



Managers Pre-Season Package

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Policy Preparation

Important Updates for the 2026/27 Indoor Season

FC Regina reviews and updates its Adult League policies between seasons. Team Managers are responsible for reviewing the current Adult League policies before the start of each season and ensuring their players are aware of the rules that apply to their participation.

Please do not rely on policies or procedures from a previous Indoor, Spring or Outdoor season. The 2026/27 Adult Indoor League policies are the rules that will apply this season.

Field & Goal Format

All games will now use a goal size appropriate to the playing format. Half-field games will use half-field nets, and quarter-field games will use quarter-field nets. This will be applied consistently throughout the Adult Indoor League.

Player Equipment & Safety

The equipment policy has been updated to provide clearer direction regarding braces, jewelry, wearable technology and medical devices. Hard components such as hinges, clips or rigid pieces are not automatically prohibited but must be appropriately padded or covered and must not create an unreasonable risk to another participant. Hard casts are not permitted, even when padded. The referee has final authority regarding whether equipment is safe for use in a match.

Discipline & Participant Conduct

Managers and players should review the updated discipline and conduct requirements before the season. Reckless, aggressive, intimidating, abusive or unsafe behaviour may result in disciplinary action beyond the sanctions issued during the match. Serious or repeated conduct concerns may also result in FC Regina reviewing a participant's continued or future eligibility within Adult League programming.

Managers Are Responsible for Knowing the Current Policy

The Manager Package is intended as a quick reference and does not replace the Adult League policies.

Managers are responsible for reviewing the complete policies before each season and referring back to them throughout the year, particularly when dealing with guest players, player eligibility, equipment, suspensions, discipline and playoffs.

Managers are also responsible for communicating relevant requirements to their players. When there is a difference between information from a previous season and the current published policy, the current 2026/27 Adult Indoor policy applies.

2026/27 Adult Indoor League Policies

Preparing Your Roster

Players are added to your roster via the team code by clicking on “Register To A Team” and entering the team code.

How do I register with my Team Code or Team link

- [Follow these instructions.](#)

I'm a manager of a team; how do I find my team code?

- [Follow these instructions](#)

Guest Player Policy and Eligibility Chart

FC Regina allows teams to use guest players (sometimes called “permit” players) to avoid forfeiting when roster players are absent. However, there are strict rules on who can guest play and how often:

Guest Player Policy & Eligibility

- FC Regina allows teams to use eligible guest players when rostered players are unavailable. Guest players are intended to help teams avoid forfeits and must follow the eligibility requirements for the division in which they are participating.
- Before using a guest player, managers must review the [Guest Player Eligibility Chart](#). Locate your team’s division under “Team in Division” to determine which players/divisions are eligible to guest play with your team.
- Guest players may only be used in place of an absent roster player. An absent player should not be checked in on the RAMP Game Sheet App. The guest player must instead be added and identified as an affiliate player.
- Guest players cannot be used to increase a team’s game-day roster beyond what the team could otherwise field with its registered roster.
- A maximum of 5 guest players may be used by a team in a single game.
- A registered player may guest play with another team with a maximum of 5 times per season for each team they are registered with.
- Players requiring additional guest-playing opportunities may purchase an additional 5 guest games for \$75 through FC Regina.
- Goalkeepers may guest play in goal for up to 10 games per season for each team they are registered with. The player must participate as the goalkeeper for the entire game to qualify under the goalkeeper allowance.

Youth Guest Players

- Youth guest players have additional eligibility requirements.

- Youth guest players must be at least 15 years old.
- Youth players may only guest play in eligible Men's or Women's divisions.
- Youth players are not eligible to participate in Coed, Masters or Community League as guest players.
- Youth players require prior written permission from their FC Regina Technical Coordinator.
- Written approval must be provided to the FC Regina office before the player participates.
- Players participating in or affiliated with FC Regina Bluestar/PSL programming may only guest play in the highest Men's or Women's division offered.
- A youth player who participates without the required approval or does not meet the applicable eligibility requirements will be considered an ineligible player.

Kick-Start & Re(Discover) Players

- A player registered with a Kick-Start Pass cannot guest play.
- When applicable, Re(Discover) players count toward the maximum of five substitute/guest players permitted in a game.

