



2024 Just For Kicks Tournament Rules & Regulations



The Just For Kicks Tournament is meant to be a fun and social way for men and women to enjoy the game of soccer together. Unsportsmanlike or potentially dangerous play will not be tolerated.

Match Officials have been instructed to call the game very strictly.

"FIFA Laws of the Game", "SAS Rules & Regulations", and "Just For Kicks Tournament Rules & Regulations" shall govern the competition.

1. GENERAL INFORMATION

1. Just for Kicks (JFK) is a coed-only tournament.
2. All games will be played at the Saskatoon Kinsmen / Henk Ruys Soccer Centre at 219 Primrose Drive.
3. Our website: www.saskatoonadultsoccer.com.

2. SCHEDULES AND RESULTS

1. The tournament schedule will be available on the SAS website a minimum of 1 week prior to the tournament. Once available, notice will be sent to the team contacts.
2. Schedules and results will be posted on the bulletin board near tournament headquarters, and on our website.
3. Tournament Headquarters will be in the Board Room on the main level of the Saskatoon Kinsmen / Henk Ruys Soccer Centre.

3. TEAM ELIGIBILITY

1. Team Admittance into the tournament is on a first-come, first-serve basis per division.
2. Rosters will be checked to ensure players do not play outside of their eligible divisions. Players should be aware of where they are allowed to play.
3. Teams are allowed to have a maximum of 25 players on their roster.
4. SAS reserves the right to move teams into categories as it sees fit. Team contacts will be contacted should the SAS require movement in any category. This will allow the SAS to offer the best tournament possible for all teams.
5. Teams cannot appeal their placement.

4. PLAYER & TEAM PERSONNEL ELIGIBILITY

1. All players and team personnel must be registered and in good standing with their respective Provincial Association. If you are playing in the current season, then you are registered. If a player is not registered with a Provincial Association, please see point II, and the [Just For Kicks Tournament](#) page on our website or contact the SAS Office for more information.
2. Any players or team personnel that need to register can do so online. The participant registration deadline is the Wednesday prior to the tournament at 4pm. No roster changes can be made after this deadline. No exceptions.
3. Participants can finalize their registration at Tournament Headquarters by paying CASH ONLY. Any players or team personnel who are not currently registered with Saskatoon Adult Soccer or a CSA / Provincial Member Organization must pay/register before they are eligible to participate in the tournament.
4. Teams who play with unregistered players/team personnel will have their game(s) overturned, may be removed from the tournament, and may face additional penalties. All participants must be 15 years of age and be registered to be on the bench.

5. A team may register and dress a maximum of 25 players and 3 Team Personnel:
 - a. Coed games will be played with 7 players per team on the field. This is 6 outfield players and 1 keeper. The six outfield players must include at least 3 female players. The keeper can be of either gender.
 - b. The minimum number of players to play a game is 5. There must always be at minimum 1 male out player and 1 female out player. There is always a maximum of 3 male out players.
 - c. A team without the required minimum players (5) at 10 minutes past the scheduled game time will default.
6. Only players appearing on the pre-printed game sheets are permitted to play. Only jersey numbers may be edited manually before the start of a game. Permitting is not allowed.
7. Players are only allowed to play for one team in the tournament.
8. Players under 18 cannot participate unless they were registered on a SAS league team prior to the last business day of February.

5. PHOTO IDENTIFICATION

1. Photo identification (ID) is required by all participants and will be checked by the official prior to every game. Players and Team Personnel must therefore possess a valid form of Canadian issued photo identification. SAS Player ID Cards are permitted. A Canadian issued Driver's Licence that has been hole punched due to having expired is also permitted. **A picture of a Photo ID is not acceptable.**
2. Any team has the right to challenge the identity of a player. If you have a challenge or concern, please see an SAS Representative at Tournament Headquarters PRIOR to the start of the game.

