



Adult League Policies and Procedures

Unless specified, policies and procedures stated herein apply to all FCR Adult Leagues and Divisions.
As Adopted by: Regina Soccer Association, Inc. Board of Directors September 2014

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1. Adult Leagues and Divisions

1.1 League Structure

Futbol Club Regina (FCR) may offer tiered divisions in the following leagues:

- Men's League
- Women's League
- Coed League
- Masters/Classics - Age Restricted
- Developmental Programming

League offerings and tiered divisions is decided upon on a seasonal basis and may change without notice. Information regarding detailed divisions can be found in the registration packages.

Futbol Club Regina (FCR) offers these leagues for two seasons:

- Indoor Season (Indoor Turf Fields)
- Outdoor Season (Outdoor Turf, Grass, or Indoor Turf Fields)

Each primary season may be further divided into multiple segments or league offerings based on programming needs. For example, the Outdoor Season may include both a Spring and Summer league, each operating as distinct competitions within the overall outdoor calendar.

1.2 Uniforms

- All teams **MUST** have two sets of matching uniforms with unique numbers on each jersey; this includes Goal Keepers. If the jerseys do not match, the team will be subject to section under section 7 of these Adult League Policies and Procedures.
- The home team must change shirts if both teams are wearing the same colours (goalkeepers will be required to have alternate jersey in case of colour conflict). The game sheets and online schedule will identify which team is Home.
- Shin guards are mandatory. The referee will not allow you on the field without shin guards. Shin guards must be completely covered by your socks.
- Sleeveless uniforms are not allowed.
- FC Regina has the right to refuse team names and apparel containing offensive, abusive, or obscene language or images.

1.3 Hard Braces & Protective Equipment

- As per FIFA Laws of the Game 'A player must not use equipment or wear anything which
 - is dangerous to themselves or another player (including any kind of jewelry).
 - Note: Applying tape over jewelry is not sufficient.
- Players may wear medical or orthopedic support, including knee braces, ankle braces, or similar protective equipment, provided the equipment is deemed safe by the match referee. Any brace or support containing hard plastic, metal, hinges, exposed edges, clips, straps, buckles, or other

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rigid components must be safely and securely covered with appropriate padding, sleeve material, or fabric covering before the player is permitted to participate.

- Soft, lightweight, padded supports are generally permitted, provided they do not present a danger to the wearer or other players.
- The referee has final authority to inspect equipment before or during the match and may require the player to remove, adjust, pad, or cover the brace if it is considered unsafe. If the equipment cannot be made safe to the referee's satisfaction, the player will not be permitted to participate while wearing it. Hard casts are not permitted, even if padded or covered.
- Players are responsible for arriving prepared with any required sleeve, padding, or covering material. Failure to do so may result in the player being unable to participate.
- FC Regina may review reported equipment concerns and may require additional safety measures for future matches where necessary.

1.4 Player Equipment Safety

1.4.1 General Equipment Standard

Players must not wear any item that, in the opinion of the referee, presents an unreasonable risk of injury to themselves or another participant. The referee has the final authority to inspect and determine the safety of all player equipment before and during the match.

1.4.2 Jewelry

Players are encouraged to remove all jewelry before participating.

Recognizing the recreational nature of the league, jewelry that cannot reasonably be removed, such as wedding bands or permanent piercings, may be permitted provided that:

- it is securely covered using athletic tape or another suitable protective covering;
- it does not contain sharp, exposed, or protruding edges;
- it does not present a danger to the wearer or other participants; and
- it is approved by the referee prior to play.

The following items are not permitted:

- hoop or dangling earrings;
- necklaces worn outside clothing;
- bracelets or bangles that cannot be adequately secured;
- jewellery that cannot be safely covered; or
- any item deemed unsafe by the referee.

1.4.3 Watches and Wearable Technology

Smart watches, fitness trackers, GPS devices, and similar wearables may be worn provided

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they:

- are securely fastened;
- are completely covered by a soft sweatband, wrist sleeve, or similar protective covering; and
- do not present a danger to any participant.

1.4.4 Medical Devices and Protective Equipment

Medical braces, orthopaedic supports, insulin pumps, continuous glucose monitors (CGMs), and similar medical devices are permitted where reasonably possible, provided they:

- are worn as intended;
- are securely fastened;
- any rigid or hard components are appropriately padded or covered where practical; and
- do not present an unreasonable risk to other participants.

Hard casts are not permitted.

1.4.5 Referee Authority

If, at any time before or during a match, the referee determines that any equipment presents an unreasonable safety risk, the player will be required to remove, adjust, or properly cover the item before participating or continuing in the match.

The referee's decision regarding the safety of player equipment is final.

2. Team Registration and Placement

2.1 General Team Registration Requirements

Futbol Club Regina (FCR) adult teams must abide by the registration deadlines and policies to be eligible to register. Additionally, all teams must:

- Meet minimum player registration requirements, by the stated deadlines, or they may be removed from the league OR FC Regina will place individual player(s) to reach the minimum requirements.
- Administrative late fees may be applied to late payments.
- Teams with outstanding payments to FCR at the end of the season will have the debt divided equally amongst the players on the roster and the debt will become the responsibility of each individual player, which must be paid prior to registering for an upcoming season.
- NEW TEAM names must be approved by FCR.

