



**2023-2024 QC United
Adult Indoor 5-Aside Leagues Rules
Package**

Updated September 26, 2023



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GENERAL EXPECTATIONS

1. All decisions made by QC United, will be final. QC United has the right to amend, delete, or add any rules deemed necessary, at any point in the season.
2. Abusive behavior 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.
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.

PLAYERS

1. Each team must have a minimum of three (3) and a maximum of five (5) players on the field (including the goalkeeper). In Co-ed leagues, there must be 2 players of each gender (not including the keeper) on the field.
2. The goalkeeper may wear specialized soccer equipment (long pants, gloves, kneepads).
3. 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 (the 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).
4. Teams must roster a minimum of 10 players and a maximum of 15 players. Players must be registered online at www.qcsoccer.ca.
5. Teams can add and drop players throughout the regular season. However, teams cannot add players during playoffs.
6. Players cannot change teams after the season starts (unless an exception is granted by league staff).
7. Players cannot play on two (2) teams in the same league.
8. Players may be asked to show a government-issued picture ID at any time during the season. Any player without identification and who cannot be physically identified by league staff, will be deemed ineligible to play that game.
9. Non-rostered players will be suspended for the season 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 halftime.
2. During the regular season, 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.



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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-colored shirts and shall not have identical numbers. Goalkeepers shall wear colors that 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, or goal line or hits the ceiling; it is out of play.
4. The ball remains in play if it rebounds off either the post or the crossbar of the goal.

RESTARTING PLAY

1. If a ball goes out of play over the touchline 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 that 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 touchline kick-in.
6. The ball must be stationary for a touchline 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.
 - III. Goal difference - subtract total goals allowed from total goals scored in calculating the goal difference.
 - IV. Least number of goals against



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NO SHOW AND DEFAULT

1. A team not fulfilling its commitment or failing to show up for a game without 24 hours' notice can be subject to a fine or league suspension.
2. A match may not start with fewer than 3 players on each team. A game is defaulted if a team does not have 4 players, 10 minutes after the scheduled start time.
3. Any team defaulting a game will be subject to a \$100.00 default fee for each occurrence. This fee must be paid before the team's next scheduled game. The league will review any team's status after a second default. If a game is defaulted, the opponent of the defaulted team will have access to the facility and the timeslot.
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.

DISCIPLINE RULES

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