



**2023-2024 QC United  
Adult Indoor 5-Aside Leagues Policies and  
Procedures**

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## 2023-2024 QC United Adult Indoor 5-Aside Rules Package

### ADULT LEAGUES AND DIVISIONS

#### League Structure and Divisions

For the 2023-2024 Indoor season, QC United will offer:

- Men's Recreation
- Women's Recreation

### TEAM REGISTRATION AND PLACEMENT

#### General Team Registration Requirements

QC United will communicate team registration information via email, our website and through our social media platforms.

Teams that fail to meet the specified minimum player registration requirements by the deadline outlined, may be removed from the league, or have individual players placed on their roster to meet minimum roster requirements.

A player must be registered with QC United before he/she plays in a league game. Players are required to register and pay in full, 24 hours before their team's first game (individual payment plans can be discussed with the league administrator at [josh@qcsoccer.ca](mailto:josh@qcsoccer.ca)). Any team using a player not on their team roster will be subject to disciplinary action.

Teams owing money to QC United 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. The debt must be paid prior to registering for an upcoming season.

#### Team Names

Adult league players have a responsibility to maintain and enhance the dignity and self-esteem of individuals and other persons by demonstrating respect to individuals regardless of body type, physical characteristics, athletic ability, race or perceived race, nationality, ancestry, place of origin, color, ethnic origin, citizenship, creed, sex, sexual orientation, gender identity, gender expression, age, class, marital status, family status, religion, political belief, physical or mental disability, economic status or source of income. Please note that the use of team names, logos, and/or uniforms that go against this policy shall not be permitted and the offending team shall be required to change their name/logo/uniform to meet the rules of QC United.

#### Team Placement

Team contacts will register teams into an appropriate league and division. QC United reserves the right to place teams into an alternate division if the team or roster is inappropriate for the skill level and ability of the division the team originally registered in. The final decision on divisional structure and team placement will be that of QC United. Teams cannot transfer to another division mid-season; however, QC United reserves the right to move a team if warranted.

#### Non-Viable Divisions

If a division is non-viable, QC United will move teams to a different division or combine divisions. If non-viable divisions cannot be accommodated, a full refund to all affected individual players will be issued.



## PLAYER REGISTRATION AND TRANSFERS

### Player Registration

#### General

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

- All QC United registration fees and outstanding fees such as bonds or fines which have been assessed against the player must be paid in full.
- Cannot be registered on more than one team.
- Participants have the right to register in the league/division that aligns with their gender identity and gender expression and will not be required to provide legal proof of gender documentation. Hormone therapy will not be required for a participant to participate in soccer within QC United.
- Team Contacts are responsible for the administration of their team's roster and have the authority to remove players from their team at any time.

Refund requests must follow the process outlined in the [QC United's Refund Policy](#).

#### Registering While Under Suspension; Suspension Carry Over

A suspension carried over from one season to the next must be served in one of the following 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: For the suspension to "continue", a player must be registered in any QC United league. The first game after the date of registration shall determine when the suspension continues.

#### Player Registration Transfers

Players are prohibited from transferring from one team to another within the league they are registered in; however, players can transfer to a team in a higher division (ie. a player registered in men's recreation can transfer to a team in men's competitive). There will be a \$25.00 administrative fee for all transfers. To complete a transfer, email [josh@qcsoccer.ca](mailto:josh@qcsoccer.ca) cc'ing both the previous and new team contacts. Transfers must be made 30 days prior to the new team's first playoff game.

#### Player Eligibility

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

- The player is properly registered and paid all QC United fees he/she is participating with.
- The player has provided their government issued photo ID or player card during the player check procedure completed by the referee or QC United staff.
- The player is not currently under suspension within QC United or jurisdiction and has met all the conditions of any decision rendered against him/her.

Any player not meeting all 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 in [QC United's Discipline Policy](#). Teams will also be subject to sanctions, forfeits, and/or fines.



## GAME ADMINISTRATION, PROTESTS, FORFEITS AND FINES

### Player Cards

Player cards will not be issued, as government-issued photo ID can be used for player check-in.

### 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 official. If the conflict cannot be resolved, the official is within his/her right to abandon the match.

QC United will provide all game sheets, nets, flags and game balls; however, teams will be responsible for providing their own warm up balls.

### Team Penalties

- 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.
- 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.
- 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.
- 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.

### Protests

- A team can protest the eligibility of an opposing player by filing a formal protest, in writing to QC United within two (2) business days of the incident being protested. Protests can be submitted to [josh@qcsoccer.ca](mailto:josh@qcsoccer.ca).
- If a team is found using ineligible players, they will lose by default 5-0 and will face disciplinary action.
- Protests regarding interpretations of FIFA Laws of the Game, by the Match Official, will not be accepted.

### Appeals

Where appeals are permitted, these are to be made in accordance with [QC United’s Appeals Policy](#).