captain/team responsibility, NOT the league.

PHOTO ID will be required for all **NEW** player registrations.

League may request a valid photo ID at ANY time. If a player cannot provide ID on request, they will not be permitted to play.

Age minimum. It is understood that QCSL is an ADULT league. Minimum age accepted is 15. All players will be treated equally.

HOWEVER, any player under the age of 18 is responsible, considered and understood to have prior consent from their parent or guardian, and both understand and ACCEPT that they are playing in an ADULT league, at their own risk, circumstances and conditions.

The league or its staff will NOT be held accountable for injury, misbehaviour, or actions leading to any misconduct.

‘Ranked’ Goalies can play in Rec divisions (ONLY as a goalie) but can NOT score a goal, take a shootout or penalty shot. He/She will NOT be allowed to cross the center line at any time (same as CO-ED rule)

Bench Infractions:

(a) **NO spectators** will be allowed on the bench!! One ‘coach’ per team may be allowed on the bench however He/She must be REGISTERED with the league (appear on game sheet) and follow the same rules of conduct of QCSL

(b) Injured or non-playing registered members of a team who wish to sit on team bench during a game **MUST WEAR** a team jersey. Any infraction of these rules (a or b) may result in a 2-minute bench minor penalty awarded by the referee or a staff member.

(c) **Bench Clear Reminder.** It is **FORBIDDEN** for anyone to leave their bench during any altercation on the field. This can only make matters worse! Bench clear -1 point in standings and \$200\$ team fine and possible FFT.

Spectators: Each team is responsible for the behavior of their spectators. Teams will be held accountable and sanctioned

League Members Authority:

Any league official, staff member CAN assist a referee at any time during a game.

IF an incident/ (misconduct or improper behaviour or action occurs BEHIND the play or away from the referee's view, any staff member has the authority to stop the game and sanction the offender(s) at ANY time.

Retrieving ball in opponent's goal: Reminder

It is FORBIDDEN for any player to retrieve the ball in opponent's net after a goal is scored.

Please make sure all your players are aware of this rule and it is in place to **AVOID FIGHTS AND ALTERCATIONS!!** (referee has control of the time)

Check-In Upon Arrival: All players **MUST 'check in'** with the league manager immediately upon arrival! DO NOT go to the field unless you report to the league official to **give your name and jersey number** first, ESPECIALLY if you're late!

Respect for Referees:

Referees provide an impartial service for both teams and must be treated with respect at all times. They are not there to endure abusive or disrespectful language. Any inappropriate behaviour or lack of respect toward a league official will **not be tolerated under any circumstances** and will result in **severe disciplinary sanctions**.

Late Rule: Be on time! The league might have delays for different reasons, but there is NO excuse for a team to be late. After 5 minutes, the Referee starts the clock. The late team starts with a 0-1 score. After 10 minutes: Score becomes 0-2. After 15 minutes: Final score is 0-3. The game is over. The late team loses by forfeit and gets -1 point in the standings.

Discipline / Conduct Fighting, punching, provoking, instigating, verbal abuse, taunting, spitting, bench clearing, slapping, retaliating or any other inappropriate conduct will lead to a **MINIMUM of 5-week league suspension** regardless of how many teams a player plays on and regardless of the excuse or who was the instigator. There is NO excuse accepted for nor retaliation.

Pinnies: The league will supply each team with a set of pinnies in case of a clash of colours between 2 teams. Team primary colours are indicated on the website schedule and team pages. Clash of colours will result in a **coin toss** to determine which team will wear the pinnies. IF a team does NOT have their full set of pinnies, they will start the game at 0-1 score and be fined \$20. BE PREPARED!

Substances: No player will be allowed to play if he/she is noted under the influence of alcohol or marijuana

QCSL RULEBOOK

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1. Before each game: SIGN IN. All players MUST sign in with the league manager prior to each game or as soon as he arrives. That is to give his name and jersey number. This will be to ensure proper stats and player eligibility.

2. Uniforms

a. Each team must wear distinctive jerseys. Each player must have a number on the jersey, which must be the same number appearing on the team's game sheet. b. No 2 players on the same team will be allowed to play with identical numbers. c. In the event of a color clash between 2 teams, a coin toss will determine which team will change jerseys, or wear pinnies.

d. The team's official uniform must all be of the same color, or dominant color. e. Goalkeepers shall wear a different color jersey or pinnie than that of his teammates.

