



Indoor 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

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FCR Adult League Policies and Procedures

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)

1.2 Uniforms

- All teams MUST have two sets of matching uniforms with unique numbers on each jersey. 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 Casts, Knee Braces, Jewelry

- 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.
- A player may not use equipment or wear anything that is dangerous. It further states that non-dangerous protective equipment is permitted as long as it has the sole purpose of protecting the individual physically providing that it poses no danger to the individual or any other player.
- The referee will make the final decision as to the acceptability of any cast.

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- Medic Alert: If a player wears a Medic Alert bracelet, they must inform the official and make sure that it is covered by a soft material while playing.

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

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.

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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 Dates & Deadlines 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.

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.

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- Promotion and relegation for the next like season will be decided as per the final league standings
- Results of games against youth teams will be excluded if the youth team is NOT a regular team in the division
- Team 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.
- Exemption requests are required for any player who is playing in multiple leagues, 2 divisions down from their highest registered division (ex. Mens 1 players must submit exemption request to play in Coed 3/ Coed 1 players must submit exemption requests to play in Men's 4). These requests must be sent via email to adult@fcregina.com at least 48hrs prior to their 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.
- 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.

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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.

1.1.1 Mid Season Player Registration

- Players can register at any time throughout the season prior to the deadline by registering online. A pro-rated registration fee may be available, depending on the timing of the registration.

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.

3.1.2 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 eligibility requirements described in Section 4.0 as well as SSA regulations.

3.1.3 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 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.

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- 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.

3.1.4 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 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.

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- 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:
 - 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 him.

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.

Any player not meeting ALL of the applicable eligibility requirements shall 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 2 divisions 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 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 is 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
Must enter the game prior to the end of the first half.	

4.3.2 Substitute Player Procedure

- Player 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 are interested in guest playing additional games can purchase five (5) additional guest passes for \$50.00.
- 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 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.
- (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.
- 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 (Re)Discover Discipline

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

- Must return the (Re)Discover Pass to FCR within a 48-hour time period until disciplinary sanctions are administered as per the FCR Youth and Adult Discipline Policies and Procedures
- The Discipline Panel may revoke the (Re)Discover Pass IF the suspension plus the one (1) mandatory game is more than the games remaining on the card. The suspension will then be deemed a carry-over and impact the player's eligibility; OR
- Remove the number of games representing the suspension plus the one (1) mandatory game from the (Re)Discover Pass

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.

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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 team 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.

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 5.4.2 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
- 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.

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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.
- 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 FCR will attempt to reschedule (subject to field availability).

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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 Futbol Club Regina 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 player 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 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.

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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.
- Permit players and Guest players must be manually entered with the permit type abbreviation (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 if there is a color conflict with the "away" team. The HOME team must supply the game sheet for Outdoor Season Games. Color conflicts lie within the opinion of the Referee. If the conflict cannot be resolved, the Referee is within his/her 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 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 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).

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- 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.

7.4.1 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.

7.4.2 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.

7.4.3 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:
- The ineligible guest player who participated in the game will no longer be eligible to guest play until they:
 - Pay a \$50.00 fine for guest playing outside of their eligibility allowance, or;
 - Purchase 5 additional guest playing passes for \$50.00, if they have used their 5 guest playing passes. 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.

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- 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 of 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).

7.4.4 Forfeits and Fines Due to No Game Sheet Provided

- FCR will provide all game sheets for the Indoor Season.
- Teams failing to sign or complete their game sheet may be subject to additional sanctions.

7.4.5 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.

7.4.6 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.

7.4.7 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.
- 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

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period. If the request does not meet the time criteria, the performance bond will be forfeited to FCR.

7.5 Protests

7.5.1 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.

7.5.2 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.

7.5.3 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

7.6 Requests for Rule Exemptions

- A player or team may request an exemption of the Adult League Policies and Procedures by following the general process as outlined in Section 8.
- FCR may grant exemptions to the Adult League Policies and Procedures in special circumstances.

7.7 Appeals of Protests and Rule Exemption Decisions

- Anyone wishing to appeal a protest or decision made by FCR may do so by following the FCR Appeal Process.

8. Overview of Protest Process

- 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.

- 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.

8.1 Overview of Rule Exemption Request Process

- The team manager or player is required to file a formal request, in writing, to adult@fcregina.com for any requests of rule exemptions.
- FCR will forward the formal request to the Adult Liaison Committee along with any other supporting documentation or statements from other affected parties. Statements from affected parties must be received within two (2) business days of the request.
- The Adult Liaison Committee will provide detailed feedback to FCR. FCR will then in turn inform all affected parties of the final decision as well as the right to appeal the decision as per the FCR Appeals Policy.

9. Appendix A –Eligibility Chart

- If you are a player looking to see if you are eligible to guest play for a team check out this table 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.
- **Youth Guest Players:** youth players require permission from their Technical Coordinator prior to guest playing with adult teams. Youth players must obtain written permission and have this emailed to: youth@fcregina.com before playing the game.

To be displayed after final team placement.

10. Indoor Rules Summary

10.1 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

10.2 Indoor 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 offside called in 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, including their registered team and division (Team 1, Coed 4).
- 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.
 - Slide tackling is not permitted in coed games.
 - 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 tacklers 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.