2.2 New Team Registration

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To ensure fair and balanced competition across all divisions, all new team (new team is considered if you have not registered in the last 2 years) registrations must adhere to the following roster requirements:

- **Minimum Roster Submission at Registration:**
At the time of registration, all new teams are required to submit a minimum roster that meets the division's minimum roster size requirement.
- **Roster Consistency Requirement:**
At least 80% of the players listed on the initial roster must remain active on the team for the duration of the season. This core group is expected to represent the identity and competitive level of the team.
- **Deviations and Sanctions:**
If a team significantly deviates from their submitted roster, meaning that more than 20% of the final-season roster differs from the original the league reserves the right to:
 - Reassign the team to a different division mid-season (promotion or relegation)
 - Issue sanctions, which may include point deductions, forfeitures, or removal from playoff eligibility (where applicable)
- **Roster Verification and Monitoring:**
The league will monitor rosters periodically throughout the season and may request updated rosters or clarification as needed.

2.3 Team Placement

- Futbol Club Regina (FCR) has the right to place any team in any division they deem appropriate without the consent of the team.
- Teams will have the opportunity to appeal their division placement within the allotted time frame. Appealing the placement does not guarantee an alteration to the placement. See Important Dates & Deadlines at the time of registration for the specific Team Placement Appeal Deadline.
- Team Placement in any league is decided upon by FCR based on the following criteria:
 - Requests by the team
 - Promotion and relegation
 - Requirements of the League
 - Past standings
 - Roster composition
 - New team vs returning team
 - Last season of play

FCR will set and communicate proposed divisional structures and team placement prior to each season. See Dates & Deadlines for the specific Team Placement Appeal Deadline. Final decision on divisional structure and team placement will be that of FCR's. Teams MAY NOT transfer divisions mid-season, however FCR reserves the right to move a team if warranted.

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2.4 Youth Team Placement in the Adult League

- Youth teams will be considered for inclusion in the Adult League on a season-by-season basis. Applications for inclusion in the Adult League must be approved by FCR prior to Adult League registration deadlines.
- Youth teams playing in the Adult League are allowed to register as Adult players and use Adult permit/guest players on their team for games played in the Adult League. Youth teams should be aware, doing so will result in the forfeiture of their youth status as per SSA and Canadian Soccer Association (CSA) rules and will also disqualify the team's Youth status for Youth Provincials.

2.5 Promotion / Relegation

Best Efforts are made to ensure the pools or divisions can play a balanced schedule and that teams of similar skill play one another; therefore, relegation and promotion is mandatory.

Please note: "Like seasons" are defined as a comparable season – indoor to indoor and outdoor to outdoor.

- Promotion and relegation for the next like season will be decided as per the final league standings
- Teams who finish first and second in a division may be promoted to the next highest division for the next playing season except in the top division.
- Teams who finish last and second last in a division may be relegated to the next lower division for the next playing season
- When there is an expansion or contraction of a division, more than two (2) or less than two (2) teams may be promoted or relegated into or out of the division.

3. Individual Registration and Transfers

3.1 Player Registration

Players registering for any adult league must meet the following requirements:

- All FCR registration fees and outstanding fees such as bonds or fines which may have been assessed against the player
- Cannot be registered on more than one team in a league; but may register in more than one league; such as men's and coed or women's and coed, including any other leagues that mention this exemption.
- Players registered in multiple leagues must submit an exemption request if they wish to play more than one division below their highest registered division (for example, Men's Division 1 players seeking to play in Coed Division 3, or Coed Division 1 players seeking to play in Men's Division 3). Requests must be emailed to adult@fcregina.com at least 48 hours before the player's first game. Failure to submit a request may result in the player being deemed ineligible.
- With the exception of Coed, must be registered to a league or program specific to their gender provided one is offered.

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- Players may purchase a Re(Discovery) Pass to be eligible to play five (5) games for any team within the current season. This will assist the player with finding a team to be placed on for the remainder of the season. Re(Discovery) Pass is eligible for players who;
 - Have not played for FC Regina in the past 2 calendar years; or
 - Are returning from an injury

Team managers are responsible for the administration of their team's roster and have the authority to remove players from their team at any time.

A player can request a refund or transfer to another team by contacting FCR. This must be completed prior to the stated deadline. A transfer fee will apply for every completed transfer.

Teams cannot deny a player's request to be removed or transferred away, provided the player is in good standing with the team and FCR.

3.1.1 Registering while Under Suspension; Suspension Carry Over

A suspension carried over from one season to the next must be served in one of two ways depending on the length and severity of the suspension.

- Date based suspension of one or more months: A player may NOT register again in any league until the suspension has reached its end date.
- Game based suspensions and lesser date-based suspensions: In order for the suspension to "continue", a player must be registered in any FCR League. The First game after the date of registration shall determine when the suspension continues from.
- A player CANNOT purchase a Guest Pass to serve the remainder of a suspension. The player MUST be registered in a league.

3.1.2 Mid-Season Player Registration

Players can register at any time throughout the season prior to the deadline by registering online.

Note the registration deadline for playing in playoffs; players must be registered or transferred on a team by the specified deadline for each season.

New players must meet the eligibility requirements described in Section 4.0 of these Adult League Policies and Procedures prior to playing any games.

3.1.3 Out of District Player Registration

Players registered in another soccer district can register with the FCR Adult League or in any FCR Adult sanctioned tournament provided they meet the FCR's player's eligibility requirements described in Section 4.0 as well as SSA regulations.