If a team does not have proper set of uniforms (minimum of same color jerseys or t-shirts with numbers on them) a team may be refused permission to play, team fine of \$50.00 and a forfeit loss will be imposed.

3. Equipment

a. Indoor/Turf/Cleats are permitted (NO METAL SPIKES)

b. Shin Pads are mandatory and enforced by officials. Player may receive a (2 minute penalty for not complying) and will not be allowed back in the game unless wearing shin pads

4. Point System • Win in regulation 3 points • Win in overtime 2 points • Tie or Loss in overtime 1 point • Loss in regulation 0 points • Forfeit Loss -1 points

5. Tie Breaker - When there is a tie in POINTS between teams, tiebreaker will be determined as follows, in order of:

A. Most TOTAL wins (regulation and overtime combined)

B. Most wins REGULATION

C. Best HEAD TO HEAD result

D. Best Goal Differential +/- (plus/minus)

- E. Most goals FOR
- F. Fewest Goals AGAINST
- G. Least amount of RED cards
- H. Least Amount of Forfeited Games
- I. A sudden death (golden goal) game will be scheduled.

5b. 3-way Tie

If 3 teams are tied in points, tie breaker as follows in order of: See order in section 5. Note: AS Soon as a team is determined to be superior than the other two, the 2 remaining teams are decided as per head to head result between those 2 teams.

6. Duration of Game/Last 2 minutes

Game will consist of 2 halves of 25 minutes. Referee will control the time, and will signal the last 2 minutes of each half. Referees will add/stop time as needed as per their discretion.

7.) Penalties / Shootouts Any foul occurring inside the box (except a handball) will be awarded a SHOOTOUT. Player will start from center spot, breakaway vs. the goalie.

One shot, NO rebounds.

Player must always have the ball travelling forward and may NOT stop the ball. Goalie is allowed to move anywhere inside his box, however may not step out of, or touch the ball with his hand(s) outside of his goal area, or trip or foul the player in any way. Any of these infractions will result in an old-fashioned penalty shot from the spot. Only a handball inside the box will result in penalty shot from the penalty spot. Note: Any player who was on the field at the time of infraction can take the shootout or penalty shot.

7. a) Overtime – Regular Season • If a game is tied after regulation time, teams will proceed to a sudden death shootout (one each) until a winner has been declared. Any player on the team may take a shootout however a player may not take more than 1 until a team rotation (including the goalie) has been completed.

7. b) Overtime – Playoffs • During playoffs (excluding final), if the score is tied after regulation time, there will be a 5 minute sudden death (golden goal) overtime. Golden Goal Rule Applies. If no team scores, then winner will be decided in a sudden death SHOOTOUT, one shot each until a winner is determined.

Tie game in a FINAL only, is decided by sudden death overtime (Golden Goal) until a winner is determined. (no shootouts during a league final)

8.a) Composition of a Team

Teams will play 6 a side (5 players plus the goalie)

The minimum number of players required on a team is 4 including the goalie.

8. b) Substitutions • All Substitutions can be made on the fly.

NOTE: A Player must leave the field BEFORE his substitution enters. (risk of a 2-minute penalty for having too many players on the field)

NOTE: players MUST ONLY substitute within 10 feet of their team bench. Infraction of this can be a 2-minute penalty

9. 6th Attacker In the event a team wishes to replace a goalkeeper with a 6th attacker, that player MUST wear a different color jersey/pinnie than that of his teammates. a.

Change can be made either on the fly, OR

b. Brief Stoppage. A team may request to the referee, in advance, a brief stoppage of play, on the next “dead ball”, to replace the goalkeeper for a 6th attacker. **NOTE:** This brief stoppage may only be requested ONCE per team during the game, and for a 6th attacker only.

10. Off Sides: There are NO off sides.

11.a) Free Kicks • All free kicks may be taken DIRECT.

NOTE: A player cannot play the ball to himself. A player taking a free kick must wait for the ball to be touched by any other player before he can play the ball again. A player from the offensive team must be minimum 1 meter away from the wall.

