



# QRSL.CA

Quebec  
Recreational  
Soccer League

## ***FEEL THE RUSH!***

Team Registration Booklet

Captain: \_\_\_\_\_ Phone: \_\_\_\_\_

Team name: \_\_\_\_\_

Division: \_\_\_\_\_

Session: \_\_\_\_\_

GENNARO: 514-269-4606 [gennarov@grsl.ca](mailto:gennarov@grsl.ca) SANDRO: 514-680-4261 [sandros@grsl.ca](mailto:sandros@grsl.ca)



Dear captain,

On behalf of the QRSL organization, we would like to thank you for your interest in joining the fastest growing recreational soccer organization in Montreal.

We strive ourselves in presenting a soccer product that is low-cost, professional and family-oriented. We have a recreation philosophy that is based on skills and competition in an environment that is fun, respectful and structured. We have a zero tolerance policy on inappropriate behaviour and actions. Our goal quite simply, is to play soccer without the anxiety of unsportsmanlike conduct and deliberate risk of injury.

We hope the QRSL experience for you and your players is enjoyable and competitive in spirit. Rest assured that the QRSL leadership team has your best interests at heart and welcomes any constructive comments and suggestions to improve the game play and integrity of our league.

Inside this guide are the following documents for you to fill out and give back to an organizer.

1. Team list form.
2. Individual player registration forms.

We have also included the QRSL rules and protocols guideline. Please make sure that your players are aware and accept the rules that are implemented for their safety and enjoyment as well as other's participating in our league.

We invite you to visit our website at [qrsl.ca](http://qrsl.ca) for other information. For further details and/or questions, please do not hesitate to contact us. An organizer will regulate with you the deposit and payments of your team.

Enjoy the fall session, have fun and "Feel the Rush" of the QRSL!!!

In friendship,

*Gennaro, Sandro*

## QRSL TEAM LIST

<b>Team Name</b>			
<b>Captain's name</b>			
<b>Email</b>			
<b>Address</b>		<b>Deposit 1</b>	<b>Date</b>
<b>Telephone #1</b>		<b>Deposit 2</b>	
<b>Telephone #2</b>		<b>Deposit 3</b>	

<b>Player</b>	<b>Name</b>	<b>Telephone #</b>	<b>Jersey #</b>
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			



**ATTACH PHOTOCOPY OF MEDICARE**

## Quebec Recreational Soccer League

### Player Registration form

<b>Name:</b>		<b>Team:</b>	
<b>Address:</b>		Postal Code:	Do you live in R.D.P?
<b>Email: (Print clearly)</b>			
<b>Health Concerns?</b>		<b>Medicare Number:</b>	
Home Phone:		<b>Cell Phone:</b>	Age:
Emergency Contact person:		Emergency Contact number:	
Workplace:		Occupation:	
Phone number:			
<b>Want to sponsor?</b> On the website? On the field?	<b>What? Money? Items?</b> (Different incentives for different amounts/items)		
<b>WAIVER:</b> I consent to any first aid procedures or decisions made by the QRSL organization. The QRSL organization is not responsible for any stolen items, accidents or personal injury and is exempt of any liabilities that may occur during game play. I am solely responsible for any damaged, lost or stolen items belonging to the facilities that I am using for regular play. I am fully responsible for any misbehaviour and consent to wave the QRSL organization of any liabilities. I have read and agree to follow the rules and guidelines mentioned in this manual.			
<b>Signature:</b>		<b>Date:</b>	

**QRSL TEAM:**

**GENNARO: 514-269-4606**

**SANDRO: 514-680-4261**



## Rules and Guidelines

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- A- Player rules
- B- Game rules
- C- Discipline rules and Reflection

### **NO ALCOHOL PERMITTED ON SCHOOL PREMISES**

All FIFA rules will be followed with the exceptions noted below.

#### A – Players

1. Each game is played with 7 players per side, including goalie.
2. The minimum players required to start a game is 5, including a goalie.
3. Game registration;
  - 3.1 Every player MUST register with the referee prior to each game using a pictured ID (driver's license, Medicare etc.). A player **WILL NOT** be allowed to play if he does not present a picture ID. Even if a player is late, he must still register with the referee before playing.
  - 3.2 A player is allowed to play if he registers with the referee within the first half of play. Any player arriving in the second half of play cannot participate in the game. (This is important for stats, insurance, control of illegal players and the overall organization of the league)
  - 3.3 Any team using a non-registered player (illegal player) will automatically be awarded a 3-0 loss and will be reviewed for further sanctions. Sanctions will be given out to the player and the team. All sanctions will be established by the disciplinary committee.
4. Team rosters will consist of a maximum of 15 contract signed players per session (winter or summer).
5. Players must be 25 years old or older at the start of the session. Each team roster can consist of a maximum of 2 players that are between the ages of 18 and 25.
6. Equipment - Player obligatory equipment consists of;
  - 6.1 A team sweater with a number. Team sweaters are to be the same style and color as all other players in his team. A player **WILL NOT** be allowed to play with a different color jersey. A player **WILL NOT** be allowed to play if the jersey has no number or has a similar number as a team mate. **TAPE WILL NOT BE ALLOWED TO BE USED FOR NUMBERS.**
  - 6.2 Shorts
  - 6.3 Shin pads
  - 6.4 Socks that fully cover shin pads
  - 6.5 Soccer shoes. Rubber cleated shoes are allowed. Metal cleated shoes are **NOT** allowed.
7. A player must play a minimum of **HALF** the season games with his team to be eligible to participate in his teams' playoff games.

