



RULES AND REGULATIONS – CLUBS (A)

(METRO - REV. 2008-16-05)



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.

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**. At this time clubs must specify their teams consisting of male players (classified "M") or their teams of female players (classified "F"), ensure a reserve team of 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 starts, 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**.

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 divisions will be made following standards set by the Metro League Board.

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

The promotion and relegation of a divisions 1st and/or 2nd place team(s) and last place and/or second to last place team(s) from the previous years standing 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" team to determine promotion into "AA". In the AA divisions out of Lac St. Louis clubs may only enter 1 team per division.

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 **\$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.

A-5 PLAYERS' AGE GROUPS



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

Age Groups Eligibility		
SENIOR	born from 1989 - 1973	11 a-side
O35	born before 1973	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 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. 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 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 register to play on a Metro League team. No exceptions as this would be a "double classement"

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 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.
 - vii. Youth U17 and/or U18 players may be called-up only to an equal or higher class of competition. 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.
 - viii. 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.
 - ix. No youth or senior Elite (AAA) registered players may be used in the Metro League. (exception O35 AAA players rule A-7 a) vii)
 - x. Failure to comply with rules A-7 a) (i – v) 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.

A-8 SCHEDULES



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- a) A schedule based on the numbers 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 schedule from 19:00 to 21:00 during the week and after 16:00 on the weekends.
- e) Schedule 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.

A-10 REFEREES RESPONSIBILITIES

- a) Referees-in-chief of all clubs/regions playing in the Lac St. Louis Metro League must attend Lac St-Louis Referee meetings.
- b) The Regional Referee assignor and/or the Club Referee assignors will assign a qualified referee & assistant referee(s) 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

- c) The referee shall ensure that all players are wearing approved footwear, headgear, shin guards and uniforms and are not wearing objects that could cause injuries (e.g. watches, earrings, bracelets, rings, knotted headbands, etc...).
- d) The referee must check the official league game sheet, players' and team personnel's F.S.Q. passports at least 15 minutes prior to the start of the game but no later than the start of the second half. 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.
- e) It is not the responsibility of the referee to declare a game defaulted or forfeited if a team is known to be breaking a rule i.e. using an illegal or suspended player(s) or coach(es), having too few competitive players, failing to appear at the designated time, date and location, etc. This is the responsibility of the Metro League Board.



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- f) The referee will not start a game if there are fewer than the minimum number of passported players eight (8) and one (1) coaches/monitors present, and 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.

- g) The referee shall be responsible for the conduct of the game in accordance with FIFA rules as modified by the rules and regulations of the Metro League.
- h) Referees are empowered to interrupt and/or stop any game if it is deemed necessary for reasons including, but not limited to, the surrounding elements, continuous interference by player(s), by coach(es) and/or spectator(s), and any other abusive behaviour or reason which makes it impossible for the referee to objectively continue the game in a safe and secure manner. The referee must send a detailed report to the Metro League Administrator.
- i) Referees will administer cautions and ejections in accordance with the laws of the game and will forward a written report for all ejections to the Lac St. Louis Regional Administrator within 72 hours of the game. Failure or tardiness in submitting a report will be referred to the Referee Committee.
- j) The referee must keep the official time of the game in accordance with Rule C11-4d. The referee will determine the end of each half of the game. Any reported irregularities will be referred to the Referee's Committee.
- k) The referee shall report to the League within 72 hours of the game, any violation of the rules of the game by a player, coach or any other abnormal incidents such as a direct interference and threats made by players, coaches or spectators. Failure or tardiness in submitting a report will be referred to the Referee Committee.
- l) The referees assigned to the game must act in accordance with all rules and laws that govern the playing of the game. Any significant error or violation of the code of conduct will be referred to the Referee Committee and/or Regional Discipline.
- m) The referee may ask the coach of each team to provide an adult to act as a linesman, and the referee shall instruct them on the procedure to be followed. These volunteer linesmen shall only call the ball out of play. The referee reserves the right to conduct the game without assistance.
- n) Team Handshake Exchange: the referee will oversee, allow or disallow the end of game team handshake exchange.
- o) The appointed Referee must be present on the field and ready to assume his responsibilities no later than 20 minutes prior to the scheduled start time.
- p) 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
Winner	\$1500
Second Place	\$500

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	\$600	\$300	\$400



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

LEAGUE FAIR PLAY Winner \$500 each for Men's Team and Women's Team determined by A-12

A-12 FAIR PLAY COMPETITION

- a) The winner of the Fair Play Competition will be the team having the least average demerit points per game in league competition as determined in Articles A-12 b) and c)
- b) Penalty points are calculated as follows and are from all league games only:

• Infraction	Demerit Points
• Yellow Card	1
• Red Card	2
• Each match of suspension	3
• Incident at a match	5
• Abandoned matches	10
• Referee not protected	20

- c) In the case of a tie, the following tie-breaking system will be used:
 - i. Least number of red cards.
 - ii. Least number of yellow cards.
 - iii. Least number of match suspensions.
 - iv. Least number of incidents.
 - v. Least number of abandoned matches.
 - vi. Least number of incidents of not protecting referees.
 - vii. Most wins in all games
 - viii. Most wins against the other tied team.
 - ix. Most goals scored overall.
 - x. Most goals against other tied team.