



# RULES AND REGULATIONS – 7 A-SIDE (C7)

(COMPETITIVE - REV. 2008-10-27)



## SPECIFIC RULES FOR 7 A-SIDE SOCCER

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

For promotion/relegation purposes (not posted):

- A defaulted game leads to 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.

### **C7-1 COACHES' RESPONSIBILITIES**

- a) Coaches must behave in a responsible manner (FIFA 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 coaches' passport.
- e) As a minimum requirement one of the coaches from the team's staff must hold an N.C.C.P. Level coaching certification as per the following schedule:  
U9 and U10                      Community Coach Child & Youth
- f) All coaches must attend the annual coaches meeting - this is NOT an option. The YL Committee reserves the right to sanction/fine the clubs &/or the coaches who do not participate.
- g) All coaches must attend the Annual Lac St. Louis Regional Coaches Seminar.
- h) Coaches of teams must provide F.S.Q. approved players and coaches passports and a completed CLEAR, LEGIBLE PRINT (no labels) and SIGNED official youth league game sheet to the referee at least 15 minutes prior to the start of the game but no later than the scheduled start of the game. The game must not start later than 15 minutes after the scheduled start time (see C7-1 n).
- i) All reserve players must carry a regional passport. Failure to comply will result in a fine of **\$25**.
- j) - reserved -
- k) The coaches must ensure that the absentees are crossed off and that the game score, the scorers, cautions & expulsions are correct upon collecting of the passports & official league game sheet. Any intended protest must be noted on the game sheet immediately after the game. It is the coach's responsibility to collect his game sheets and passports after the game. Game sheets must be completed in their entirety including date, team name, category, game number, full name of players, coaches and monitors with passport numbers and any other require information (i.e. reserve player ("R"), player serving suspensions, etc...). Failure to do this will result in a fine of **\$25**. No addition(s) or modifications will be permitted by the teams' staff on the game sheet after the game is started.
- l) - reserved -
- m) Coaches must transfer only the information from his/her own game sheet onto the PTS system with 36 (thirty-six) hours of the end of a game. Failure to do so will result in a fine of **\$10**.
- n) Under unusual circumstances, and upon advising the referee, the official Youth League game sheet and passports must be given to the referee no later than 15 (fifteen) minutes after the scheduled start of the game. Failure to comply with this rule will result in a 3-0 default and a fine of **\$75** will be levied. The game will not be played.
- o) It is the receiving coach's responsibility to mail the game sheets to the league statistician who must receive them within 7 days of the game. If not received within 7 (seven) days, a fine of **\$25** will be imposed.
- p) Standings, statistics and actual game scores are not posted on the web site (by decision rendered by the Club Presidents on 17-Nov-08).
- q) Spectators and coaches 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 touch line. Players and coaches must remain within their technical area. Player substitution must be made at the midfield line, 1 metre from the touchline.



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- r) Coaches must ensure that their parents and spectators never enter the field of play. Failure to comply will result in a **3-0** default to the offending team. Teams will be subject to further disciplinary action by the YL Committee or regional discipline.
- s) Only identified LSL officials, referees, passported personnel and passported players are permitted on the field or on the teams' side of the field at any time. A maximum of three (3) coaches/managers/physio and a maximum of 13 players are permitted in the team's technical area. They must all be listed on the game sheet. ONLY in the event of an injury requiring the help of a parent 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. Failure to comply will result in a **3-0** default by the offending team.
- t) Coaches are responsible for recording on the official league game sheet, in the suspensions' section, all suspensions being served/purged.
- u) Coaches are responsible for ensuring that the players that are participating in the game are checked off by the referee. 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 coaching staff members 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. Disciplinary actions may be taken by the Youth League Committee.

## C7-2 LATE ARRIVALS

- a) If a team is unable to meet the minimum players 5 (five) &/or coaches 1 (one) requirements 15 (fifteen) minutes after the scheduled start time of the game, the game shall be defaulted to the opposing team by a score of **3-0**.
- b) Late arrival exceptions noted under C7-3.

## C7-3 TEAMS FAILING TO APPEAR

- a) Any team unable to appear for a scheduled game must notify the opposing team, league statistician, and competition coordinator at least 5 (five) business days in advance. The game will be awarded to the opposing team by a score of **3-0**. Two such defaults by any team will result in a fine of **\$300**.
- b) If a team fails to give the 5 (five) business days notice, the game will be forfeited by the defaulting team by a score of **5-0**, 4 points will be removed from its standings and a **\$250** fine will be levied.
- c) - reserved -
- d) Any exceptional circumstances may be addressed by the Youth League Committee.

