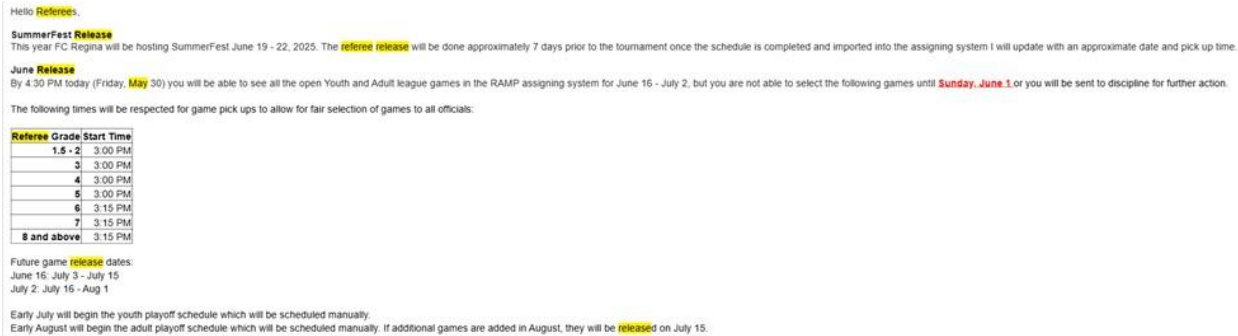


Getting Started

FC Regina Self Assigning

Once you have completed your certification and signed up on RAMP as a referee you begin to receive communications from the FC Regina assignor indicating when games will be released for pick up. Currently FC Regina uses a self assigning system to allow referees to pick up games they are eligible to do. The emails will look like this (click image to enlarge):



- The email will outline when you will be able to view the games
- Once games are available to view you can sign into your RAMP referee account to see all the games you are eligible to officiating.
- At the appropriate time you will be eligible to select which games you want to schedule for yourself
- The email will also contain when the next game release will be available

If you miss a release, you will still be able to pick up games that become available or are turned back after the 48-hour timeline. If you are unable to do the games you have picked up you can either decline the game (must be done within 48 hours of start time), put up for grabs (let another referee grab it, you are still responsible if it is not picked up), or find another referee and let the assignor know to reassign it during office hours.

Games up for grabs will be available to see on the RAMP platform and through emails. To view the games login below and click on Open Games:

RAMP Officials Login: <https://www.rampinteractive.com/assigningv2/login?v2=90b7ce6c>



Referee Cancellations

- Referees are eligible to decline games 48 business hours prior to the game start.
- If a referee must decline a game within 48 business hours prior to the start of the game, email notification is required to esenger@fcregina.com
- Referees who consistently decline games within 48 business hours prior the game start will be sent for discipline review or removed from self-assigning.
- Rescheduled Games: Games that are rescheduled outside of the assigned time frame will be offered first to the original assigned official once released.

Game Day Procedures

RAMP Game Sheet App

- Download the RAMP Game Sheet App, the RAMP Game sheet App is optimised for use with any Android/IOS device, tablet or smartphone.

- Create a login for the RAMP Game Sheet App, this will be a new login you need to create when you first access the Game Sheet App.
- Enter your official code, this can be found on the desk top login of your RAMP referee profile:



- Once the official code is entered into the app all of your assigned games will be visible for you to submit your game sheet.
- RAMP Game Sheets App does not require that the administrator be online. Neither Wi-Fi nor a mobile connection are required at venues after the initial game set-up. The app simply looks for a connection every time the administrator makes an update to the score, points, or sets. If a connection is found, the RAMP Game Sheets App syncs the updated information online. Even if there is no connection for the full game, the information will be stored locally on your device until a connection is available.
- RAMP Game Sheets App Video Tutorials: <https://youtu.be/mH9lWiNPAFM>
- Walkthrough of the RAMP Game Sheets App being used by a referee: [RAMP Gamesheet App Tutorial](#)

Before Kick-off:

- Ensure you have access to the game sheets for your assigned games via the RAMP Game Sheet App.
- Conduct quick field/safety check. Nets, clear playing field, water or other field issues.
- Verify player eligibility via Photo ID or FCR Player Card: ID checks, this is a vital step to ensuring each participant is listed on the roster. This includes all individuals on the bench, players, injured players, and all team personnel. If a player is not listed on the game sheet app, then they must be indicated as a guest player, if team personnel is not listed

on the game sheet, they are not allowed to be on the bench and are welcome to watch from the public viewing area. Any player or team personal who is unable to provide proper identification will not be able to play or remain on the bench, mobile pictures are not accepted.

- For Adult league games: Check off each player who is in attendance on the Game Sheet App.
- For Youth league games: Check off the players who receive any red or yellow cards on the Game Sheet App.
- Team equipment, the HOME team must wear an alternate jersey/pinnie if there is a color conflict with the away team. Color conflicts lie within the opinion of the Referee; sleeveless uniforms are not allowed. If the jerseys do not match, and the referee deems them not to be appropriate they must be changed. If the conflict cannot be resolved, the Referee is within their right to abandon the match. Shin guards are mandatory; shin guards must be completely covered by your socks.

During Game:

- Enforce FIFA Laws with FC Regina modifications.
- Manage substitutions strictly at designated area.
- Be firm on spitting and co-ed gender balance.

After Game:

- Ensure game sheet is submitted via the RAMP Game Sheet App, complete the game on the app and add your electronic signature.
- Report any misconduct/cards per RSRA reporting process.

Professional Standards

- Maintain neutrality and professionalism (arrive 15 mins early, full referee uniform, no jewelry).
- Fitness: we encourage regular fitness testing.