League Playoffs and Finals

- Guest players are not eligible for playoffs or finals.
- Only eligible players registered on the team's official roster may participate.
- Re(Discover) players are also not eligible for playoffs.
- Kick-Start players may participate in playoffs only if they have at least one game remaining on their pass at the beginning of playoffs. A player who has used all allocated games during the regular season must upgrade to a Full Registration to be eligible.

Manager Responsibility

- Team Managers are responsible for confirming the eligibility of every player used by their team. Player eligibility should be confirmed before the game, not after a player has participated.
- Using an ineligible player may result in the game being recorded as a forfeit and/or additional sanctions under the Adult League Rules and Regulations.

RAMP Team App – Communication & Schedule Tool

The RAMP Team App is a mobile app that connects team managers, coaches, and players. FC Regina uses this app so that all team communication and schedules are in one place. Here's how it helps your team:

- **Schedules & Calendars:** Once you log in, you'll see your team's full game schedule (dates, times, fields) in the app. The schedule is synced directly from FCR's system, so any changes or rescheduled games will update automatically. The login must be created with the same email address used at registration.
- **Roster and Attendance:** The app shows your team roster and player info. Players can RSVP for games – marking their availability as Yes/No/Maybe – allowing managers to track who's attending each game.
- **Getting Started:** The RAMP Team App is free to download on iPhone or Android. Managers and players should use the email associated with their FCR registration to create or log in to their account (this links you to your team automatically). If you're new to RAMP, you'll receive an invitation email when FCR sets up your team on the app – follow the instructions to download the app and log in. It's user-friendly, but if anyone has issues joining the team in the app, contact the league office for assistance.

Friendly Tip: Encourage all your players to log in to the RAMP Team App at the start of the season. This way they'll get schedule updates and team messages. It can significantly cut down on missed communications. As a manager, you might post a "welcome message" there, so everyone says hello and knows how to use the chat.

RAMP Game Sheet App – Digital Game Sheets Made Easy

FC Regina uses the RAMP GameSheet App to handle game rosters, scoring, and referee reports. This replaces paper game sheets and makes reporting more efficient. Login to the RAMP Game sheet App using the login that you use for your RAMP team app, if you do not use RAMP Team APP please create a login: Each team *must* use this app every game to check in players and sign off the roster. A full video tutorial will be released to all managers.

Here's how it works:

- **Logging In & Team Code:** Download the "RAMP Gamesheets" App (free on iOS/Android) and log in. Next, you'll add your team to the app using a Team Code. This unique code links the app to your specific team – the code will be emailed to you, or you can reach out to FC Regina to get it. In the app menu, go to Manage Accounts > Team Accounts and enter the code to add your team. Once added (wait about 30 minutes), your team's upcoming games will appear in the app schedule, along with special game access codes. [Watch this video tutorial on how to enter your team code.](#)
- **Pre-Game: Selecting Your Roster:** For each scheduled game, both teams will have access in the app (Home or Visiting team as labeled). At least 10 minutes before kickoff, do the following:

- Open the game in the app (it will show either “Home Team Access” or “Visiting Team Access” depending on your role).
- Go to the “Rosters” tab for that game. You’ll see all players on your roster listed. Toggle on the players who are present and will play in that match, and toggle off anyone absent. This is the digital way to “cross off” absent players.
- If you have any guest players (or call-ups) playing, use the “Add Player” feature to add them to the game sheet roster.
- Once your game roster is correct, have one team official digitally submit the roster on the app (there will be a “Sign” or “Sign Roster” button). This is equivalent to signing the paper game sheet. The opposing team will do the same for their roster.
- During the Game: The game officials will handle entering the game data (goals, penalties, etc.) in the app. Teams do not enter stats; you can just view them as they’re added in real time.

Game Reschedule Requests

FC Regina allows rescheduling requests in line with our Rescheduling Policy, but with procedures to keep the league running smoothly. Here’s what you need to know as a manager:

Request Process: To request a reschedule, you (the team manager) must submit a completed [Adult Reschedule Request Form to FCR](#) (email it to adult@fcregina.com). This form asks for the game details and reason. Importantly, a fee must accompany the request. The request isn’t processed until payment is received, so be prompt with both form and fee.