## C7-4 VALID AND INVALID GAMES

- a) A game shall be defaulted if a team fields less than 5 (five) registered & passported players; plays a suspended or illegal player(s); plays players without valid passports; 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. The game will be awarded to the opposing team by a score of **3-0**.
- b) On a game sheet, if a team is comprised of more than 4 (four) "M – muté" players the game shall be forfeited and awarded to the opposing team by a score of **5-0**.
- c) The duration of the game shall be that set by the **F.S.Q.**, which is as:

U-09 & U-10	2 equal periods of 25 minutes
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- i. Overtime will not be played in regular season League games.

- d) A game shall be declared valid when the following time has elapsed:

U-09 & U-10	35 minutes out of 50 minute game
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- e) Should the referee abandon a game for reasons other than weather and before the above period has been played, the Youth League Committee, following receipt of the referee's report, will decide on the validity of the game.



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- f) In the event that circumstances do not permit the playing of the full duration of a match, and when the referee has prior knowledge of such before the match commences, 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, as well, the new duration of the halves. The referee is obliged to report the irregularity in writing on the official league game sheet.
- g) In the event that 2 unequal halves are played for reasons other than C7-4 (f), 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.
- h) 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.

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

### C7-5 LEAGUE STANDINGS – (festival-type championship for U9-U10)

- a) - reserved -
- b) - reserved -
- c) - reserved -
- d) Participation medals will be distributed to all U9 & U10 teams.
- e) - reserved -

### C7-6 COOLING-OFF PERIOD

- a) Referees may, without prior warning, send a player off the field of play for a 5 (five) minute period if his/her conduct or type of play makes it necessary. Another eligible player may replace the player sent off on the field of play. The referee shall have the option not to administer a caution.
- b) Coaches of the home and visiting teams must immediately be notified of any action taken by the referee pursuant to the provision of this rule.

### C7-7 PLAYER REGISTRATION (Refer to A-6 in Club Rules)

- a) Player registration shall be in accordance with the F.S.Q "règles de fonctionnement" or as modified by Lac St. Louis Region.
- b) By the last Friday before the beginning of the season, the player list must be entered onto PTS to a minimum of 10. In addition, each team must register a regionally affiliated passported coach holding the minimum required certification as stated by the FSQ. A maximum of 20 players per team may be registered on regional competitive passports for 7 a-side teams. Players being registered on regional local passports must be clearly noted.
- c) All reserve players must carry a regional passport. Failure to comply will result in a fine of **\$25**.
- d) Reserve players must be noted on the game sheet in the R (Reserve) column.

### C7-8 NUMBER OF PLAYERS

**A maximum of 13 uniformed (club colours) and passported players may be listed on the game sheet or participate per game.** No other players are allowed in the team's technical area. Failure to comply will result in a default of **3-0**.



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## C7-9 FIELD OF PLAY & EQUIPEMENT

- a) FIELD OF PLAY: Clubs must ensure that their fields are in safe and playable condition at all times. Referee or coaches must indicate any non-respect of rule C7-9 a) on the game sheet. No subsequent complaints will be received if not marked on the game sheet. The following points must be respected:
- All fields MUST be properly marked and equipped with two (2) player benches on one same side of the fields but on the opposite side of the spectators and goals on opposite sides.
  - 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 1 m (3 ft 3 in) behind the goal line.
  - All goals must be anchored and secured to the ground or designed and approved for use on field-turf fields.
  - Approved corner flags at least 1.5 m (5 ft) high, should be installed for every game. Games CAN be played in the absence of 4 corner flags.
  - It is the receiving Club's obligation and responsibility to address any issues with their borough/city and to advise the YL coordinator 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 to the condition of a field.
- b) BALL:  
U09 - U10: size 4 circumference 25-26 inches (62-65 cm)  
Weight 12-14 ounces (330-390 grams)
- All balls must be inflated to a pressure of 9-10.5 lbs. per square inch. Unstitched, vulcanised balls are not permitted. COACHES MUST ENSURE THAT GAME BALLS ARE PROPERLY INFLATED. The home team coach is responsible for providing two (2) official league game balls. If not available, the referee may approach the visiting team for theirs or use any other appropriate ball, which must be in playable condition and meet the above appropriate specifications.
- c) PLAYERS:
- i. All players must wear complete club-issued uniforms (jersey, short, socks) of the same colours as registered by their Club (as per FIFA Law 4).
  - ii. 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 their teammates. If a keeper is replaced and wishes to play on the field, he/she is required to comply with C7-9 c i) above.
  - iii. All players, including the goal keeper, must wear the jersey tucked in at all times. Team shirts must be numbered (with different numbers) on the back (6" minimum) and must have un-rolled sleeves.
  - 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. Shin guards are mandatory in accordance with FIFA regulations and must be covered at all times during the game.
  - vi. FIFA approved headgear may be worn.
  - vii. No jewelry or dangerous objects may be worn.
  - viii. Players are permitted to wear prescription eyewear & hearing aids.