6. FORMAT

1. All games will be 2 x 25 minutes halves, played on a quarter field boarded pitch at Henk Ruys Soccer Centre.
2. Point system for Round Robin statistics will be as follows:
 - a. 3 points for a win, 1 point for a tie, 0 points for a loss, 1 point for a clean sheet (zero goals against in a game).
3. Group Stage and Round Robin games can end in a tie. In games where a winner is needed, if there is a tie, a shootout will decide the winner as per FIFA Laws of the Game.
 - a. Semi Finals and Finals - If the game is tied after regulation time, shots will be taken from the penalty spot as per FIFA Laws of the Game (5 player shootout).
 - b. IN THE EVENT OF A SHOOTOUT, the kicks must be taken by at least two of each gender (2 of one gender, 3 of the other).
 - c. IN THE EVENT OF A TIE AFTER 5 PENALTY KICKS, the full line of players on the field must take a penalty shot (including goal keepers) before any player takes a second. Also, the gender of the shooter must be the other of the previous shooter. (1 female, 1 male, 1 female, 1 male etc.) The only shooter whose gender does not matter is the last. If there are not enough of either gender to go back and forth, then a player of that gender may repeat prior to someone taking their first shot.

7. MATCH OFFICIAL NO SHOW

1. If the field is available and it is within five minutes of your game's scheduled start time and a Match Official is not present, please notify tournament headquarters so that a replacement Match Official can be found.

8. TIE-BREAKING PROCEDURES

1. If two or three teams are tied in the standings, the following rules, in the following order, shall be used to determine the final standings:
 1. Previous Head-to-Head Match Results: The team with the most points (3 for a win, 1 for a tie) in the matches between the tied teams shall be awarded the higher position.
 2. Goal Difference (Max of 5+ goal difference from each game played)
 3. Most Goals Scored Overall
 4. Team with Least Games Lost
 5. Team with Least Red Cards
 6. Team with Least Yellow Cards
 7. Coin Toss

9. NUMBER OF PLAYERS/SUBSTITUTIONS:

1. Substitutions are made on the fly. Players leaving the playing area must be within 2 meters of the bench area before the substitute may enter the field of play.
2. When substituting the goalkeeper, you must wait for a stoppage in play and inform the Match Official that you are replacing the goalkeeper.
3. Failure to follow proper substitution rules will result in a yellow card.

10. HOME TEAM RESPONSIBILITIES

For each game there are responsibilities to ensure the tournament runs smooth. The home team is responsible for ensuring the following gets done:

1. Providing the Match Official with game ball(s).
2. Make sure to have two sets of jerseys in case there is a colour conflict with the visiting team. (SAS Bibs are available at admissions for an exchange of keys.)
3. The HOME TEAM picks up the game sheet prior to the game.

11. GAME SHEETS

1. Teams will confirm their rosters. Every player must have a numbered shirt and the numbers must be added to the game sheet. The team personnel must also be identifiable. The team contact and players MUST identify themselves or their teammates when it is requested. Games will be overturned, and teams may be removed from the tournament if the participants do not comply.
2. The WINNING TEAM must take the game sheet to Tournament Headquarters. HOME TEAM returns the game sheet IF THE GAME ENDS IN A TIE or if the winning team fails to do so.
3. Only players/team personnel who already appear on the preprinted game sheets are eligible to play and be present on the bench. You may not write in new names. Only jersey numbers may be manually edited.

12. GAME BALL

1. SAS authorizes the use of felt balls only for all Just for Kicks games. No Low Bounce balls or outdoor balls will be permitted for Boarded Indoor play. It is the Home Team's responsibility to provide the Match Official with a Game Ball.

13. UNIFORMS

All these regulations below are in compliance with FIFA, CSA, SSA and SAS regulations:

1. Teams must wear matching uniforms of the same color (except for the goalkeeper) with a number on the back. Alternate jerseys must also have numbers on the back even if it is applied with tape.
2. Note: Match Officials are empowered to abandon a game if teams fail to comply with uniform regulations.