3.1.4 Player Registration Transfers

Players may transfer to another team within the league they are registered in at any time during the season prior to the registration/transfer deadline outlined in section 3.0, provided

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the player:

- Is eligible to play in the division requesting to be transferred to
- Has paid all applicable transfer fees to FCR; and
- Has paid any difference in the registration fee charged for the new division

A player can request a transfer no more than one time per season. This generally occurs for one of two reasons:

- Intra-League transfer – a player once transferred, cannot be transferred back to the team they were originally registered, FC Regina upon request, may consider other transfers.
- Transfers for Competing in a Provincial Tournament – players may transfer to a team playing in a provincial tournament according to SSA/CSA transfer deadlines and rules.

Youth players on youth teams playing within the Adult League, may transfer between other youth teams playing in the Youth or Adult Leagues as per Youth Competition Rules.

3.1.5 Adult Player Refund Process

Adult player refunds for registered FCR players must be requested through the FCR Office by properly filling out the FCR refund request form and will be processed on the date the form is received by the FCR office.

- All refund requests will be subject to the reduction of the FCR Administration fee, SSA Registration Fee and Facility Fee as soon as registration/payment is received by FCR.
- No refunds for Guest Passes or Tournament Passes will be considered
- Refund requests submitted before the refund deadline will be prorated and will only be issued for medical reasons or for moving outside of Regina and surrounding area. The refund will be calculated on the number of games remaining the team(s) the player is registered on less FCR base administration and membership fees and SSA Membership fees.
- Any requests for refund due to injury MUST include medical documentation from a medical professional
- Any request for refund due to moving MUST include proof of change of address outside of Regina, SK
- No requests for refunds (including prorated) will be processed after Refund Request deadline stated in the Important Season Dates.
- No refunds will be given while a player is currently serving a suspension and will not be processed until the date their suspension is concluded.
- In the event a refund is requested for team fees, if paid by a club or Member Organization to FCR then the refund request and fees refunded will be determined by the FCR Executive Director.

3.2 Player Competitive Placement Policy

3.2.1 High-Performance Players

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Players who are currently participating in or have participated within the previous two (2) years, in an identified High-Performance Program are eligible to register only in Division 1 of the applicable Men's, Women's, or Coed league.

This restriction applies for two (2) years following whichever is later:

- The player's final official match; or
- The conclusion of the player's most recent competitive season.

Players returning home during an academic break, summer break, injury leave, or any temporary absence from a High-Performance Program remain subject to this policy.

For the purpose of this policy, High-Performance Programs include, but are not limited to:

- U SPORTS
- NCAA
- NAIA
- Canadian Premier League (CPL)
- Northern Super League (NSL)
- League1 Canada competitions (including League1 Prairies, League1 Ontario, and League1 BC)
- Première Ligue de Soccer du Québec (PLSQ)
- USL League Two (USL2)
- National Premier Soccer League (NPSL)
- Professional football clubs
- Provincial or National Development Programs
- Any league, academy, or program identified by FC Regina as operating at a comparable competitive standard.

3.2.2 Placement Authority

The Adult Coordinator may review any player's competitive history when determining division of eligibility. Where necessary, FC Regina may request supporting documentation to verify a player's previous playing experience. The Adult Coordinator may place a player or team in a higher division where it is determined that doing so is in the best interest of competitive balance and player safety. FC Regina reserves the right to determine player eligibility and competitive placement based

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on the intent of this policy.

3.2.3 Misrepresentation of Playing History

Players and team officials are responsible for providing accurate registration information. Any player or team that knowingly provides false, incomplete, or misleading information regarding a player's competitive history or eligibility or registers a player in a division for which they are not eligible, may be subject to disciplinary action.

Disciplinary action may include, but is not limited to:

- Removal of the ineligible player from the league.
- Reassignment of the player to the appropriate division.
- Forfeiture of matches in which the player participated.
- Fines or sanctions issued to the team.
- Loss of playoff eligibility.
- Additional disciplinary action as determined by the Adult Coordinator or Discipline Committee.

3.2.4 Appeals

Teams or players who believe exceptional circumstances exist may submit a written request for review to the Adult Coordinator prior to the registration deadline. Requests will be considered on a case-by-case basis, taking into account competitive balance, player safety, and the intent of this policy. Approval of any exception is at the sole discretion of FC Regina.

3.3 Team Personnel Registration

- It is mandatory for Team Personnel present on the bench of a league game to have photo identification (ID).
- All Team Personnel must be registered before being allowed on the team bench.
- A player that is registered on the team as such, but not participating in a game, may sit on the team bench. A "TP" must be added beside their name on the game sheet to indicate they are not participating as a player but, instead, as Team Personnel. (A secondary registration as Team Personnel is not required if already registered as a player.)
- A Team Personnel can register up to and including the final day of regular play. Team Personnel may not register for playoffs.
- A team may register a maximum of three (3) Team Personnel.
- Team Personnel must have a completed and up to date Respect in Sport – Activity Leaders certification at the time of registration.
- Team Personnel can register onto as many teams as desired. No limitations.
- The following penalties will be imposed for teams with ineligible Team personnel:

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- First Notification: Game will be overturned in favor of the opposing team.
- Second Notification: \$100.00 fine and game will be overturned.
- Third Notification: \$150.00 fine and game will be overturned.
- Fourth Notification: Discipline hearing and possible suspension from the league.

