



RULES AND REGULATIONS – COACHES (C11)

(METRO- REV. 2008-16-05)



SPECIFIC RULES FOR 11 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.

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 Board.

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

C11-1 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:
 - Community Coach Child, Youth & Senior & Level 1 Theory (part A) – "AA" divisions
 - Community Coach Senior – "A" divisions
 - Community Coach Monitor – "L" divisions*This minimum certification must be obtained prior to the start of the 2009 season*
- f) For all games the following coaching participation is required.
 - "AA" Divisions a non playing coach must be present and on the game sheet (not suspended) for all games.
 - "A" Divisions a playing or non-playing coach must be present and on the game sheet (not suspended) for all games.
 - "L" Division a non playing coach must be present and on the game sheet (not suspended) for all games.
- g) A Representative from all clubs must attend the annual league meeting. The Metro Board reserves the right to sanction/fine the clubs who do not participate.
- h) Competitive (AA & A) coaches must attend the Annual Lac St. Louis Regional Coaches Seminar.
- i) Coaches of teams must provide F.S.Q. approved players and coaches passports and a completed CLEAR, LEGIBLE PRINT (no labels) and SIGNED official Metro league game sheet to the referee 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 C11-1 n).
- j) All reserve players must carry a regional passport. Failure to comply will result in a **3-0** defaulted game and a fine of **\$25**.
- k) Once a game starts, any coach or club official who withdraw 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**.
- l) 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 games 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.
- m) There will be a fine of **\$150** if the visiting team does not have alternate colours. The game will be rescheduled should the referee deem the game not playable.



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- n) Coaches must transfer only the information from his/her own game sheet onto the PTS system within 36 (thirty-six) hours of the end of a game. Failure to do so will result in a fine of **\$10**.
- o) It is the home coach's responsibility to give the pre-stamped envelope to the referee for the mailing of 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 on the referee.
- p) Standings and actual game scores are posted on the web site (www.tsisports.ca/soccer/ligue). If there is a score posted that is deemed incorrect by a coach, there will be a 10 (ten) day time limit from the date the game was played to request a review. Requests are to be made in writing (or by e-mail) by the team's club representative and clear legible copies of the game sheets must be forwarded to the league statistician and/or Metro League Administrator. After that date no changes will be permitted in scores and/or standings.
- 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.
- r) Coaches must ensure that their 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 Metro League Board or regional discipline.
- s) Only identified Metro League Board Members, 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 18 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 spectator or a trained first-aid giver, the referee may approve the presence of an extra person on the field or in the team's technical area during the time required to provide medical attention. 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 Metro League Board.
- w) No alcoholic beverages or drugs are permitted in the team's technical area. Failure to comply will lead to sanctions from the Metro League Board/regional discipline.
- x) Coaches will not attempt to unduly influence the referee's decisions. Disciplinary actions may be taken by the Metro League Board.

C11-2 LATE ARRIVALS

- a) If a team is unable to meet the minimum players 8 (eight) &/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 C11-3.

C11-3 TEAMS FAILING TO APPEAR

- a) Any team unable to appear for a scheduled game must notify the opposing team, league statistician and Metro League administrator 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, a **\$250** fine will be levied and the team will be disqualified from participating in the Playoffs.
- c) Any team unable to appear for a game involving travel to or from outside the normal boundaries of the Lac St-Louis region will forfeit the game by a score of **5-0**, 4 points will be removed from its standings, will be fined **\$500** and will be disqualified from participating in the Playoffs. If this occurs in Division 1 AA the team will be excluded from entre to AA in the following year.



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- d) Any exceptional circumstances may be addressed by the Metro League Board.

C11-4 VALID AND INVALID GAMES

- a) A game shall be defaulted if a team fields less than 8 (eight) 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 Metro League game sheet. The game will be defaulted to the opposing team by a score of **3-0**.
- b) The duration of the game shall be that set by the Q.S.F., which is as follows:

SENIOR U19 – U35	2 equal periods of 45 minutes
O35+	2 equal periods of 45 minutes

- i. Overtime will not be played in regular season League games.

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

SENIOR U19- U35 Division 1-5 Men & 1-4 Women	68 minutes out of 90 minute game
SENIOR U19- U35 Division 6-8 Men & 5-8 Women	45 minutes out of 90 minute game
O35	45 minutes out of 90 minute game

- d) Should the referee abandon a game for reasons other than weather and before the above period has been played, the Metro League Board, following receipt of the referee's report, will decide on the validity of the game.
- e) 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 valid game (see C11-4 c.). 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.
- f) In the event that 2 unequal halves are played for reasons other than C11-4 (e), but more than the time required for the game to be valid, the final score will stand. The referee shall be obliged to report the irregularity in writing on the official league game sheet.
- g) 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 a valid game
 - iii. Play the correct length of time for the second half providing that the total time played equals the minimum time for a valid 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.
- h) Once a game starts, any coach or club official who withdraw their team from a game or refuses to continue their teams participation in a game will be subject to disciplinary action by the Metro League and a fine of **\$150.00**. The game will be forfeited by a score of **5-0** (or the score stands – the better of the two for the winning team) and a 4-point loss from the standings and will be disqualified from participating in the Playoffs.