3. The home team must change shirts if both teams are wearing the same colors (goalkeepers will be required to have an alternate jersey in the case of color conflict). Home team is the first team listed on the schedule. Failure to have alternate jerseys as the home team, could result in financial penalty.
4. Shin guards are MANDATORY! The Match Official will not allow you on the field without your shin guards. Shin guards must be completely covered by your socks.
5. Sleeveless uniforms are NOT allowed.

14. OFFSIDES

1. There will be no offsides.

15. BALL IN AND OUT OF PLAY/RESTARTS

1. When a ball is kicked out of play, the team who DID NOT touch the ball last before it went out of play will be given an indirect free kick from the spot where the ball was last touched by the opposing team.
2. There are no Corner Kicks or Throw Ins.
3. Free Kicks: players must remain 3 metres away from all free kicks until ball is played.
4. The netting above the boards is live. The glass/railing of the spectator viewing area/gallery is considered OUT OF PLAY.
5. Balls that strike the wall ABOVE the YELLOW painted horizontal line above the goals are OUT OF PLAY.

16. SLIDE TACKLING

1. Slide tackling is not permitted in boarded games.
2. 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.
3. Goalkeepers can tackle in a hands first/headfirst manner but are not permitted to slide tackle feet first.
4. Players are permitted to slide during boarded games provided it is not for the purpose of a tackle nor attempting to dispossess an opposing player of the ball.
5. Slide tackles are at the discretion of the Match Official.

17. CASTS, KNEE BRACES, JEWELRY, FOOTWEAR

As per FIFA Laws of the Game: 'A player must not use equipment or wear anything which is dangerous to him/herself or another player (including any kind of jewelry).'

1. CASTS – If a player is wearing a cast, he/she must have a sports casts made of soft, lightweight padded material as per CSA policy. It is at the Match Official's discretion to deem the cast safe upon inspection of the covering.
2. KNEE BRACES - If a player is wearing a knee brace, he/she must have a soft material covering the knee brace. It is at the Match Official's discretion to deem the knee brace safe upon inspection of the covering. (All hard/sharp edges must be covered to avoid any other players' possible injury.)
3. JEWELRY – Any player wearing jewellery will not be permitted to play until it is fully removed. This is a per FIFA Laws of the Game Law 4. This includes Fitbits, or similar, and even if worn under a sweat band.
4. If a player participates in a game wearing any jewellery, neither the Match Official nor the SAS League will be held responsible.
5. All footwear must be clean.

18. SOCCER CENTRE SPITTING POLICY

Saskatoon Adult Soccer in conjunction with Saskatoon Youth Soccer and the Saskatoon Soccer Centre will be enforcing their No Spitting Policy at both the Saskatoon Sports Centre and the Saskatoon Kinsmen / Henk Ruys Soccer Centre. Anyone seen spitting on the field or bench area (unless in a garbage can) will be told to leave the playing area immediately. A Red Card will be issued for this, and the team will not be punished by having to play

shorthanded. (They will be allowed to replace the player on the field). Anyone ejected for spitting will receive the following:

1. 1st Offence – ejection from the game without further suspension
2. 2nd Offence – 2 game suspensions
3. 3rd Offence – at the discretion of the Discipline Administrator

The reason for the implementation of this rule is for the health and safety of everyone using the facilities. For information regarding the penalties for “Spitting at Another Player/Official” see Schedule A of the Discipline Policy.

19. INTOXICATION

Removal of players for intoxication will be at the discretion of the Match Official. The organizing committee will stand behind Match Officials on this issue. Suspensions as a result of intoxication may be heavier.

20. SUSPENSIONS

1. Participants currently serving a suspension may request permission to attend the tournament unless it is a suspension for Violent Conduct (VC). Participants serving VC suspensions cannot participate and cannot be on the field of play or bench. They also cannot register as Team Personnel.
 - a. To request permission for non-VC suspensions, please contact info@saskatoonadultsoccer.com.
2. Blacklisted participants also cannot partake unless their outstanding fees are paid. Inquiries can also be sent to the info email address.
3. Any suspensions received during the tournament that are not served by the end will be carried over to the SAS league even if it's the next season.