Fee Structure: The reschedule fee depends on how much notice you give:

- 30 or more days before the game: \$25
- 14–29 days before the game: \$50
- Less than 14 days before the game: \$100

Timelines & Limits: You should submit the request at least 2 weeks (14 days) before the scheduled game. FCR does *not* guarantee approval, especially if the request is last minute. Requests inside 14 days will be considered only in exceptional cases (e.g., sudden unavoidable conflicts). No reschedule requests are accepted for playoff or final matches – those must be played as scheduled.

- **One-Time Move:** Each game can only be rescheduled once. If your game is moved to a new date, that new fixture is set – you won’t be able to reschedule it again or revert it.

- **Plan Ahead:** Review the season schedule early. If you see a conflict (e.g., your team has many players away on a certain date). The earlier you request, the lower the fee and the higher the chance FCR can accommodate it.

Adding Players to Rosters

Roster flexibility is important. You might sign new players mid-season or have players switch teams. Here's how to manage roster changes within league rules:

- **Mid-Season Player Registration:** You can add new players to your roster at any time during the regular season up until the roster deadline. There is a final cut-off date each season (registration deadline) after which no new players can be added; this date is set by the league. Any player to be eligible for playoffs must be fully registered on your team by that deadline. Managers, keep an eye on the Important Season Dates memo for the exact deadline.
- **Transfers Between Teams:** A player already registered in the league may transfer to another team (in the same season) only once. For example, a player on one Coed team might transfer to a different Coed team, or a Men's Division 3 player might transfer to a division 2 team that needs players.
- Transfers are typically initiated by contacting the league office; the player will be moved into the system once approvals and payment are done. When a player transfers, they note that they cannot transfer back to their original team in the same season.

Facility Team Reminders

Our Facility Team plays a key role in ensuring every game runs smoothly and safely. Please review the following guidelines and share them with your players:

- **First Aid:** If a player requires first aid or ice, please locate the Facility Team at the front desk of Affinity Plex for assistance.
- **On Field:** Please ensure you are not bringing any food or beverages to the turf field; water is the only exception.
- **Game Sheet Access:** Facility staff have access to game sheet code for officials and can provide paper game sheets if any issues arise with the RAMP Game Sheet App.
- **Dressing Room Keys:** Team dressing rooms are available 30 minutes before your scheduled game time at the Affinity Plex. Keys must be signed out using a car key at the front desk. Please note that lost dressing room keys cost \$50.00 to replace.

- Respect for Staff: Our Facility Team works hard to provide a safe, clean, and professional environment for everyone. Please treat all facility staff with courtesy and respect at all times. Any league-related questions or concerns should be directed to FC Regina Administration Staff rather than facility attendants, so they can remain focused on operations and safety.

A Reminder from The Referees

Arrive at the field 10 minutes before scheduled start ready to play. What does ready to play mean:

- No spitting on the turf.
- Bring a player card/ID to every game
- Make sure everyone is wearing a unique number, using tape to make a number is totally fine.
- **Make sure everyone is wearing the same color jersey.**
- Slide Tackles will be enforced when:
 - Slide that results in direct contact with an opponent
 - Slide that results in the ball carrier having to adjust their dribble or shot, essentially interfering with the ball carrier
 - Sliding in a dangerous manner for the defender or opponent (this is sliding attempts that don't have immediate impact but if contact was made subsequent discipline could be issued)
 - Goalkeepers are allowed to tackle in a hands first/headfirst manner but are not permitted to slide tackle feet first.

Lastly, these are recreational leagues not the world cup finals. Referees, players, coaches and managers are trying their best. Nobody is perfect, mistakes will happen and when they do happen try to be understanding after all we are all human beings.

Important Dates

- September 18: Individual Player Registration - Opens
- October 6: Roster Requirement Deadline – Minimum Rosters Reached, online rosters must have the minimum number of players registered online
- October 2: Adult Schedules Released
- October 13: Adult League Starts
- January 30: Last Day to Register on a Team, Transfer to a Team, Request a Refund, or Reschedule a Game for the Indoor Season

- February 19-21: Sask Cup Indoor Saskatoon (9-Aside Youth)
- February 26-28: Sask Cup Futsal (Youth and Adult)
- February TBA 2027: Spring League Team Registration Opens
- March TBA 2027: Winter League Playoffs – Season Wrap Up