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

C11-5 LEAGUE STANDINGS

- a) Points are awarded as follows:
 - 3 (three) points for a win
 - 1 (one) point for a tie
 - 0 (zero) points for a loss
 - -1 (minus one) point for a default
 - -4 (minus four) points for a forfeit
- b) League standings shall be determined by points gained or removed according to C11-5a.



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- c) In the event of a tie at the end of the regular season, the final standings shall be determined by the following, if 3 or more teams are tied once a team is eliminated, restart at beginning at i. :
 - i. The most points won in the games between the two (2) tied teams (head-to-head games). N/A if there are more than 2 tied teams, skip to ii
 - ii. Difference between the goals for and goals against in all league games amongst all tied teams. If 3 or more team remain tied proceed to iii, otherwise restart at i.
 - iii. The goal average: the highest result when dividing the number of goals scored by the number of goals against.
 - iv. The team with the least number of goals against.
- d) League season Champions, Playoff Champion & Metro Cup Champion teams in each division will be presented with trophies, plaques, medals or gifts at the Playoff Finals or League Awards Night in October.
- e) Any forfeited game disqualifies teams from participating in the Playoffs and the Saputo AA championship.

C11-6 COOLING-OFF PERIOD

- a) Referees may, without prior warning, send a player off the field of play for a 10 (ten) 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.

C11-7 PLAYER REGISTRATION (Refer to A-6 in Club Rules)

- a) Player registration shall be in accordance with the F.S.Q "règles de fonctionnement" (section 1) or as modified by 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 onto PTS. In addition, each team must register a regionally affiliated passported coach holding the minimum required certification as stated by the FSQ. A maximum of 25 players per team may be registered on regional passports.
- 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) Reserve players must be noted on the game sheet in the comments column.
- e) Clubs may register up to a total of three (3) U17 and/or U18 players per team. With the permission of the Metro League Board they may register additional U17 and/or U18 players.
- f) No U16 players may play with in the Metro League team. No exception as this would be a "double surclassement"

C11-8 NUMBER OF PLAYERS

A maximum of 18 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**.

C11-9 FIELD OF PLAY & EQUIPEMENT

- a) FIELD OF PLAY: Clubs must ensure that their fields are in safe and playable condition at all times. The Receiving Club will be held responsible if the following field requirements are not met:
 - All fields MUST be properly marked and equipped with two (2) player benches on one same side of the fields 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 artificial fields.
 - Approved corner flags at least 1.5 m (5 ft) high, must be installed for every game. Games may be played in the absence of 4 corner flags however the club will be fined.



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- d) When restarting the game with a drop-ball within the goal area, the referee shall drop the ball on that part of the goal area line that runs parallel to the goal line, at the point nearest to where the ball was when play was stopped.
- e) The offside rules will apply for 11-a-side soccer.
- f) The “pass-back” rule will be applied to all 11-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 only be allowed to have one (1) attempt at thrown-ins.
- h) SUBJECT TO THE PRIOR PERMISSION OF THE REFEREE, unlimited substitutions may be made as follows:
 - 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).
 - **for A & L Divisions ONLY:** 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.)
- 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 C11-10 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.

C11-11 POSTPONED GAMES

- a) If a game must be postponed because of bad weather or poor field conditions, the Club Representatives must immediately inform the Metro League Administrator and Regional Referee assigner & Club Referee Assigner. Coaches must make every effort possible to advise their counterparts in a timely fashion.
- b) If fields are closed by the city / borough, the Club representative must immediately notify the Metro League coordinator, the Regional Referee assigner & club referee assigner of the details by phone and e-mail. The Club representative & Coaches must make every effort possible to advise their counterparts in a timely fashion.
- c) Should a game be cancelled by the referee, the referee must immediately notify the regional referee assignor and/or the club referee assignor.
- d) Once the official schedule is published, games may only be rescheduled for Provincial Cup Competition and for tournaments, for any previously unscheduled and unknown official school or religious function, ONLY if 4 or more players are missing or 2 players and 1 goalie are missing. These requests must be submitted to the Metro League Administrator 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).
- e) Within 7 (seven) days of a posted postponed game, it is the receiving Club's responsibility to coordinate a date to reschedule the match with the visiting team, once agreed upon, the receiving club will provide this date to the Regional Scheduler & Metro League Administrator. The Regional Schedule will inform the Regional Referee assignor and Club Referee assigner if applicable. Games must be replayed on these scheduled dates unless C11-11 d) applies.
- f) No games will be rescheduled prior to 16:00 on weekends **UNLESS** both coaches are consulted and affirm their agreement.
- g) No game will be played between teams travelling distances exceeding 100 km each from Monday to Thursday inclusively. Exceptions may be granted by the Metro League Board (FSQ art. 40.15)



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C11-12 REFEREES

The Regional Referee assigner and/or the Club Referee assigner will assign a qualified referees & assistant referees according to the chart below.