4. Player Eligibility

A player is eligible to take part in any FCR league game provided:

- The player is properly registered and paid all FCR fees they are participating with OR must meet the Substitute Player and Eligibility requirements outlined in Section 4.3, 4.4 and 4.5.
- The player has provided their Government Issued photo ID OR Player Card during the player check procedure completed by the Official.
- The player is not currently under suspension in FCR or jurisdiction and has met all the conditions of any decision rendered against them.

If the player is a youth (defined as being eligible to play U17 or younger), the player is also subject to the following additional requirements:

- The player is 15 years of age or older as of the date of registration
- The player has received written permission to be released from their youth club if they are a registered youth player. Written permission must be submitted to: adult@fcregina.com at least 1 business day prior to the game.

Players who do not meet all applicable eligibility requirements will be deemed ineligible.

Ineligible players, who play in a game, as well as team officials, will be subject to disciplinary actions as described by the FCR Adult and Youth Discipline Policies and Procedures. Teams will also be subject to sanctions, forfeits and or fines according to Section 7.0.

4.2 Coed Player Eligibility

If a player is registered in FCR Men's or Women's Leagues or Youth League, there are additional eligibility restrictions for the Coed League:

- Players registered in FCR Men's or Women's League can only play on a coed team within or down 1 division then currently registered in for that season.

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- The highest level a player is registered for takes priority over lower division registration for guest player eligibility.
- If the FCR Men's or Women's divisions offered during the current season are not consistent with the coed divisions the player must follow the [Appendix A – Eligibility Chart](#) to determine if they are eligible to play on the coed team.

FCR may, on occasion, lift player eligibility requirements for a player in rare instances where promotion or relegation has affected where a player may play, preventing them from playing with their original team or in cases where they are the ONLY higher division player on a team. Applications must be made in writing to adult@fcregina.com at least 5 business days prior to the first scheduled game.

4.3 Substitute Player Description and Eligibility

4.3.1 Substitute Players

There are two (2) types of substitute players defined by FCR who may play in a match.

Guest Players	ReDiscover Players
Players registered in the FCR Adult League who are playing on another team as per league substitution rules	Players registered with FCR with a five (5) game (Re)Discover pass. Eligible to Guest Play on any team regardless of league substitution rules
Must meet ALL player eligibility rules outlined in Section 4.0	Must meet all the player eligibility rules as outlined in Section 4.0
Meets the permit eligibility requirements of the league as outlined in Section 4.0	Must enter the game prior to the end of the first half and have photo ID.
Must enter the game prior to the end of the first half and have photo ID.	

4.3.2 Substitute Player Procedure

- Players MUST present their player card or government issued identification (ID) to the Referee prior to the start of every match with their proper name, team, and division written on the game sheet.

FOR THE COMPLETE CHART OUTLINING PLAYER ELIGIBILITY, PLEASE SEE [APPENDIX A: ELIGIBILITY CHART](#)

4.4 Guest Player Eligibility

- Guest Player eligibility can be found under Appendix A – Eligibility Chart.

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- A player can only guest play in place of a player who is missing from the team's roster. The missing player must be crossed off the game sheet.
- Registered players are eligible to guest play up to five (5) times per season per team registered on.
- Players who wish to participate in additional guest playing opportunities may purchase one (1) additional set of five (5) guest passes per team per season at a cost of \$75.00. No further guest pass purchases will be permitted beyond this additional set(s).
- No more than five (5) substitute players may be used per team per game.
- It is the responsibility of the player to prove eligibility and to understand the eligibility rules/requirements
- Goalkeepers are eligible to guest play up to ten (10) games per season per team registered on. They must be identified on the game sheet as goalkeepers for the entire duration of the game. Goalkeepers who play outfield during guest playing will only be allowed to do so for a maximum of 50% (5 or less) of their total guest playing passes.
- (Re)Discover passes are NOT eligible in playoffs
- Guest playing is NOT allowed in playoffs or finals.

4.5 Youth Guest Player Eligibility

- Youth Guest Player eligibility can be found under Appendix A – Eligibility Chart.
- The player is 15 years of age or older as of the date of registration.
- Youth Guest Players are not eligible in the Coed League.
- The player has received written permission from their division's technical director and coach. Written permission must be submitted to adult@fcregina.com at least 1 business day prior to the game.

4.6 Guest Player Discipline

A (Re)Discover Player who receives a red card (or accumulated yellow cards equivalent to a red card) is not eligible to participate until the following conditions are met:

- The Discipline Panel may revoke the (Re)Discover Pass if the suspension, plus the one (1) mandatory game, exceeds the number of games remaining on the pass. In this case, the suspension will be deemed a carry-over and will impact the player's future eligibility; OR
- The number of games representing the suspension, plus the one (1) mandatory game, will be deducted from the remaining games on the (Re)Discover Pass.

In addition, guest players of any kind:

- Any guest player who receives a discipline sanction (including red cards or equivalent infractions) must serve their suspension with the team they are registered to. This applies across all leagues and divisions. The player is required to sit out their next scheduled game, regardless of which league the infraction occurred in, and is not eligible to participate again until further direction is provided by the Discipline Committee.

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5. Points, Playoffs, and Tie Breaking Procedures

5.1 Points Accumulated During Regular Season

- Teams will receive three (3) points for a win and one (1) point for a tie for all regular season matches.

5.2 Playoffs

- Teams will have the opportunity to participate in playoffs which will be held at the end of the regular season. Format will be decided upon by FCR prior to the start of each season.
- The winning teams in each division in the playoffs will be considered the Playoff Champion. Prizes will be offered to the playoff Champions; winners will receive a cheque for \$150.00 and Runners Up will receive \$100.00.
- The winning team in each division at the end of regulation play will be awarded first and second place overall. Prizes will be offered to the first and place teams; first will receive a cheque for \$150.00 and second will receive \$100.00.

