



RULES AND REGULATIONS – CLUBS (A)

(METRO - REV. 2011-Apr-15)



All games will be played in accordance with FIFA rules, FSQ rules and as modified by the following rules and regulations of the Metro League.

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

A forfeited game leads to a **5-0** score (or the score stands – the better of the two for the winning team) and a 4-point loss from the standings. All Forfeits need to be confirmed by the Metro League Executive Board.

Any forfeited games might lead to the team's disqualification from the Playoff Series.

A-1 TEAM ENTRIES / WITHDRAWALS

- a) Team entries will be received by the Metro League on or before the date specified by the Board. Failure to meet the deadline is subject to a fine of **\$150**. Clubs must:
 - Specify their teams consisting of male players (classified "M") or their teams consisting of female players (classified "F")
 - Ensure a competitive reserve team in the immediate lower category or class/calibre for all "AA" teams registered (FSQ Règles de fonctionnement art. 40.2)
 - Announce their official Club uniform colours, identify their home fields and field availability from May 1st to Sept 24th and list of known blackout dates (subject to restrictions previously stated by the Board).
- b) Should any team withdraw or be expelled from the League during the season its record shall be expunged and they will be subject to a **\$400** fine. All penalties issued to players and coaches will remain in effect, according to LSL, FSQ, CSA & FIFA rules.
- c) Once a game has started, any coach or club official who withdraws their team from a game or refuses to continue their teams participation in a game will forfeit the game **5-0** (or the score stands – the better of the two for the winning team), lose 4 points from the standings (-4) and be fined **\$150**.
- d) To play in the Metropolitan Soccer League, all Clubs must post a bond based upon the number of teams they have entered in the League. Money from the bond will only be used to cover fines or other fees owed to the League if the club fails to pay on time. All posted bonds will be returned to the club upon withdrawal from the league. The bonds will be as follows:
 - 1 to 5 Teams - \$250.00
 - 6 to 10 Teams - \$500.00
 - 11 or more Teams - \$750.00

A-2 FEES

- a) Team entry Fees will be set by the Metro League and must be paid no later than 30 days after billing.
Note: All cheques are to be made payable to: Metropolitan Soccer League.

A-3 FORMATION OF DIVISIONS

Formation of the divisions will be made following standards set by the Metro League Board. (Forecast issued by late December of each year).

- AA is Inter-Regional as per FSQ Zones
- A is Regional
- L is Local

The promotion of a division 1st and/or 2nd place team(s) and the relegation of a last place and/or second to last place team(s) from the previous year's standings will be taken into consideration for the creation of the current year's divisions, subject to approval of the Metro League Board. A "match de barrage" may be scheduled between Outaouais & Lac St-Louis Division 2 "A" teams to determine promotion into "AA". In the "AA" divisions, out of Lac St. Louis clubs may only enter 1 team per division.



RULES AND REGULATIONS – CLUBS (A)

(METRO - REV. 2011-Apr-15)



A-4 CLUB COLOURS

- a) At the time of registration, all teams shall declare their official club jersey, shorts and sock colours.
- b) All teams must carry numbered jerseys or pinnies of an alternate colour to every game.
- c) Jerseys or pinnies must be numbered.
 - i. Numbers must be at least 6" high on the back.
 - ii. Numbers must be clear & distinctive.
 - iii. Each jersey or pinnie worn by team members during a game must have a unique number.
- d) The home team must wear their declared colours, failing which a **\$50** fine will be levied.
- e) If there is a conflict the visiting team must change.
- f) There will be a fine of **\$150** if the visiting team does not have alternates. The game will be rescheduled should the referee deem the game not playable.

A-5 PLAYERS' AGE GROUPS

Age groups shall be those adopted by the Fédération de Soccer du Québec (F.S.Q.) as follows:

Age Groups Eligibility		
U-21	born from 1992 - 1990	11 a-side
SENIOR	born from 1989 - 1976	11 a-side
O35	born before 1976	11 a-side

A-6 PLAYER REGISTRATION

- a) Player registration shall be in accordance with the F.S.Q "règles de fonctionnement" (section 1) or as modified by the Lac St. Louis Region.
- b) By the last Friday before the beginning of the season, the player list with 14 names minimum must be entered into PTS. A maximum of 25 players per team may be registered on regional passports. In addition, each team must register a regionally affiliated and passported coach holding the minimum required certification as stated by the FSQ.
- c) All reserve players must carry a regional passport. Failure to comply will result in a **3-0** defaulted game and a fine of **\$25**.
- d) Clubs may register up to a total of 3 (three) U-17 and/or U-18 players per team. With a letter from the club advising they are aware and approve additional U-17 and/or U-18 players to participate in Metro the Metro League Board will allow additional U-17 and/or U-18 players on a team's roster.
- e) No U-16 players may register to play on a Metro League team. No exceptions as this would be a "double surclassement".
- f) Any player suspended by a Club or by the Region for administrative reasons should not be able to affiliate with another Club while the suspension is in force (rev. 16-Feb-11 President`s meeting).
- g) Any team who plays a suspended player will default their game by a score of **3-0** and have 1 point removed from their standings (rev. 16-Feb-11 President`s meeting).

A-7 MOVEMENT OF PLAYERS

- a) Team to team in the same Club:
 - i. A player may play up one or more category(ies), class(es) or division above his/hers. No player is allowed to play in a category lower than that for which he/she is registered.
 - ii. Clubs with more than one team in the same division may not have any movement of players between those teams.
 - iii. Only registered regional players may be called up as a reserve an unlimited number of games onto Metro Division 1 "AA" teams (FSQ art. 40.37). An unlimited number of reserve players (Senior and/or Youth) may be used at any one game for the Metro Division 1 "AA".