21. DISCIPLINE

1. Players suspended for Violent Conduct in an SAS tournament will be ineligible to participate in the following years' SAS tournaments from which they received the suspension. Examples:
 - a. Violent Conduct in JFK 2024, they miss Chills 2025 and JFK 2025.
 - b. Violent Conduct in Chills 2024, they miss JFK 2024, and Chills 2025.
2. Players suspended for Serious Foul Play and/or Foul & Abusive Language in an SAS tournament will be reviewed by a discipline committee and may be ineligible to participate in the following year's SAS tournament from which they received the suspension. Examples:
 - a. Serious Foul Play / Foul & Abusive Language in JFK 2024, they miss JFK 2025.
 - b. Serious Foul Play / Foul & Abusive Language in Chills 2024, they miss Chills 2025.
3. Players receiving a third yellow card in a singular tournament (regardless of the number of teams that participate) will be ineligible to participate in the following year's SAS tournament from which they received the 3 yellow cards. Examples:
 - a. Three Yellows in JFK 2024, they miss JFK 2025.
 - b. Three Yellows in Chills 2024, they miss Chills 2025.

22. RED/YELLOW CARDS

GENERAL RULES TO CARD VIOLATIONS

The Red/Yellow card rules are the same as league play except for the minimum number of players as per above PLAYER ELIGIBILITY III. ii: The minimum number of players on the field is 5 (4 out-field players of which one is female, and 1 Keeper).

If three people from the same team are carded, the team will play with 4 players and a keeper until such time as the first card's time is complete. They then must remove a player to continue with only playing with 4 players and a keeper until the penalties have expired.

Penalties are served in the order that they are received, but not all at once. Only 2 can be served at any given time to avoid minimum players on field. An example is one team receiving a red card, then another player gets a yellow, and then at the same time another player receives a red card. They would serve the times as the red card and the yellow card, and then at the completion of one of the cards the final red card is served. This would follow the above point.

1. Yellow Card = 4-minute penalty for cautioned player and his/her team must play shorthanded until the penalty expires or the opposing team scores; at which time the cautioned player may return to the field of play WITH the Match Official's permission.
2. Red Card = player is ejected, and his/her team must play shorthanded until the 6-minute penalty expires; the ejected player's team must play short handed for the entire duration of the penalty regardless of whether the opposing team scores. At the end of the end of the 6-minutes, the Match Official will signal to the team that they can bring a player onto the field to resume to full strength.
3. Yellow Card Accumulation = Upon accumulating 2 yellow cards, a player will be suspended for their next match. After serving an accumulation suspension, that player will be suspended 1 game for every yellow card received thereafter. Two yellow cards received in the same match resulting in a red card are not counted towards the accumulation total.
4. ANY PLAYER RECEIVING A RED CARD MUST REPORT TO TOURNAMENT HEADQUARTERS WITHIN AN HOUR OF THE MATCH. All players receiving a red card must sit a MINIMUM ONE GAME SUSPENSION.
5. Suspensions from Red Card ejections will be decided based on Schedule A of the Saskatoon Adult Soccer Discipline Policy.

23. DETAILED RED/YELLOW CARD TIME PENALTY INFORMATION

23.1 Yellow Cards Scenarios

1. **1 Yellow Card to 1 player** = Player will go directly to the penalty box to serve the 4-minute penalty. If the opposing team scores within that time frame the player that received the yellow card is allowed out of the box and the team no longer plays short.
2. **1 Yellow Card to 2 players on the same team** = Players will go directly to the penalty box to serve the 4-minute penalty. If the opposing team scores within that time frame the penalized team will be allowed to put 1 player back onto the field. If another goal is scored, then the penalized team can put a second player on the field. However, the yellow carded players will remain in the box for the duration of the time to be served. They are allowed onto the field when the Match Official indicates the time is served. Stoppage of play is not required.
3. **1 Yellow Card to 3 players on the same team** = SEE ABOVE #2.