## C7-10 GAME RULES

- a) On the taking of a corner kick or any free kick, no member of the opposing team should be closer than 6 meters to the ball. Referee must ensure that this distance is respected.
- b) On the taking of a goal kick all opponents must be outside the penalty area and not less than 6 meters from the ball until it has been kicked into play. Referee must ensure that this distance is respected.



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- c) Fouls and Misconducts – FIFA rules will prevail for all direct & indirect kicks
  - i) If a MAJOR infraction is committed inside the penalty area by the defending team a PENALTY KICK will be awarded to the attacking team.
  - ii) If a MAJOR infraction is committed by the attacking team inside the penalty area, a DIRECT 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.
  - iii) If a MINOR infraction is committed by the defending team inside the penalty area, an 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, the ball will be placed in line with where the infraction occurred on the 6 yard line.
  - iv) If a MINOR infraction is committed by the attacking team inside the penalty area, an INDIRECT FREE KICK is 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.
- d) When restarting the game with a drop-ball within the penalty area, the referee shall drop the ball on that part of the penalty area line that runs parallel to the goal line, at the point nearest to where the ball was when play was stopped.
- e) No offside rules will apply for 7-a-side soccer.
- f) The “pass-back” rule will be applied to all 7-a-side games. This only applies to balls passed to the goalkeeper directly from a deliberate foot pass or a throw-in from one of his/her own players.
- g) Players will be only allowed to have 1 attempt at throw-ins
- h) SUBJECT TO THE PRIOR PERMISSION OF THE REFEREE, unlimited substitutions may be made as follows:
  - At throw ins (substitution may be made by the team taking the throw in and ONLY if they make substitutions, may their opponent also substitute)
  - after a goal;
  - prior to a goal kick;
  - at half time;
  - when play has been stopped because of an injury (only the injured player may be substituted)
- i) 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. 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 (See C7-10 h). 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.

### C7-11 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 competition coordinator. Coaches must make every effort possible to advise their counterparts in a timely fashion.
- b) If fields are closed by the city / borough, the Lac St. Louis Club representative must immediately notify the competition coordinator and club referee assigner of the details by phone and e-mail. The competition coordinator shall, in turn, notify coaches affected by the closure and the league statistician.
- c) Should a game be cancelled by the referee, the referee must immediately notify the club referee assigner. The Club referee assigner will notify the league statistician and competition coordinator.
- 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, any ONLY if 4 or more players are missing or 2 players and 1 goalie are missing. These requests must be submitted to the Youth League Chairman and competition coordinator with all official supporting documentation no later than 5 business day prior the game (N.B. a signed letter on school, church, temple or synagogue letterhead...etc...are examples of OFFICIAL supporting documents).



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- e) Within 7 (seven) days of a posted postponed game, it is the receiving Club's responsibility to propose 3 dates to the Competition Coordinator who will confirm the one most fitting the existing schedule all the while respecting field availabilities and team blackout dates. The competition coordinator will notify the clubs involved, the club referee assignor and league statistician. Games must be replayed on these scheduled dates unless C7-11d) applies.
- f) Games *may* be rescheduled on weekends.
- g) While school is still on, no game will be played between teams travelling distances exceeding 100 kms each from Sunday to Thursday inclusively. Exceptions may be granted by the Youth League Committee (FSQ art. 40.15).
- h) Failure to comply with ANY of the above articles (C7-11 a through g) will lead to a \$150 fine imposed on the offending team.

### C7-12 REFEREES

The "HOME CLUB" shall assign and pay for qualified referees at the 7-a-side level.