11.b) Kick Off • A kick off is used for the start of each period and for a restart after a goal. A goal may be scored directly from a kick-off. (All kick-offs must wait for the referee's whistle)

11. c) Goal Kicks • Goal kicks can be taken from anywhere inside the goal area, and ball must exit the box before an opposing player can touch it. (5-second rule applies) **NOTE:** An opponent is allowed to stand anywhere OUTSIDE the goal box regardless of the distance rule. It is up to the goalie to bring the ball back further in his box.

11. d) 5 Second Rule • **GOALIE:** When a goalie has possession of the ball in his or her hands, he will have 5 seconds to release it and/or put the ball down or in play. **PLAY RESTART:** any stoppage of play for free kicks, goal kicks, corner kicks, etc., player will have 5 seconds to play the ball. Referee will advise players by counting

aloud from 1-5. If the 5 seconds expire, possession of the ball will be awarded to the opposing team by a free kick.

12. a) Distance on Free Kicks • Allowing opponent adequate distance to play the ball
AUTOMATIC. It is part of FAIR PLAY.

Minimum distance required for all free kicks is 3 meters (10 feet). Failure to give the required distance when requested by the official MAY result in a 2-minute penalty for delay of game (or unsportsmanlike). The player may play the ball quickly without asking for distance. Defending player must allow enough space for the opponent to play the ball, and is NOT permitted to block or interrupt quick play. If the defending player does not comply, a (2) minute penalty may be awarded.

12. b) Distance Request When a player asks for "distance", he MUST wait for the referee's whistle before playing the ball. Failure to do so will result in a restart.

12. c) Distance on Corner Kicks or Free kicks. Distance on corner kicks and free kicks is mandatory; the player does not need to ask for distance. Defensive players must respect the referee's request or stand behind the indicated line where indicated.

13. Out of Bounds. There are no throw-ins. When a ball goes out of bounds, play will resume by a kick-in. All kick-ins are direct, therefore, goals may be scored directly from a kick-in or free kick.

14. SLIDING vs. SLIDE TACKLING - NOTE: THERE IS A DIFFERENCE BETWEEN SLIDING AND SLIDE "TACKLING"

14a) Sliding: Sliding for the ball is allowed (blocking a shot, scoring a goal, etc. provided no other player is in his immediate contact area. 14b) Slide "Tackling": Slide Tackling is NOT permitted. This may result in a yellow card or 2-minute penalty if the referee views the tackle as malicious, dangerous or stopping a scoring chance.

15. Goalie Score by Throw Goalie is ALLOWED to score a goal by throwing the ball directly into the opponent's goal with his hands.

16. Pass Back to Goalie If a player should intentionally pass the ball back to his goalkeeper BY FOOT, the goalkeeper is not allowed to play or touch the ball with his hand(s). He may

however, use any other part of his body to play the ball. Result is a 2-minute delay of game penalty and a direct free kick outside the box at the point where the infraction occurred.

17. a) Goalie Playing Ball Outside of Goal Area When a goalkeeper plays the ball outside his goal area, HE BECOMES A player Therefore, if he decides to bring the ball back into his goal area, he CAN NOT touch the ball with his hands (pass back to himself). If he does so, a free kick outside the box will be awarded to the opposing team, and goalie will be assessed a 2-minute delay of the game penalty.

17. b) Goalie Touching Ball Outside Goal Area A goalkeeper cannot intentionally play the ball with his hands outside the goal area. If he does so, a free kick from the spot of infraction will be assessed, and a 2-minute delay of the game penalty will be given.

17. c) Delay of Game: Any player kicking the ball after the whistle may receive a yellow card/2-minute penalty.

17.d) Retrieving ball in opponent's net after a goal is scored. Player is NOT allowed to retrieve the ball in the opponent's net after a goal has been scored. The result is a 2-minute penalty. Note: The referee controls the time and will add sufficient time necessary for any intentional delays of the game. This rule is in place so as to avoid possible conflict, roughing, unsportsmanlike and fights due to this unnecessary action.

