



ARS LAVAL NATIONAL – TOURNAMENT RULES

1. Tournament Committee

The Organizing Committee is responsible for the overall organization of the Tournament. Team registration and affiliation card verification will be effected at the site designated by the Organizing Committee. All Committee decisions regarding the interpretation of the rules will be final and binding. All cases not provided for in the present rules will be settled by the Organizing Committee.

2. Player registration

Each team must register a list of participating players in the PTS-Tournoi system before the start of the competition. No changes will be allowed following the start of the competition. Players must be registered with proof of age. Only 2018 affiliation FSQ affiliation cards (*Check sheets for Laval teams*) are regarded as acceptable proof. 2019 affiliation cards cannot be used as proof for this Tournament. Coaches must also show an affiliation card at the start of the competition. A maximum of only 3 coaches with affiliation cards are allowed on the bench. It is allowed to a girl to take part in the tournament within a men's team.

The team representative as well as the players and team coaches must be present at the registration room at least 60 minutes before the start of their first game to validate game sheets and affiliation cards. Teams must provide a copy of each assigned game sheet (3) plus three (3) copies of the game sheet without numbers (for files and finals).

Age categories (summer 2019)

- U-08 born in 2011 (FESTIVAL)
- U-09 born in 2010
- U-10 born in 2009
- U-11 born in 2008
- U-12 born in 2007
- U-13 born in 2006
- U-14 born in 2005
- U-15 born in 2004
- U-16 born in 2003
- U-17 born in 2002
- U-18 born in 2001

3. Number of players and substitutions

A team may register a maximum of 18 players on the game sheet for the duration of the Tournament.

*No player can be registered or play for more than one (1) team. *

- 5 aside has 5 players (including the goalie). A minimum of 4 players (including the goalie) is required in order to play.
- 7 aside has 7 players (including the goalie). A minimum of 5 players (including the goalie) is required in order to play.
- 9 aside has 9 players (including the goalie). A minimum of 7 players (including the goalie) is required in order to play.
- Substitutions are unlimited and are effected during flight, during the game or during stop of play. The player entering the field must wait till the replaced player is within a 1 meter line from the sideline before he can enter the field and the exchange must be made at the middle of the field.
- If this rule is broken, a direct penalty kick can be given to the opposing team by the referee at the point where the illegal substitution was committed. The referee can also hand out a yellow card to the guilty player.

4. Game sheets and travel permits

All game sheets must be printed from the PTS-Tournoi following the reception of the access code a few weeks before the start of the Tournament. Player and coach data entry must be in the PTS-Tournoi. Travel permits are compulsory in order to participate in the Tournament. No team can play a game if the travel permit has not been remitted. If this permit has not been remitted before the Tournament, it can be remitted at the registration table before the team's first game.



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5. Equipment

U-07 to U-13 category games will use #4 balls and U-14 to senior category games will use #5 balls. If the U-13 and U-14 categories are combined, a #5 ball will be used. Game balls are provided by the home teams. Cleats are recommended (metal is prohibited). Shin pads are compulsory. If two teams wear the same colour jerseys, the visiting team must change jerseys or wear numbered vests. Any player who does not have the required equipment will be excluded from the field in order to gather the proper equipment and will not be allowed to return until the referee has verified the equipment during stop of play. The player will receive a warning for repeated offenses. No jewelry will be allowed (FIFA Law 4).

6. Reserve players (Joueur reserve)

Describes a player of the same club that participates in one or many club games in a higher or equal category from his own and of equal or higher ranking than his own and if applicable in a higher division if the team is of the same category and ranking. Use of reserve players is unlimited.

7. Trial players (Joueur à l'essai)

A trial player is a player who has been authorized to take part in one or many games with another club or soccer group of higher ranking, category or division than that of his team's. A team may use a maximum of three (3) reserve players. **The team must provide the guest players' permits to the Tournament representative in order to be eligible.**

8. "Muté" Players

Refers to all the players who changed the club, no matter the reason, will be awarded the title "muté" for a period of two (2) years. The number of players "muté" allowed during the tournament is unlimited. However, the total number of players on your team sheet is limited under article 3 of this regulation.

9. Permits players (senior only)

Designate a senior player from a club or a soccer group that received approval of its affiliate club to participate in activities organized by other clubs and/or soccer group. The number of Permits players authorized during the tournament is unlimited. However, the total number of players on your team sheet is limited under the article 3 of this regulation.

10. Double upgrade

Double upgrade applies when a player is affiliated in three (3) or four (4) categories higher than his own. It can only be permitted for U10 to U16 players. The ARS can authorize a double upgrade upon reception of the following documentation: upgrade request form, parental and medical authorization stating that the player does not risk any extra health risk as well as the affiliation form. The team must present these documents to the Tournament representative in order to be eligible. (FSQ - R.F. Article #5.2).