5.3 Tie Breaking

5.3.1 Ties in Points During Regular Season or Round Robin of Tournaments

- Teams are considered tied when they amass an equal number of points at the end of the regular season league play or a tournament round robin.
- The tie breaking procedure outlined in Section 5.3 are to be evaluated one (1) rule at a time starting with the first rule listed. Once a rule breaks the tie, then no further rules are applied.
- Once ties have been broken, team rankings have been adjusted accordingly (e.g. If two teams are tied for 2nd place, then once the tie is broken, the team in third place becomes the team in 4th place and so on).

5.3.2 Tie Breaking Rules

If two (2) or more teams amass an equal number of points the following tie-breaking procedures, in the following order, shall be used to determine the final standing:

- 1) Goal Difference - Goal difference shall be calculated by subtracting goals conceded from goals scored.
- 2) Previous Match Results - the winner of the match between two teams tied in points shall be awarded the higher position.
- 3) Least Goals Against-The team having the fewer number of goals against will be awarded the higher position.
- 4) Most Goals Scored - The team having scored the most goals will be awarded the higher position. A maximum of five goal difference per game

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- 5) Penalty Kicks - If two or more teams are still tied under criteria 1 – 4, then the higher standings shall be decided by kicks taken from the penalty mark as outlined by the FIFA Law of the Game. A time and place will be decided upon by FCR.

Playoff games that are tied at the end of regulation time will be decided by kicks from the mark.

5.3.3 Penalty Kicks

- If a game is to be decided by penalty kicks, any eligible player may participate in the penalty kicks. Eligible players shall be those that are present on the game roster, eligible to play that game, and have not been red carded or ejected from the match. Players on the bench at the end of the game are also eligible.
- The total number of players to participate in the penalty kicks shall be determined by the team with the least number of eligible players. Similarly, in a coed game, the total number of men and women participants shall be determined by the least number of men on either team or the least number of women on either team. For example, if one team only has 9 eligible players at the end of the game, 3 of which are women, the other team must select 9 players to participate in the penalty kicks, 3 being women. All extra players from the second team will be excluded from participating in the penalty kicks.
- No player may take a second penalty kick until all other eligible and selected participants have also kicked.
- In a coed game, the alternating of women and men must continue throughout the penalty kicks. In the example above, the 3 women would recycle through their order before the 6 men recycled through their order.

6. Cancellation of Games and Rescheduling Policy

6.1 Cancellation of Games / Match Abandonment

6.1.1 Indoor Field Games

- Games can be cancelled due to issues like unsafe conditions, power outages, or serious injury.
- Officials cannot declare a forfeit; they can only abandon the match and document the reason on the game sheet.
- FCR determines whether a match is a forfeit and if sanctions apply.

6.1.2 General Rules

- Referees cannot call a game a forfeit; they can only abandon it and record the reason on the game sheet.
- FCR determines forfeits and applies sanctions as necessary.
- Forfeited games will not be rescheduled.

6.1.3 Game Completion

- A match is complete if the second half has begun.

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- The score at the time of abandonment is final for league standings unless further sanctions are applied.
- If a game is abandoned before the second half starts:
 - The game is incomplete and if applicable FCR will attempt to reschedule (subject to field availability).

6.2 Scheduling and Rescheduling Game Policy

6.2.1 General League Scheduling

- To allow players participation in both Coed, Men's, and Women's leagues, FCR will use best efforts to ensure diminished scheduling conflicts between the coed, men's and women's leagues.

6.2.2 Team Rescheduling Requests

- Teams unavailable to play on specific dates may request exemptions at the time of team registration and following the guidelines listed in the FC Regina Reschedule Policy document. Requests may be accommodated but are not guaranteed.
- To reschedule a game a team manager must provide a completed Adult Reschedule Request form adult@fcregina.com accompanied by a non-refundable reschedule request fee.
- Reschedule Request Fees:
 - 30 days or more: \$25.00
 - 14 days or more: \$50.00
 - Less than 14 days: \$100.00
- At least two (2) weeks prior to any scheduled game to which this policy applies the requesting team may submit a rescheduling request with a completed Adult Reschedule Request and non-refundable reschedule request fee. Requests received within 14 days may be reviewed on a case-by-case basis. The teams must accept this new date and time.
- Requests to reschedule playoff games or final games will not be accepted.
- For requests that are not accepted or for requested games that cannot be rescheduled, those games will be recorded as a default by the team that requested/required the game be rescheduled.
- Games rescheduled via request will not be subject to further rescheduled requests.

7. Game Logistics

7.1 Player Cards

- Players will be required to produce government issued photo ID or FCR player card at every game for the Referees to complete the player checks.
- A player identification process will occur at the beginning of each match as per FCR's players check procedure.
- A player properly identified by a player card or government issued photo ID may not be excluded from the match. The player must also be identified on the game sheet with

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their full name and jersey number. However, the opposing team has the right to submit a protest if a player's eligibility is disputed and is not withdrawn. The match will proceed in either case.

Note: In addition to the forfeiture of games, there are severe suspensions and fines for players found guilty of playing illegally, unregistered or otherwise ineligible.