## B- Game Rules

8. Games consist of 2 halves of 25 minutes each, with a 5 minute interval after the first half.
9. Game times: Games will start on time. If both teams are ready, then the game can start earlier. The referee will start the "clock" at 6pm sharp. If a team is not ready, the other team will be rewarded with a goal every 5 minutes. After 15 minutes, the game is lost/won by default. At that point, the players are welcomed to play a friendly game.
10. Players are allowed to warm-up on the field starting at 5:45pm. No one will be allowed on the field before then. We ask kindly that those players who are playing at the 6:55pm game not be on the field warming up unless the organizers tell you. Your earlier presence on the field might become a distraction and/or safety hazard for those who are already playing or waiting to play.
11. There are no offsides.
12. All free kicks are indirect.
13. A throw-in is awarded to restart the play when the ball goes out of bounds on the touch line.
14. Substitutions;
  - 14.1 Can be made only during a goal kick, kick-off, and stoppage of play due to injury and at half time.
  - 14.2 The referee is to be advised of all substitutions.
  - 14.3 Substitutions can be made only in the designated areas. NOTE: Should a player leave the field (injury or otherwise) anywhere else other than the substitution designated area, a substitute can NOT enter the field until the referee signals him in.
15. Slide tackling will result in a foul.
16. Games will be played at all times, rain or shine. When possible games will be rescheduled.
17. Should a game be terminated past the 80% (40 total minutes) mark, the score is valid.
18. The league will decide on any rescheduled games. A team can request to reschedule a game with the consent of the opposing team and the league. The request is to be made 7 days prior to the game.
19. Penalty shots;
  - 19.1 All penalty shots are taken from the penalty shot marker.
  - 19.2 Player has one chance and no rebounds.
  - 19.3 Goalie must start on his goal line until the ball moves forward.
  - 19.4 Play is stopped after the shot.
  - 19.5 Only players on the field at the time of infraction can take the shot. All other players must be outside the penalty area and at a minimum distance of 10 yards from the ball.
20. Mercy Rule - When a difference of 7 goals is attained, the mercy rule will apply and game will be stopped. In the event that the game is called, the teams have the option of continuing to play their allotted time, BUT PLAYERS WILL BE MIXED INTO A FRIENDLY GAME BETWEEN THOSE TWO TEAMS.
21. Points will be allocated as follows; win=3pts, tie=1 pt, loss=0pts
22. In the event that teams are tied for points in the standings, the tiebreaker will be decided as follows; most wins, most ties, most goal differential (+/-).
23. To break a tie during a playoff game, a full 5 minute overtime will be played. If still tied, a 5 minute sudden death will be played. If still tied, penalty shots will be awarded starting with 3 obligatory followed by 1 sudden death per team.

## C- Discipline

24. The referees' decision is final. We are all playing for fun and as such should be fair and respectful with the referees' decisions. He also goes to work the next day.
25. Cooling off penalty of 10 minutes may be requested by the referee as a warning before awarding a yellow card.
26. Fines;
  - 26.1 A 20\$ fine will be served for every suspended game that a player receives due to a red card, 2 yellow cards in the same game or 4 yellow cards during the season.
  - 26.2 All fines are to be paid to the league BEFORE that team can play their next game.
  - 26.3 A 20\$ fine will be served to a team for not presenting themselves to a game without having warned the league. A minimum of 24 hours are needed to advise the league in order to avoid the fine.
27. Any, attempt to injure, reckless attitude or the inability to control your actions (words or behaviour) will be an automatic suspension of a multiple of games but more likely an automatic termination of the player from the league.
28. Any disciplinary measures will be handled by the disciplinary committee. Decisions will be transmitted to the team captain only.

## REFLECTION

The intent of this league is to get some **e**xercise, enjoy some friendly competition and maybe make some new friends along the way.

This is not the world cup and we all have to go to work the next day. Let's play **f**air and respect ourselves and others. We all work the next day.

We owe our opponents our best effort and let's keep in mind that the referee is **h**uman too.

We all love the game of soccer. We will not let a few individuals create an impression of our league that is not positive. That would be a shame for all those players and teams that act responsibly and with class.

**REMEMBER** that this is **your** league too.

Every player has a say and can participate in keeping it clean by calming those around them.

All these protocols are to ensure the integrity of the league and the respect of it's' players.

Thank you for understanding and cooperation!

*Gennaro, Sandro*