- a) Referees must complete and send an official report to the Regional Discipline Committee if there are any ejections or major problems in their game.
- b) The following qualifications are recommended for referees at the 7-a-side level:
  - the referee should be at least 16 years old
  - the referee should be qualified at the 11-a-side level and have a minimum of 2 years experience at the 7-a-side level
  - recommended Grade (level) 3 certification
- c) If the appointed referee fails to appear, the coaches themselves must assume the responsibilities of the referee. The coaches must check the players of the other team and the passports of players and coaches. They must sign each other's game sheets indicating the absence of the referee before the start of the game. The coaches themselves must each referee one half of the game, with the home team coach refereeing the first half of the game. A designated adult or alternate referee may be selected with the agreement of both coaches who must both indicate their agreement on the official League game sheet prior to the start of the game. The home team coach is responsible for ensuring that the game sheets are filled in with all pertinent information and he/she must mail the game sheets to the league statistician. 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. Game may be defaulted by the offending team(s) & fines of **\$100** may be levied.

### C7-13 CLUB COLOURS (Refer to A-4 in Club Rules)

- 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 must be included with the registration.
- b) All teams must carry a numbered jersey of an alternate colour to every game.
- c) Jerseys must be numbered
  - I. numbers must be at least 6" high on the back
  - II. numbers must be clear & distinctive
  - III. each jersey worn by team members during a game must have a unique number
- d) The home team must wear their declared colours, failing which a **\$150** 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.

### C7-14 AUTOMATIC LEAGUE SANCTIONS

- a) All player suspensions are to be served with the player's official roster team. A recreational "L" player must serve his/her suspension with the team that he/she received the caution with.
- b) All coach suspensions must be served at the category where 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.



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- c) When a player accumulates 2 cautions in one (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 2 caution will not apply to rule C7-14 c, d & 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 **\$20** fine is levied (art. DC-9). A second red card is the same season automatically leads to a minimum 3-game suspension (FSQ art. 40.42). Additional sanctions may be applied if the expulsion is a result of misbehaviour.
- e) When a player accumulates a total of three (3) separate cautions during the season, he/she is automatically suspended for the next game (FSQ art. 26.1).
- f) When a player accumulates 2 more separate cautions (a total of 5) during the season, he/she is automatically suspended for the next two games.
- g) When a player accumulates 2 more separate cautions (a total of 7) during the season, he/she is automatically suspended for the next three games.
- h) A team that incurs 4 or more cautions and/or ejections in any one game will be assessed a fine of **\$50**. A team incurring 8 or more cautions and/or ejections over a consecutive 3 game period will be assessed an additional fine of **\$100**.
- i) Suspensions remain in force until the players and/or coaches have his/her name and passport number indicated on the subsequent game sheet(s) for multiple game suspensions, as serving a suspension. Suspensions will carryover to the next Youth League competition 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 carryover as follows:
- Summer championship to summer playoffs (Cup)
  - Winter championship to winter playoffs (Cup)
- k) Additional discipline will follow the regional discipline guideline.
- 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. This bond will be forfeited 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. 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 one (1) week of official notification of forfeiture of bond.



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### C7-15 PLAYER MOVEMENT (Refer to A-7 in Club Rules)

- a) Team to team in the same Club
  - i. A player may play up one category, one class or one division above his/hers.
  - ii. Clubs with more than one team in the same division may not have any movement of players between the teams.
  - iii. Only registered regional competitive players may be called up as a reserve for an unlimited number of games for any higher level eligible team (A → AA: AA → AAA) (FSQ art. 40.37). An unlimited number of reserve players may be used at any one game paying attention not to exceed the maximum of 4 muted players per game (C7-4b).
  - iv. Only a non-muted registered regional recreational player ("L") may be called up as a reserve for four (4) Youth League games only (all teams combined). No muted recreational player can be used as a reserve.
  - v. - reserved -
  - vi. All competitive players must be rostered as regular players ("J-" on PTS-ligue). Permanent rosters are fixed at July 15<sup>th</sup> – only NEW affiliations may be added.
  - vii. Failure to comply with rules C7-15a (i – vi) will result in a forfeited game with a score of **5-0** and a 4-point deduction from the standings (-4). Additional offences by the same team will be dealt with by the Youth League Committee and could lead to further sanctions.
- b) Club to Club:
  - i. Teams registered by member Clubs of the Lac St-Louis Youth League must be made up entirely of players who have played with the said Club the previous year.
  - ii. Within the ARS Lac St-Louis *exclusively*, "préformation" fees will not be charged for a player seeking a change of club for the new year.
  - iii. A club may accept a maximum of four (4) released players per category per year from outside their club. They will be identified as "M" ("muté"). Of those four (4) players, only two (2) may have participated with the same club in the previous year.

### C7-16 REFEREE'S RESPONSIBILITIES

Please refer to Club Rules Section A-10