7.2 Game Sheets

- First names, last names, and accurate jersey numbers are required and must be legible. No initials allowed.
- The names of the players that do not participate in a game must have their names crossed out.
- Guest players must be manually entered with the permit type abbreviation (AP, PP, GP) and must include their registered team's name and division.
- Both team captains and/or managers must ensure the game sheet is properly filled out prior to the start of the game as this will be used as the official document in the FCR office to record all infractions, goals, players, etc.

7.3 Team Equipment

- The HOME team must wear an alternate jersey/pinnie (with numbers) if there is a color conflict with the "away" team. Color conflicts lie within the opinion of the Referee. If the conflict cannot be resolved, the Referee is within their right to abandon the match. The team jerseys must be matching in color and unique numbers corresponding to the game sheet. Goalkeepers shall wear jerseys distinguishable from the rest of the players, including the opposing team.
- If the required team equipment is not provided, it is up to the Referee's discretion, in accordance with the FIFA Laws of the Game, whether the game can be played. Opposing teams are encouraged to show good sportsmanship and, for example, lend the other team pinneys if they have them. The Referee should indicate on the game sheet if a team is missing equipment. This may result in FCR charging a fine or other sanctions to the team.

7.4 Player Penalties

7.4.1 Discipline – Caution Accumulation

- Caution (yellow card) accumulation will be tracked in accordance with the Canada Soccer Discipline Code and applied within the FC Regina Adult Outdoor League as follows:

Caution Accumulation	Minimum Sanction
3 cautions in the same competition during the same season	1 match suspension
5 cautions in the same competition during the same season	1 match suspension
7 cautions in the same competition during the same	1 match suspension for each subsequent

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season	caution
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- Where a player reaches the threshold for a suspension due to accumulated cautions, the sanction will be applied automatically. The player and/or team will be contacted by the Discipline Committee outlining the suspension and any applicable details.
- Players and team officials may contact the Discipline Committee at any time to request an update on their current caution accumulation status.
- It is the responsibility of the player and team to ensure that any suspended player does not participate in matches while serving a suspension.
- Caution accumulations and resulting suspensions are not subject to appeal under any circumstances.

7.4.2 Discipline – Red Cards (Sending Off Offences)

All red cards (sending off offences) will be governed in accordance with the Canada Soccer Discipline Code (CSDC), as adopted by Saskatchewan Soccer Association and FC Regina.

- Any player who receives a red card must leave the field of play immediately and may not return to the match or remain in the immediate playing area.
- Spitting on the turf at any time will result in an immediate red card.
- All red cards carry an automatic minimum one (1) match suspension, which must be served in the player's next eligible match, regardless of league.
 - Example: If a red card is received in a Men's match, and the player's next scheduled game is in Coed, the suspension must be served in that Coed match.
- Additional sanctions may be applied depending on the nature of the offence, in accordance with the Canada Soccer Discipline Code. These may include multiple match suspensions, fines, or further disciplinary action as outlined in the CSDC (e.g., violent conduct, abusive language, or misconduct toward officials carry increased minimum sanctions).
- When additional sanctions are applied, the player and/or team will be contacted directly by the Discipline Committee with full details of the decision.
 - In determining additional sanctions, the Discipline Committee may consider:
 - The severity and nature of the offence
 - The player's prior disciplinary history
 - The player's conduct following the red card, including how they left the field of play
- Players and team officials may contact the Discipline Committee at any time to:
 - Confirm whether additional sanctions have been applied
 - Confirm player eligibility for upcoming matches
- Suspended players must be marked as "Suspended" on the official game sheet. It is the responsibility of both the player and the team to ensure that a suspended player does not participate in any match.

7.5 Team Penalties

- Any team who forfeits a game for any reason will receive a loss of 0 – 5 and a corresponding 5 – 0 win for the opposing team. In the event both teams forfeit, each

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team will receive a loss with no change to goals for and against.

- Any team(s) who participate in a fight during regular season, which is severe enough that it causes the game to be abandoned by the Referee, will both receive a 0 – 5 loss. Corresponding team discipline will also be issued in accordance with the Canada Soccer Discipline Code (CSDC).
- Any team(s) who participate in a fight during playoffs, which is severe enough that it causes the game to be abandoned, will be disqualified from advancing within their division. Further appropriate discipline will also be issued in accordance with the Canada Soccer Discipline Code (CSDC).
- FCR reserves the right to apply sanctioning or discipline to a team/player(s) who has continued discipline or code of conduct violation issues, as deemed necessary. If a team/player(s) is removed from the league as a result of this, there will be no refunds provided.

7.5.1 Forfeits Over a Season

- A team forfeiting three (3) games within a single season for any reason will be removed from all games for the remainder of the season.

7.5.2 Forfeits and Fines Due to Lack of Players

- FCR does not offer an automatic “15 minutes grace rule” to wait for a team to have enough players. With consent from the opposing team may the game be delayed a maximum of 10 minutes. The Referee will shorten the match as necessary to remain on schedule.
- Less than minimum players on the field: If a team does not have the required minimum number of players for a game, the team will be guilty of forfeiting the game and a team fine will be assessed as follows:
 - Men’s and Women’s League Divisions 1 and 2 - \$200.00
 - Men’s and Women’s League Divisions 3 and lower, Masters, and Legends- \$100.00
 - Coed and other Leagues - \$100.00
- If a team starts a game with the minimum required number of players, but throughout the game must go below the minimum number for any reason, that team will forfeit the game.
- If a team unilaterally leaves the field during the game, without receiving the Referee’s permission, and refuses to continue playing, that team will forfeit. This includes a decision made by team personnel to take a team off the field for any reason, unless permission is granted from the Referee. Further appropriate discipline may also be issued in accordance with the Canada Soccer Discipline Code (CSDC).
- If the forfeiting team notifies FCR in writing of their intent to forfeit a minimum of two (2) business days prior to the game, no fine will be assessed.