18. Penalties Referee may award a 2-minute penalty to a player without issuing a yellow card. Yellow Cards. A yellow card is an Automatic 2-minute penalty. Team will play shorthanded for 2 minutes unless the opponent scores during that time., there which, the penalty will be terminated. 2 yellow cards same game red card and ejection. Team will play shorthanded for the entire 5 minutes regardless of how many goals are scored.

18 b) Even Strength (penalties) When 2 teams are serving penalties at the same time and a goal is scored , if no team is shorthanded (both teams are even strength), penalties must continue to be served. No penalties are erased if a goal is scored when both teams are at even strength.

19 a) Accumulation of Yellow Cards Accumulation of 5 yellow cards during the season, player will be suspended for team's next game.

20. Red Cards. Any player receiving a red card will be ejected from the game and will miss a minimum of the team's next game. When a player is ejected, that team will play shorthanded for the next 10 minutes regardless how many goals are scored. If a team receives 3 red cards in one game, the game will be stopped and that team will lose by forfeit regardless of the score at that moment. ANY red card is a minimum fine of \$20.00.

20. b) Last Man Foul There is no Red Card for a Last Man foul, a two minute penalty/yellow may be awarded.

21. Goal Area Infractions Any player (not acting as a goalie) touches the ball in the goal area with his hand(s) will result in a penalty shot. Any other foul in the goal area will result in a shootout.

22. Penalty Shots & Shootouts Any infraction or foul occurring inside the goal area (other than a hand ball), a shootout will be awarded. Shootouts: Player will start from center spot, breakaway vs. the goalie. One shot, no rebound. Goalie is allowed to move anywhere inside his box, however may not step out of, or touch the ball with his hand(s) outside of his goal area, nor trip or foul the player in any way. Any of these infractions will result in an old-fashioned penalty shot. Note: Any player who was on the field at the time of infraction can take the shootout/penalty shot. NO REBOUNDS on a penalty shot.

If no goal scored, play will resume by goal kick. Note: Once a goalie makes sufficient contact with the ball, the play is dead.

23. 10 Goal Mercy Rule At any point during the game where the difference of goals reaches 10, the match will be terminated.

24.a) **Late Rule: Respect your game time!** If a team is not ready to start at their scheduled time:

- 5 Minutes Late, clock starts, score 0-1
- 10 minutes score 0-2
- 15 minutes score 0-3 Team Forfeit, -1 point and \$50 Fine

24.b) No Show If a team fails to show for a scheduled game, it will be fined \$50.00 and awarded a 3-0 loss and a -1 point in the standings.

24. c) Late-Arrival of Player A player can arrive at any time during the game as long as he is ALREADY REGISTERED with that team. • Any player arriving late MUST report

himself to the scorekeeper immediately upon arrival and cannot enter the field without checking in prior. • A team can NOT add any NEW players to their roster once a game has started even if that player is already registered with the league under another team. No player can be added to a team roster after the registration deadline.

25. Default and Forfeit Games All forfeit or default games will be recorded as 3-0. The winning team will get a win, the losing team will get a loss and -1 point in the standings. • Any team that forfeits a game will be fined \$50.00 to be paid in cash prior to the team's next scheduled game.

26. Game Terminated Before Regulation If 75% of the game has been played, the game will be considered complete, the current score will remain. (Game terminated for any reason including rain/lightning, power outage etc.) • If the goal difference is 2 or less, REMAINDER of the game will be scheduled accordingly. • If 75% of the game has not been completed due to unforeseen or extreme circumstance, game will be re scheduled and resume from where it was left off. No team can ADD players to the game sheet of the rescheduled game. Note: 75% of a game is equal to 12 minutes or less remaining in regulation time.

27. Game Re-Scheduling Process Note that field time during the season is restrictive; therefore, the league directors will do everything possible to arrange this and teams must cooperate accordingly. However, this is neither always guaranteed nor possible, as we must consider availability of teams, the officials as well as Field Availability.

28. Game Sheets Game sheets are provided and prepared in advance by the league Teams/players are required to check in before the game with the league manager by providing name and jersey number. Players arriving late must check in AS SOON as they arrive and BEFORE stepping on to the field. This will ensure that the league records proper stats for teams and players. Be Organized!