- Mentorship: Ask RSRA for mentoring opportunities to advance in referee pathway.

FCR League Specific Rules and Procedures

League and Division	Game Format	# of Officials	Ball Size	# of Players*	Game Length	Touch Line Restart	Offsides	Slide Tackles	Free Kick Space	Substitution
U9 Boys and Girls	modified 1/8 Field	HR Only	3	5V5 (Min 4)	2 x 20 min	Dribble-ins or Kick-ins Indirect	No	Yes	5 Yards	Unlimited on the Fly
U11 Boys and Girls, U13 Division 2	¼ Field	HR Only	4	7V7 (Min 6)	2 x 25 min	Dribble-ins or Kick-ins Indirect	No	Yes	5 Yards	2 at a time on the Fly
U13 Boys D1 and Girls D1, U15 Division 2	1/2 Field	HR and 2 ARs	5	9V9 (Min 7)	2 x 25 min	Throw-ins	Yes	Yes	8 Yards	2 at a time on the Fly
U15 Boys and Girls D1	Full Field	HR and 2 ARs	5	11V11 (Min 9)	2 x 40 min	Throw-ins	Yes	Yes	10 Yards	Stoppage In Play – Ref Permission – 2 at a Time

U17 Boys and Girls D1	Full Field	HR and 2 ARs	5	11V11 (Min 9)	2 x 40 min	Throw-ins	Yes	Yes	10 Yards	Stoppage In Play – Ref Permission – 2 at a Time
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1. Penalty kicks on the ¼ Field, Half Field, and U9 modified Field, are taken at the top of the penalty area and equal distance between the posts. On the Full Field, penalty kicks will be taken from the penalty spot, 12 yards from the Goal line.

2. Keeper substitutions are with the Referee’s permission at a stoppage in play.

Indoor Adult League Rules Summary

League	Game Format	Ball Size	# of Players	Game Length	Offside	Restart	Slide Tackles	Free Kick	Substitution
Men’s Division 1 and 2	Full Field	5	11v11 (Min 9)	2 x 40 min	Yes	Throw-in	Yes	10 Yards	Stoppage In Play 2 at a Time Ref Permission
Men’s Division 3 and lower, and Women’s	½ Field	5	9v9 (Min 7)	2 x 30 min	No	Throw-in	Yes	8 Yards	Unlimited on the Fly
Women’s Community League	¼ Field	5	6v6 (Min 4)	2 x 25 min	No	Throw-in	No	8 Yards	Unlimited on the Fly
All Co-ed	½ Field	5	9v9 (Min 7)	2 x 30 min	No	Throw-in	No	8 Yards	Unlimited on the Fly

- 1/2 Field games will run with one referee.
- Full Field games will run with one referee and two assistant referees

League 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.
- 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.
- Substitutions that are conducted “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.
- If a team does not have the required number of players to start a game at the scheduled kick-off time:

- Call the captain of the opposing team
- Give the opposing team captain the option of waiting for 10 minutes to see if more players show up or winning the game by forfeit.
- If the captain elects to wait, then wait for a maximum of 10 minutes to see if more opposing players arrive. If enough players arrive to start the game, then start right away and shorten the halves accordingly to fit into the field time for the game. If enough opposing players do not arrive in 10 minutes, the game does not start. Note the situation on the game sheet and return to the league office.
- If the captain elects to win by default, the game does not start. Note the situation on the game sheet and return to the league office.
- Penalty kicks are taken at the top of the penalty area and equidistant between the goalposts on every field. (U9 is 6 yards from Goal line).
- Game balls will be provided by FCR for youth games

1/2 Half Field Games

- Penalty kicks ½ Field games are taken at the top of the penalty area from the midpoint between the goalposts.
- All restarts along the touchlines are Throw-ins.
- All half field games are 9v9 format. Must have a minimum of 7 players to play.
- Coed specific 9v9 player format:
 - Coed matches are played 9v9, including a goalkeeper. The goalkeeper may be male or female.
 - When a team has a full roster of 9 players, there must be a minimum of:

- male players and 3 female players on the field (excluding the goalkeeper)
 - If a team is short players and has 7 or 8 players total, the following applies:
 - A team may play with a minimum of 2 male players and 2 female players (excluding the goalkeeper)
 - The remaining outfield players must not exceed 5 players of the same gender
 - If a team is playing with only 2 players of one gender, the goalkeeper must be of the opposite gender
 - No Coed League game shall start or continue if a team has fewer than 7 players total
 - At 7 players, the minimum composition must include:
 - 2 male players
 - 2 female players
 - 1 goalkeeper (either gender)
 - 2 additional players (any gender, within the limits above)
 - Coed Specific:

Goalkeepers are allowed to tackle in a hands first/headfirst manner but are not permitted to slide tackle feet first.
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Code of Conduct

It is the expectation that game supervisors, mentors, officials, referees and assistant referee will demonstrate positive conduct towards the game of soccer and FC Regina, and abiding by the [Saskatchewan Soccer Association Officials Code of Conduct](#). Mutual respect between officials and all Players, Team Personnel, Members, Parents and spectators is to always be exhibited. Instances of conduct by game officials, supervisors, mentors, referees and assistant referees perceived to be in violation of the Officials Code of Conduct will be referred to the RSRA via their Discipline Committee.

Outdoor 2026 FC Regina Events and Tournaments

- FCR Invitational: April 24-26
- U15/U17 Invitational: May 14-18
- FCR Summerfest: June 18-21

FC Regina Contact Information

- Eden Senger or Akram Al Moulia
- Email: esenger@fcregina.com or facility@fcregina.com
- Phone: 306-551-3652
- Monday - Friday 9:00AM - 4:30PM, also available during FCR tournament weekends.