NOTE: When there are 3 cards given to 1 team, the last player to receive the card will sit in the box and their timed penalty will not start until the first player's penalty has expired. This means that the first player would sit additional minutes prior to starting their own timed penalty.

4. **1 Yellow Card to 1 player on each team** = Players will go directly to the penalty box to serve the 4-minute penalty. Both Yellow Carded players will remain in the box for the duration of the time to be served. They are allowed onto the field when the Match Official indicates the time is served. Stoppage of play is not required.
5. **1 Yellow Card to Team A and 2 Yellow Cards to Team B** = Players will go directly to the penalty box to serve the 4-minute penalty. Team B will play short-handed (by 1 player) [1 card on each side is offsetting]. If Team A scores a goal within the 4-minute time frame, then Team B is allowed to have another player enter the game so as to bring the teams to even strength. If team B scores a goal nothing changes, the yellow carded players will remain in the box for the duration of the time to be served. They are allowed onto the field at the next stoppage of play.

6. **1 Yellow to Team A and 3 Yellow Cards to Team B** = SAME as above #5 i.e.: offsetting. This is the same for any variance in numbers of bookings. If Team A scores a goal, then 1 player from Team B is allowed back on until the offsetting penalties put the teams at equal strength.
7. **Goalkeeper receives a yellow card** = the penalty is to be served by the Goalkeeper. A player from either the bench or field must take the place of the Goalkeeper. The Goal Keeper's penalty is completed, and the team no longer plays short, once the Match Official indicates the penalty time is up. Stoppage of play is not required to end the penalty. However, stoppage of play is required to change back to the original Goalkeeper.

Note: A delay of game yellow card will be given for teams that delay choosing a Goalkeeper.

23.2 Red Cards Scenarios

1. **1 Red Card to 1 player** = A player receiving a Red Card will be ejected from the match. The Penalized Team will play shorthanded for the duration of the 6 minutes. They are allowed to play at full strength when the Match Official indicates the penalty time is up. Stoppage of play is not required.
2. **1 Red Card to 2 players on the same team** = Any player(s) receiving a Red Card will be ejected from the match. The Penalized Team will play shorthanded by two (2) players for the duration of the 6-minutes. They are allowed to play at full strength when the Match Official indicates the penalty time is up. Stoppage of play is not required.
3. **1 Red Card to 3 players on the same team** = Any players(s) receiving a Red Card will be ejected from the match. The team that received the red card will play short by two (2) players for 6-minutes, and then a secondary 6-minutes they will play one (1) player short.
4. **1 Red Card to 1 player on each team** = Any player(s) receiving a Red Card will be ejected from the match. With 1 Red Card to each team, both teams will play short for the duration of the 6-minutes.
5. **1 Red Card to Team A and 2 Red Cards to Team B** = Any player(s) receiving a Red Card will be ejected from the match. Team A will play shorthanded by one (1) player for the duration of the 6 minutes. Team B will play shorthanded by two players for the duration of the 6 minutes. They are allowed to play at full strength when the Match Official indicates the penalty time is up. Stoppage of play is not required.

24. DEFAULTING

1. If a team defaults any games in a tournament, all their games will be removed from the tournament standings. Note: any suspensions during the defaulted games will still apply.
2. If a team defaults a game during a tournament, they will be fined \$200 per game. Their opponent will receive the full \$200 as compensation for not playing that game. The penalty must be paid within five (5) business days of the game date, or the players on the roster will be blacklisted.

25. JUST FOR KICKS PRIZE

1. Just for Kicks has offered the same prize since its inception in 1995 and people vie for those [JFK t-shirts](#). The tournament is intended to be JUST FOR KICKS - to have fun and wrap up the season together. The t-shirt prize is a visual bragging right and bonus to the enjoyment of the weekend.

**HAVE FUN & PLAY SAFE!
AFTER ALL, THIS IS
JUST FOR KICKS!**