RULES AND REGULATIONS – CLUBS (A)

(METRO - REV. 2011-Apr-15)



- iv. For Metro Divisions 2 – 9: A maximum of 4 registered players (Senior and/or Youth) may be called up as a reserve to a higher category, class or division at any one game. Metro League registered players may be called up as a reserve to a higher category, class or division for a maximum of 5 games per higher division, to continue playing beyond the 5 games the player must be transferred to the higher category team's roster in PTS REG. If the club has more than 1 team in a given division, players may only play for 1 Club team per higher division.
 - v. **Trial players are not permitted.**
 - vi. All players must be rostered as regular players ("J." on PTS-ligue). Permanent rosters are fixed as of July 15th – only NEW affiliations may be added thereafter.
 - vii. Youth Call-ups (U-17, U-18 and/or U-21) "AA" players may be called-up:
 - An unlimited number of times to "AA" Division 1 or "A" Divisions (Women 2-5 and Men 2–6).
 - viii. Youth Call-ups (U-17 and U-18) "A" & "L" players may be called-up:
 - An unlimited number of times to any Metro Division.Youth U-17, U-18 and/or U-21 players may only be called up from the clubs Youth system, if a club does not have a Youth system they may not use any other Youth players.
 - ix. O-35 "AAA" registered players may participate with 1 club only within the Metro League, in Division 1, 2 or 3. The player will be club and team bound if multiple teams exist in a given division. O-35 (AA, A & L) players may participate with 1 club only within the Metro League, in any division. The player will be club and team bound if multiple teams exist in a given division.
 - x. No Youth or Senior Elite (AAA) registered players may be used in the Metro League. (Exception O-35 "AAA" players rule A-7 a) ix.
 - xi. Failure to comply with rules A-7 a) (i – x) will result in a **\$25** fine and a defaulted game with a score of **3-0** and a 1-point deduction from the standings (-1). Additional offences by the same team will be dealt with by the Metro League Board and could lead to further sanctions.
- b) Player movement Club to Club:
- i. Within the ARS Lac St-Louis, "Transfer" fees ("Frais de préformation") will not be charged for any Senior players seeking a change of club for the new year.

A-8 SCHEDULES

- a) A schedule based on the number of teams registered by the deadline indicated by the Metro League Board will be prepared by the end of April. Any delays in the preparation of this schedule will be communicated to the Club representatives. A 14 to 18 game season will be played depending on the number of teams entered in each division. Divisions of 6, 8 or 9 teams are targeted.
- b) Notification of additions and/or withdrawals of teams from competition must be made in writing to the Metro League Administrator.
- c) Any Club withdrawing a team from competition after the schedule has been issued will be fined **\$400.00** per team. The team entry fee will not be refunded.
- d) Games will be scheduled from 19:00 to 21:00 during the week and from 16:00 to 21:00 on the weekends.
- e) Schedules will be reviewed and changed (if required) at the team meeting at the beginning of May.

A-9 CHANGES OR AMENDMENTS

Rules governing the competition cannot be changed during the playing season. All Clubs recommending changes must submit them to the Metro League Board for consideration for the next season. The Metro League Board reserves the right to modify rules not directly related to **FIFA**, **C.S.A.** or **F.S.Q.** rules.



RULES AND REGULATIONS – CLUBS (A)

(METRO - REV. 2011-Apr-15)



A-10 REFEREES RESPONSIBILITIES

- a) Prior to kick-off, the referee must check the official League game sheet and the players' and team personnel's F.S.Q. passports. Once the game has started, no players and/or team personnel can be added to the official League game sheet. 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. Game sheets must be mailed to the League statistician within 48 hours by the Referee. If not received within one week of the game date the matter will be referred to the Referee Committee.
- b) The referee will not start a game if there are fewer than the minimum number of passported players eight (8) and one (1) coach present, and if all of the following are not submitted by a maximum of 15 minutes after the scheduled start of the game:
 - i. A duly completed game sheet listing players and coaches names and their respective passport numbers
 - ii. Players and coaches passports.

The referee must note any violation of this rule on the game sheets.
- c) Team Handshake Exchange: The referee will oversee and allow or disallow the end of game team handshake exchange.
- d) If the appointed referee fails to appear by 15 minutes after the scheduled start of the game in all categories, the game will not be played. The Metro League Board will reschedule the game in accordance to the rescheduling rules.

A-11 COMPETITION PRIZES

Prizes will be awarded as follows:

METRO CUP

	Men & Women
Competitive Winner	\$1500
Competitive Second Place	\$500
Recreational Winner	\$600
Recreational Second Place	\$200

LEAGUE CHAMPIONSHIP

Men & Women	Winner	Second Place	Play-Off Winner
Division 1 Men & Women	\$1000	\$500	N/A
Division 2 Men & Women	\$800	\$400	\$400
Division 3 Men & Women	\$600	\$300	\$400
Division 4 Men & Women	\$600	\$300	\$400
Division 5 Men & Women	\$600	\$300	\$400
Division 6 Men	\$600	\$300	\$400
Division U-21 Men & Women	\$600	\$300	\$400

DIVISION FAIR PLAY prize money will be calculated as Per Rule C11-14 j, to a maximum of \$300.

A-12 FAIR PLAY COMPETITION

- a) The winner of the Fair Play Competition will be the team in each division having the lowest demerit points divided by the # of games a team has played in League, Cup and Play-off competitions.
- b) Penalty points are calculated as follows:

Infraction	Demerit Points
• Yellow Card	1
• Red Card	3
- c) In the case of a tie, the prize money will be split equally between all tied teams.
- d) Prize money will be determined by the amount of fines collected during the season.
- e) Any team that has Defaulted or Forfeited a game during the season is disqualified from winning the Divisional Fair Play award.