29.a) Player Registration / Rosters No player will be allowed to play without completing the league registration process in full. • A player may register with more than one team BUT not in the same division. • A team may register up to maximum of (20) players to be used throughout the course of the season, all of which must register with the league official and appear on the team's master list. No one will be allowed on team bench or area if he is not

registered with the league official. • A player who does not register will be considered an illegal player, and his team will lose the game by forfeit.

29.b) **Age minimum.** It is understood that QCSL is an ADULT league. Minimum age accepted is 15. All players will be treated equally.

HOWEVER, any player under the age of 18 is responsible, considered and understood to have prior consent from their parent or guardian, and both understand and ACCEPT that they are playing in an ADULT league, at their own risk, circumstances and conditions.

The league or its staff will NOT be held accountable for injury, misbehaviour, or actions leading to any misconduct.

30. a) Deadline to Register or Add New Players to Team Roster

Winter season week of January 31st / summer season week of July 31st. Note: A player MUST be present to be added to a team roster.

30. b) Player Transfers If a player wishes to transfer teams during the season, all of the following conditions will apply: 1. The League must be notified at least 7 days before transfer. 2. The person in charge of his current team MUST agree and accept to liberate that player. 3. Player can transfer only ONE time during the season. 4. A Transfer fee of \$25.00 must be paid before the transfer is complete.

31. Eligibility for Playoffs A player/goalkeeper must play or be present on the team bench for a minimum of 3 games (regular season) to be eligible to participate in the playoffs. • If a player is injured, he may qualify for a game played as long as he is present on the team bench. • Note that games being served as suspensions CANNOT be counted toward games played.

32. Categorization (Ranking) of Teams and Players (Divisions)

a. Team Categorization. At the start of the season, teams will be placed in the proper divisions as best as possible to ensure competitiveness and equality to all teams. Should a situation arise where a team was placed in an inappropriate division, the league will do its best to remedy the situation as soon as possible in the best interest of all teams. In this case, some games may require to be replayed while others may be nullified depending on what the league feels necessary in best interest of that division. b. Player RANKING and Eligibility (Different Divisions). The League will determine, upon a player's registration, in which category of A-B-C or R he will be placed. The league will determine RANK upon the best of its abilities and opinion and base its decision in the best interest of all teams.

c. For player rankings/eligibility, see PLAYER RANKING section of website.

33. Illegal Players • If a team uses a suspended or illegal player during a game (who is not on the team's master list or who belongs to another team in the same division, or is suspended OR tries to play under a name other than himself), that team will automatically forfeit the game (-1 point) and will be fined \$50.00, while the illegal player will receive an additional suspension plus fine.

34. Protests • Only WRITTEN protests involving PLAYER ELIGIBILITIES will be permitted. The team launching the protest must pay a bond in the amount of \$50.00 in cash up to a maximum of 60 minutes following their game. Should they win the protest, their money will be refunded, and the penalized team or team at fault will be fined \$50.00 and awarded a forfeit loss. NOTE: No protests will be allowed regarding suspensions, referee decisions or league decisions.

35. Suspensions and Discipline • In the interest of safety, Teams must show an effort trying to control the conduct of their players and spectators at all times, on and off the field as well as anywhere in and outside a facility where QCSL operates out of.

Suspensions are based on the following: the referee's report, league manager's opinions, history of player as well as the leagues PRE-DETERMINED suspension chart. • It is the team captain and player responsibility to find out the number of suspended games received as indicated on team and player page of the league website. No suspended players/coaches will be permitted on the team's bench or area during his suspension. • All ejected players/coaches must leave the field area immediately.

The league discipline committee reserves the right to hand out any suspension it judges necessary. • The league reserves the right to eject any player or any team at any time without refund. • All suspensions occurring at the end of the season will be carried over into the playoffs and into the following season. All suspensions are final. No protests or appeals will be accepted once a final decision is made.

NOTE: Any league manager, league employee or official has the RIGHT and responsibility, at any time, to assist a referee in determining, deciding or ejecting anyone based on an incident the referee was not able to witness on his own.