11. Ranking

During qualifications, points are allotted in the following fashion in order to rank teams in their respective groups:

- Win 3 points
- Tie 1 point
- Loss 0 point
- Forfeit -1 point

If teams' point rankings are tied, team ranking will be decided in the following fashion:

- The most games won
- The game(s) result(s) between the two teams (only in the event of a double tie)
- Difference between goals for and goal against
- Team with the higher goals FOR
- Team with the lowest goals against
- Team with the least red cards
- Team with the least yellow cards
- Shoot out (Coin toss if shoot outs cannot be held)

12. Game length

Each game will last a total of 35 minutes (continuous time): with only one half-time.

Teams must use the walkway to go to the other side of the field twenty (20) minutes before the scheduled game start time. No warm-up period is permitted on the field before the game.



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A game is considered ended from the moment where there is a difference of 6 goals between the two teams. When the game is over, please leave the play area as quickly as possible and leave on the locker rooms side.

13. Ties (Semi-finals or finals)

In the event that a winning team must absolutely be declared at the end of a game:

- Three penalty kicks will be made alternatively by each team by three players present on the field at the end of the game. The referee will toss a coin to designate the team first to kick.
- If the teams are tied after these three kicks, the players on the field will kick alternately until one team is ahead after an equal amount of kicks. All players (present on the field at the end of the game) must have kicked before a player may kick for a 2nd time.

14. Kickoff

The team having won during the camp tryouts has the choice of sides. The other team kick off. A goal may be scored directly off a kickoff.

15. Free throws

All penalty free throws are direct. If the ball touches the ceiling, a direct free throw will be accorded to the opposing team at the point where the ball has touched the ceiling (net). The throw will be taken in the exterior of the zone nearest the point where the ball has touched the ceiling (net) with the exception of the goal zone. The wall must be placed at least 5 meters from the ball during a free throw.

16. Offside

- 5 and 7 aside: No offside.
- 9 aside: The offside rule applies.

17. Penalty kicks

A penalty kick will be shot from a point 7 meters facing the goal. All other players must stay at least 3 meters behind the ball (behind in a line parallel to the goal line) with the exception of the player having drawn the penalty and the goalie.

18. Throw-ins

Throw-ins are made with both hands conforming FIFA's law #15. A goal cannot be scored directly off a throw-in.

19. Corner kicks

A ball is put back in play with a corner kick if the ball goes outside after having touched a defensive player. A ball is put back in play with a corner kick if it goes out of play behind the nets after having touched a defensive player. A 5 meter distance must be respected by the opposing players at the moment of the kick

20. Goal kicks

The goalie can place the ball in the interior of the penalty surface and a 5 meter distance must be respected by the opposing players. A goal can be scored directly off a goal kick.

21. Goalies

The goalie can clear the ball with his hands or feet. The ball may be cleared further than his half of the field. The 6 second rule is applied during this Tournament. A goalie cannot touch the ball with his hands off a deliberate pass kicked by his team member.

22. Warnings and expulsions

A player or coach having received two (2) warnings in the same game will be expelled and suspended for the following game. A player or coach having received one (1) expulsion during a game will be suspended for the next game.

Warnings are cumulative during the Tournament. A player or coach having received three (3) Tournament yellow cards will be suspended during his next game.

23. Forfeits

The Organizing Committee will be strict with the application of this rule.

- No team can be late at the start of a game or they will immediately be declared to have forfeited.



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- No team can start a game without the minimum amount of required players on the field or they will lose by forfeit.
- For disciplinary reasons, if 2 players from the same team are expelled by the referee during the game, the team loses by forfeit.
- A team will be expelled and usage penalties will be imposed following two (2) forfeits during the Tournament.
- A team penalized by a game forfeit as sanction or irregularity will lose its points and goals scored during the said game.
- A forfeit is calculated as 3 to 0 and -1 point in the rankings.
- A team who is not present for its game for any reason loses the game by forfeit and can be expelled from the Tournament.

24. Local usage/responsibility

Any person breaking the rules in effect on the Tournament site or vandalizing the material will lose his access to the premises and sanctions will be taken against the player's team.

The Organizing Committee, ARS Laval and the Soccer Centre are not responsible for any thefts, losses or accidents during the competition.

25. Protests

No protest will be accepted.

26. Coaches

At least one (1) coach with an affiliation card must be at the player bench during a game at all times and for all categories (except Senior). If a coach is expelled during a game and his team is without a coach for the rest of the game, the team forfeits the game.

27. Fouls and unsportsmanlike conduct

The law 12 applies as such under the laws of the Game.

The regulatory tackles are allowed.