	Men	Women
Division 1 AA	Regional Referee Regional Assistant Referees	Regional Referee Regional Assistant Referees
Division 2 A	Regional Referee Regional Assistant Referees	Regional Referee Regional Assistant Referees
Division 3 A	Regional Referee Regional Assistant Referees	Regional Referee Regional Assistant Referees
Division 4 A	Regional Referee Regional Assistant Referees	Regional Referee Regional Assistant Referees
Division 5 A	Regional Referee Regional Assistant Referees	
Division 5 L		Club Referee Club Assistant Referees
Division 6 L	Regional Referee Club Assistant Referees	Club Referee Club Assistant Referees
Division 7 L	Regional Referee Club Assistant Referees	Club Referee Club Assistant Referees
Division 8 L	Regional Referee Club Assistant Referees	Club Referee Club Assistant Referees

- Referees must complete and send an official report to the Regional Discipline Committee if there are any ejections or major problems in their game.
- If the appointed referee fails to appear, and if neither of the 2 assistant referee are qualified the game will be rescheduled.

C11-13 CLUB COLOURS (Refer to A-4 in Club Rules)

- At the time of registration, all teams shall declare their official club jersey, shorts and sock colours.
- All teams must carry numbered jerseys or pinnies of an alternate colour to every game.
- Jerseys or pinnies must be numbered
 - numbers must be at least 6" high on the back
 - numbers must be clear & distinctive
 - each jersey or pinnie worn by team members during a game must have a unique number
- The home team must wear their declared colours, failing which a **\$150** fine will be levied.
- If there is a conflict the visiting team must change.
- 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.

C11-14 AUTOMATIC LEAGUE SANCTIONS

- All player suspensions are to be served with the player's official roster team.
- All coach suspensions must be served at the category where he/she was ejected. The coach may NOT participate in any Metro League soccer activities until the suspensions have been purged, but a coach may continue to coach his Youth League (Intercity) or Youth House League team. It is not necessary to show a coach a card in order for an expulsion to be official.
- 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 C11-14 e, f & g)
- When a player is expelled from a game (red card), he/she is automatically suspended for the next game. A \$20 fine is levied (art. DC-9). In Division 1 (AA) a second red card in 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.
- When a player accumulates a total of 4 separate cautions during the season, he/she is automatically suspended for the next game.



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- f) When a player accumulates 2 more separate cautions (a total of 6) 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 8) 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**.
- i) A team that incurs 20 cautions during the season will be fined **\$50** and will be fined **\$50** for each additional 5 cautions that they accumulate.
- j) The fines collection from cautions (C11-14i) in each division up to a maximum of **\$300** will be award to the Fair Play team in that division. (team with the least amount of demerit points as per rule A-12)
- k) 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 carry over to the next Metro League competition Example:
 - summer to playoffs
 - summer and/or playoffs to winter
 - summer and/or playoffs to next summer
 - winter of current year to next summer
- l) Additional discipline will follow the regional discipline guideline.
- m) The Metro League Board 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 playoff, 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 Metro League Board, 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.

C11-15 PLAYER MOVEMENT (Refer to A-7 in Club Rules)

- a) Team to team in the same Club
 - i. A player may play up one 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 the teams.
 - iii. A registered player may be called up as a reserve an unlimited number of games onto Division 1 AA teams (FSQ art. 40.37). An unlimited number of reserve players may be used at any one game.
 - iv. A maximum of 4 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. Players may only play for 1 club team per higher division, if the club has more than 1 team in a given division.
 - v. All competitive 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.
 - vi. Youth U17 and/or U18 AA players may be called-up only to AA or A competitive divisions (2008 D1-5 Men, D1-4 Women). Youth U17 and/or U18 A & L players may be called-up to any division. Youth U17 and/or U18 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.



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- vii. O35 (AAA) registered players may participate with 1 club 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. O35 (AA, A & L) players may participate with 1 club within the Metro League, in any division. The player will be club and team bound if multiple teams exist in a given division.
 - viii. No youth or senior Elite (AAA) registered players may be used in the Metro League. (exception O35 AAA players rule A-7 a) vi)
 - ix. Failure to comply with rules A-7 a) (i – vii) 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 Metro League Board and could lead to further sanctions.
- b) Club to Club:
- i. 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.

C11-16 REFEREE'S RESPONSIBILITES

Please refer to Club Rules Section A-10