36.a) Bench Clearing is FORBIDDEN!! • In the event of an altercation on the field:

PLAYERS MUST REMAIN ON THEIR RESPECTIVE BENCHES. • Bench clearing brawls will not be tolerated and will be heavily sanctioned. • If a team clears the bench, they will be fined \$200.00 (fine to be paid in cash before team's next game.) NOTE: League has the right to eject any team from the league without refund • In the event that both teams clear the bench and no instigator is declared, the referee has the authority to stop the game. • In the event of a bench clearing or a bench-clearing BRAWL, the team determined by the officials to have cleared the bench FIRST, may lose all rights to the game, and will be sanctioned and fined accordingly. • However, the team that leaves the bench (second) to defend themselves, (in the official's opinion) may be entitled to the rights to the game. • Any player(s) leaving the bench & entering the field of play for any reason during an altercation will result in a 5minute MAJOR penalty.

36.b) Spectator Altercations are FORBIDDEN • Altercations with spectators in the stands will not be tolerated and will be heavily sanctioned. Teams are reminded that they are responsible for their spectators and supporters anywhere in the building or parking lot. A team may be sanctioned and fined for any act of violence caused by their supporters.

37. Abuse toward Officials • Abuse or Disrespect toward league officials, managers or employees WILL NOT BE TOLERATED. • In the case of a player, or non-playing member of a team committing verbal or physical abuse toward a referee, league official or employee such as CHARGING toward, THREATENING, committing physical CONTACT, VERBAL ABUSE , STRIKING or SPITTING at a league OFFICIAL, the following will apply: i. RESULT: Minimum of 10 games to SEASON to LIFE suspension, Plus \$100. Fine, Payable by team's next game. NOTE: If after receiving a red card, a player commences swearing at or insulting an official, he shall be assessed an additional suspension. This rule applies to actions committed anywhere in the building AND at any time after a game.

38.a) Suspension Chart and Fines •

2 Yellow Cards (same game): Suspended for Team's next game plus \$20.00

1 Red Card: Minimum 1 game suspension plus \$20.00

2nd Red Card Same Season: Minimum 2 games plus \$30.00

3rd Red Card Same Season: Indefinite Suspension, and \$50.00 fine

5 Yellow Cards (in the same season): 1 game plus \$20.00

38. b) Suspensions Carried Over • All cards and suspensions will carry over into the playoffs. IMPORTANT: Note that any suspension resulting from fighting, or abuse toward a

league official or employee will result in the suspension of EACH and ALL QCSL activities, leagues and teams in which that player participates.

39. Suspensions

MINIMUM 1 GAME FOR: shoving, pushing, swearing, threatening to fight, tripping, severe slide tackling, etc. (red card) result.

MINIMUM 5 WEEKS FOR: punching, slapping, fighting, kicking, kneeing, spitting, charging, intent to injure an opponent, start a brawl with spectators, playing while suspended, playing under a false name.

MINIMUM 10 WEEKS FOR: head butting, elbow to the head, biting, threatening or verbal abuse toward league official. •

MINIMUM 1 YEAR TO LIFE: If a player or coach seriously attempts to injure, or uses an illegal object to injure or attempt to injure anyone or any league official. NOTE: Games being served under suspension will not count toward “games played” All major suspensions (5 games or more) will carry fines of minimum \$50.00

40. Fine Payments • All fines MUST be paid before the team's next game.

41. Sanctions & Discipline • Should any of the above mentioned infractions occur,(player, coach or responsible) will be at risk of being suspended in any other QCSL leagues, activities, and tournaments.

42. Referees / Officials: Each game will consist of 1 referee • The league manager on duty is considered the game's 2nd official and may assist the referee in correcting a situation of which the referee did not see or is not clear on. League manager cannot over- rule a referee's judgment call, however he may intervene for rule clarification, consultation and act as a witness to assist a referee in making a proper and clear decision of any action in which the referee was unable.

42a. A referee may terminate a game at any time he feels threatened, there is provocation between players, or feels the game, players, or supporters may get out of control. In this case, the team at fault will most likely lose the game. League committee will then decide the appropriate sanctions. This measure is for the safety concern of everyone involved.

GOOD LUCK TO ALL – HAVE FUN – BE SAFE – RESPECT – FAIR PLAY
REMEMBER: “ITS JUST A GAME!”