7.5.3 Forfeits and Fines Due to Ineligible or Illegal Player(s)

- A Team and Player found guilty of using ineligible/illegal player(s) shall be subject to the following team penalties:

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- The ineligible guest player who participated in the game will no longer be eligible to guest play until they:
 - Pay a \$75.00 fine for guest playing outside of their eligibility allowance, or;
 - Purchase 5 additional guest playing passes for \$75.00. If the player has guest played over 5 times, the additional guest playing passes will be subtracted from the 5-game additional guest playing passes. If additional passes have already been purchased the player will be fined \$75.00 with no additional passes awarded.
- Any individual found within the team technical area or playing during a match who is not a registered player, team personnel, or otherwise approved by FC Regina, will be considered ineligible and may be subject to sanctions, including suspension from attending FC Regina matches, monetary fines, and/or other penalties in accordance with the Canada Soccer Discipline Code (CSDC). The team permitting the presence of such an individual may also be subject to the fines and forfeits outlined in this section.
- The team will be deducted all the goals recorded by the ineligible player.
- The team may forfeit each of the game(s) 5–0 in which the player(s) participated, or an ineligible individual was present on the bench.
- The team shall have the number of points equivalent to a win deducted from their standings for each of the games forfeited.
- The team may be charged a fine of \$200.00 for the first offense; \$500.00 for the second offense; and immediate expulsion from FCR for a third offense over the course of a five (5) year rolling calendar period starting on the date of the first offense.
- Additional penalties may be levied against the individual and/or team official found guilty as outlined in the Canada Soccer Discipline Code (CSDC).

7.5.4 Forfeits and Fines Due to No Game Sheet Provided

- Teams failing to sign or complete their game sheet may be subject to additional sanctions.

7.5.5 Fines Due to Lack of Equipment

- Teams without the proper equipment as determined by the Referee's comments on the game sheet will result in a \$100.00 fine assessed by FCR and a potential game abandonment by the referee.

7.5.6 Fine Payment

- Forfeit fines MUST be paid prior to the team's next scheduled game. If it is not received, the next game will be forfeited as well including another forfeit fine.
- Teams owing money to FCR at the end of a season, will have the debt divided equally amongst the players on the roster. The debt will then become the responsibility of each individual player.

7.5.7 Performance Bonds

- A Performance Bond may be levied at the discretion of FCR and/or the Adult Liaison Committee and/or the Discipline Panel for a specified period of time rather than imposing a fine.

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- The Performance Bond can be returned to the team/player at the end of the specified time period if no further offenses are committed.
- For a full performance bond refund, the offender MUST email a request to facility@reginasoccer.com within six (6) weeks after the end of the specified time period. If the request does not meet the time criteria, the performance bond will be forfeited to FCR.

8. Protests

8.1 General Protests

- A team may protest the result of a game based on the opposing team's alleged use of an illegal/ineligible player or guest player(s) by following the process described in Section 8.
- If the eligibility of a player is disputed prior to the start of the game, or during play, the game will proceed. The Referee MUST make note on the game sheet which player(s) is under dispute.
- If the eligibility of a player is disputed after the Referee has left the field, or for general protests, the team must submit their official protest in writing to FCR within two (2) business days of the game.
- All official protests initiated by a team playing will be addressed by FCR.

8.2 Team Equipment or Field Conditions Protests

- A team MAY NOT protest a game based on field conditions or equipment. If the Referee deems the game playable, it is to be played as scheduled.

8.3 Judgement Calls Made by Game Officials

- Protests of calls made by Game Officials WILL NOT be heard by FCR. According to the FIFA Laws of the Game, individual calls are not to be reviewed.
- Referees are under the purview of the Regina Soccer Referees Association (RSRA)
- All complaints regarding game officials will be forwarded to the RSRA to address independently from FCR. rsra.complaints@gmail.com

8.4 Protest Procedure

- The team manager or player is required to file a formal protest, in writing, to FCR within two (2) business days of the incident being protested. FCR will forward the formal protest to the Adult Liaison Committee (ALC) along with any other supporting

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documentation and statements from other affected parties. Statements from affected parties must be received within two (2) business days of the request.

- Game results and referee on-field decisions are not subject to protest. Protests will only be considered for matters relating to rule application, player eligibility, or administrative errors.
- If the formal protest is received AFTER the two (2) business days lapse, FCR will NOT review the protest and inform the affected parties. The team/player may appeal this decision as per the FCR Appeal Policy.
- For the “in time” protests, the Adult Liaison Committee will rule and provide a written decision to FCR. FCR will then in turn inform all affected parties of the decision as well as the right to appeal the decision as per the FCR Appeals Policy.

9. Rule Exemption Requests

FC Regina does not accept general rule exemption requests from players or teams. The only permitted exception is as follows:

- Players registered in an FCR Men’s, Women’s or Masters adult League may request approval to participate on a Coed team within or down one (1) division from their current registration level for that season.

All eligible requests must be submitted in writing to adult@fcregina.com and are subject to review and approval by FC Regina. Approval is not guaranteed.

