



2022 QC United PowerPlay Adult Tournament Rules Package

Updated August 31, 2022



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GENERAL EXPECTATIONS

1. All decision made by QC United Tournament Committee, will be final. The Tournament Committee has the right to amend, delete, or add any rules deemed necessary, at any point in the tournament.
2. Abusive behaviour and communication styles are not acceptable.
3. Alcohol and other controlled substances are prohibited from entry into the QC Facility; this includes the parking lot. There may be a designated area within the QC Facility where alcohol can be purchased and consumed. All provincial rules and regulations apply.
4. Players must be registered with an accepted team to participate.
5. All league participants, including players and subsequent spectators, must treat all players, opponents, officials, league organizers and other spectators with respect.
6. Slide tackling is not allowed.

GENERAL TOURNAMENT INFORMATION

1. All teams are guaranteed a minimum of three (3) games
2. The winner of each division will earn \$500 prize money.
3. Playing format is 5-aside (4 field players plus a keeper). A match may not start with fewer than three (3) players on each team. A game is defaulted if a team does not have four (4) players, 10 minutes after the scheduled start time.
4. In the event of a forfeit, the game shall be awarded to the team defaulted against with a 5-0 score and the team will receive 3 points for a win.
5. Unlimited substitutions may be made during a game. Substitutions may be made at any time during play but must be made from within the substitution zone in front of each team's bench (edge of the yellow box (yellow box acts as the crease for half field small-sided games) in front of each bench to the halfway line).
6. **PowerPlay: At any stage during the game if music is played, any goal scored in that period is worth double goals (ie. 1 goal scored in powerplay = 2 goals; 2 goals scored in powerplay = 4 goals; etc.).**
7. Teams must roster a minimum of 10 players and a maximum of 12 players.

PLAYERS

1. The goalkeeper may wear specialized soccer equipment (long pants, gloves, kneepads).
2. Players can only be rostered to one (1) team.
3. Teams in the Recreation division can only have three (3) top division players registered.
4. Players may be asked to show government-issued picture ID at any time during the tournament. Any player without identification and who cannot be physically identified by tournament staff, will be deemed ineligible to play that game.
5. Non-rostered players will be suspended for the tournament and all games they played in may be declared forfeits.

THE REFEREE

1. All decisions made by the referee regarding the play are final.

MATCH DURATION

1. The match is composed of 2 x 25-minute halves and a 5-minute half time.



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2. During the round-robin, games may end in a draw. No extra time will be added.
3. If a playoff game remains tied at the end of regular time, the match will proceed to a 5-minute extra period. If either team scores a goal during extra time, the game ends immediately and the scoring team becomes the winner. If the game remains tied after extra time ends, the game will proceed to kicks from the penalty mark, with both teams taking three (3) kicks, if necessary. If after three (3) kicks a winner has not been decided, the teams will alternate until a winner is decided.

EQUIPMENT

1. Size 5 ball
2. Goal nets used are approximately 3m wide by 2m high.
3. Equipment shall consist of a numbered shirt, shorts, socks, shin pads and footwear. All players on the same team shall wear the same-coloured shirts and shall not have the identical numbers. Goalkeepers shall wear colours which are distinguishable from all other players and referees.
4. Players must not wear equipment or anything which endangers themselves or other players including any kind of jewelry.

FIELD OF PLAY

1. Approximate field dimensions are 31 yards wide by 40 yards long.
2. The field of play is determined by the field markings.
3. If the ball passes completely over the touch, goal line or hits the ceiling; it is out of play.
4. The ball remains in play if it rebounds off either post or the crossbar of the goal.

RESTARTING PLAY

1. If a ball goes out of play over the touch line it is restarted with a kick-in at the point where it crossed.
2. If the ball touches the ceiling, play is restarted with an indirect kick from the spot where the ball was kicked.
3. The kick-in is awarded to the opponent of the team which last touched the ball before it went out of play.
4. If the ball goes out of play over the goal line, it is restarted with a goal kick or a corner kick.
5. Goals cannot be scored directly from a touch line kick-in.
6. The ball must be stationary for a touch line kick-in.
7. A goal kick is taken from the white arc inside the goalkeeper's penalty area.
8. Penalty kicks are taken from the edge of the penalty area.

STANDINGS

1. 3 Points are awarded for a win.
2. 1 Point is awarded for a tie.
3. No points are awarded for a loss.
4. Tiebreakers:
 - I. Total number of points
 - II. Previous match results - winner of match between two (2) teams tied shall be awarded the higher position.



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- III. Goal difference - subtract total goals allowed from total goals scored in calculating the goal difference.
- IV. Least number of goals against

DISCIPLINE RULES

1. Discipline guidelines will follow [QC United's Discipline Policy](#).