Additional guidelines:

- A player’s highest level of registration will take priority when determining eligibility for guest playing.
- No other rule exemptions outside of the above will be considered.

10. Appendix A –Eligibility Chart

10.1 Youth Guest Players Eligibility

- Youth players must receive written approval from their FC Regina Technical Coordinator prior to participating as a guest player in any Adult League match. Written approval must be emailed to youth@fcregina.com before kickoff of the scheduled match. Adult teams are responsible for ensuring all required approvals have been submitted prior to the player participating. Players who participate without prior approval will be deemed ineligible, and the team may be subject to disciplinary action.
- Youth players are only eligible to participate in Men's Division 1–3 and Women's Division 1–2, unless otherwise approved by FC Regina. Players participating in, or affiliated with, Bluestar/PSL programming are only eligible to guest play in the highest division offered with prior approval. Youth players are not eligible to guest play in any Coed Adult League. In accordance with league rules, all Coed participants must be 18 years of age or older.

10.2 Adult Guest Players – Eligibility Chart Overview

- If you are a player looking to see if you are eligible to guest play for a team, check out the Eligibility Chart by starting on the right side where it says, "Eligible Guest Players" and look for the highest division you are registered in, then go across the table and any teams in the stated divisions that have your division under eligible guest players means you are eligible to guest play with them.
- If you are a team looking for which division you can get players to guest play from start at the top "Team in Division" to locate the division you play in and go across, any division that is listed in your row means those players are eligible to guest play for you.

Eligibility Chart: To be updated once final division placement is set

11. Indoor Rules Summary

11.1 Appendix B - Indoor Rules Summary Table

League and Division	Game Format	Ball Size	# of Players	Game Length	Offside	Touchline Restart	Slide Tackles	Free Kick Space	Substitution
Men's Division 1 & 2 and Women's Division 1 & 2	1/2 Field	5	9v9 (Min 7)	2 x 25 min	No	Throw-in	Yes	8 Yards	Unlimited on the Fly
Men's Division 3 and lower, Women's Community, and Masters	1/4 Field	5	6v6 (Min 4)	2 x 25 min	No	Throw-in	No	5 Yards	Unlimited on the Fly

All Co-ed	1/4 Field	5	6v6 See Note #9 for gender explanation	2 x 25 min	No	Throw-in	No	5 Yards	Unlimited on the Fly
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11.2 League Specific Rules

- All leagues abide by FIFA Laws of the game with exemption to the format and game length as listed in 11.0 Indoor League Specific Rules.
- **Spitting is not allowed on the turf.** Any player seen spitting must be shown the red card. If the player spits directly onto the turf and not at any other person, the team does not play short. If the spit is directed at another person, the team plays short for the remainder of the game.
- Players must wear shin pads.
- All restarts along the touchlines are throw-ins.
- There will be no offsides called half field or quarter field games.
- If the ball hits the ceiling, an indirect free kick will be awarded to the opposing team of the last player that made contact with the ball. The restart of play will take place at the point of last contact with a player.
- FCR allows an unlimited number of substitutions during a game. These substitutions will be allowed “on the fly” but will take place in a designated area at center field. A player must be fully off the field before their replacement is allowed on. Substitutions must take place in the designated area on your team’s side of half. Failure to follow proper substitution will result in a yellow card.
- Players may substitute on specifically to take a penalty kick.
- Each team is required to have matching home and away coloured jerseys with unique numbers.
- Player eligibility checks will be conducted by the official before the start of each game. Any government issued Photo ID or FCR-issued Player Card can be used.
- All players must be listed on the game sheet with corresponding jersey number.
- Guest playing is allowed the player must clearly write their first and last name on the game sheet, indicating they are a Affiliate or Guest Player.
- For Men’s and Women’s Games:
 - Penalty kicks are taken at the top of the penalty area from the midpoint between the goalposts.
- For Co-ed League Games:
 - A team playing with 9 players must have, excluding the goalkeeper, at least 3 players on the field that are of the opposite gender.
 - Goalkeeper may be any gender. When there are only players of one gender available on the field, the goalkeeper must be of the opposite gender.
 - No Co-ed League game shall commence or continue if either team has less than seven (7) players.
 - A player deemed guilty of a slide tackle will be issued the minimum of a yellow card. If the infringement is deemed serious enough, the player will receive a red card.
 - Goalkeepers are allowed to tackle in a hands first/headfirst manner but are not permitted to slide tackle feet first.
 - Slide tackling is not permitted in coed games. Determination of slide tackles are at the discretion of the referee.

- For Co-ed, a minimum of 1 of each gender is required to start a game. To play the full 6v6, a minimum of 2 of each gender is required. The gender of the goalkeeper is neutral and does not count towards the required number of gender players each team must have. Examples:
 - 4 Males, 0 Females – Game does not start. Forfeit.
 - 3 Males, 1 Female – One male must be the goalkeeper. Game starts.
 - 2 Males, 2 Females – Either a male or female can play goalkeeper. Game starts.
 - 3 Males, 2 Females – Either a male or female can play goalkeeper. Game starts.
 - 4 Males, 1 Female – One male must be the goalkeeper. Game starts.
 - 4 Males, 2 Females – One male must be the goalkeeper if they want to play all 6 players. If a female plays keeper, they must play one other player short. They cannot have 4 Males as out players.
 - 4 Males, 3 Females – If a female plays keeper, the other two females must play the entire game or if they want a break then the team must play one player short for the duration of that break