



Adult League Policies and Procedures

- *Any policy in the FCR Adult League can be reviewed and overruled by the Adult League Committee (ALC) if there is a potential impact on the quality of the league, with issues being voted upon by eligible ALC members.*

FCR Adult League Policies and Procedures

Adult Leagues and Divisions

1.1 League Structure

Futbol Club Regina (FCR) may offer:

- Men's League
- Women's League
- Coed League

League offerings and Divisional Structure is decided upon on a seasonal basis and may change without notice.

1.2 Divisional Structure

For the 2023-24 Indoor Season we will offer:

Men's	Women's	Coed	Masters
Division 1	Division 1	Division 1	Legends
Division 2	Division 2	Division 2	
Division 3	Division 3	Division 3	
Division 4		Division 4	
Division 5		Division 5	
Division 6		Division 6	

Divisions may be separated into pools for scheduling and/or playoff purposes. If there are not enough teams to make a division viable, FC Regina will place teams into appropriate divisions.

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2. Team Registration and Placement

2.1 General Team Registration Requirements

Team registration information will be sent out by email and posted online.

Teams failing to meet specified minimum player registration requirements by the stated deadlines, may be removed from the league OR have individual players placed on to your roster to meet minimum roster requirements.

All teams MUST have matching uniforms with unique numbers on each jersey. If the jerseys do not meet the standard, the team will be subject to section 7.3.2 of these Adult League Policies and Procedures. Teams must have an alternate jersey in case of color conflict. These also must match and with unique numbers on each jersey.

Teams owing money to FCR at the end of the season will have the debt divided equally amongst the players on the roster and the debt will be come the responsibility of each individual player, which must be paid prior to registering for an upcoming season.

All teams MUST abide by the registration deadlines and player minimum and maximums as outlined in the Online information.

NEW TEAM names must be approved by FCR.

2.2 Team Placement

Managers will register teams into appropriate league and division. FC Regina reserves the right to place teams into an alternate division if team or roster are inappropriate for the skill level originally registered in. Final decision on divisional structure and team placement will be that of FCR's. Teams MAY NOT transfer divisions mid-season, however FCR reserves the right to move a team if warranted.

2.3 Youth Team Placement in the Adult League

Youth teams will be considered for inclusion in the Adult League on a season by season. Applications for inclusion in the Adult League must be approved by FCR prior to Adult League registration deadlines as outlined in the Player/Manager Information package.

Youth teams shall follow youth player movement rules regarding within the youth leagues and use of youth guest players.

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2.4 Non-Viable Divisions

Due to lack of teams, some divisions may not be viable. In this case, FCR will move teams to different divisions, combine divisions or use cross-divisional play if necessary.

A viable division is considered a minimum of 4 teams. If a team is required to move to a different division, the registration fees may differ; in this case the players will be charged or reimbursed accordingly.

As a last resort, if non-viable divisions cannot be accommodated, FCR will provide full refunds to all affected individual players or transfer individual player registrations to other teams in other divisions.

2.5 Promotion / Relegation

Best efforts are made to ensure the pools or divisions can play a balanced schedule and that teams of similar skill play one another; therefore, relegation and promotion is mandatory.

- Promotion and relegation will be decided as per the final league standings.
- Results of games against youth teams will be excluded if the youth team is NOT a regular team in the division.
- Teams who finish first and second in a division may be promoted to the next highest division for the next season except in the top division.
- Teams who finish last and second last in a division may be relegated to the next lower division for the next season.
- When there is an expansion or contraction of a division, more than two (2) or less than two (2) teams may be promoted or relegated into or out of the division.

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3. Player Registration and Transfers

3.1 Player Registration

3.1.1 General Description

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

- All FCR registration fees and outstanding fees such as bonds or fines which may have been assessed against the player must be paid in full.
- Cannot be registered on more than one team in a league; but may register in more than one league, such as Men's, Masters and Coed or Women's and Coed
- Participants have the right to register in the program that aligns with their gender identity and gender expression and will not be required to provide legal proof of gender documentation. a) Hormone therapy will not be required for a participant to participate in soccer in SSA. b) Participants engaged in out-of-province soccer activities or soccer activities not under the jurisdiction of SSA will be subject to the rules and regulations of those competitions and/or governing bodies. Competitions not under SSA's jurisdiction regarding this policy include, but are not limited to: FSIN Championships, North America Indigenous Games, Saskatchewan Summer Games, First Nations Summer Games, USport Competitions, Western Canada Summer Games, and Canada Soccer programs/events.
- Team managers are responsible for the administration of their team's roster and have the authority to remove players from their team at any time.

A player can request a [refund](#) by submitting a [Refund Request Form](#) to execassist@fcregina.com. Supporting documents will be required.

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3.1.2 Registering while Under Suspension; Suspension Carry Over

A suspension carried over from one season to the next must be served in one of two 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 FCR League. The first game after the date of registration shall determine when the suspension continues from.
- A player CANNOT purchase a Guest Pass to serve the remainder of a suspension. The player MUST be registered in a league.

3.1.3 Prorated Player Registration

Players can utilize the prorated registration online starting June 3rd. A pro-rated registration fee will be available from June 3rd-July 1st. The amount will be dependant on the number of games remaining in the regular league at the time of registration.

Player Registration Transfers

Players may transfer to another team within the league they are registered in at any time during the season prior to the registration/transfer deadline outlined in section 3.1.3, provided the player:

- Is eligible to play in the division requesting to be transferred to
- Has paid all applicable transfer fees to FCR; and
- Has paid any difference in the registration fee charged for the new division.

A player can request a transfer no more than two (2) times per season. This generally occurs for one of two reasons:

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- Intra-League transfer – a player once transferred, cannot be transferred back to the team they were originally registered until after a period of thirty (30) days have elapsed. FCR, upon request, may consider other transfers.
- Transfers for competing in a Provincial Tournament – players may transfer to a team playing in a provincial tournament according to SSA/CSA transfer deadlines and rules. Maximum number of transfer rule will still apply. There will be a \$25.00 administration fee for all transfers. To complete a transfer, email adult@fcregina.com cc'ing both previous and new team managers. Player transfers are only permitted until July 31st

Youth players on youth teams playing within the Adult League, may transfer between other youth teams playing in the Youth or Adult Leagues as per Youth Competition Rules.

4. Player Eligibility

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

- The player is properly registered and paid all FCR fees he/she is participating with OR must meet the Permit/Guest Player eligibility requirements outlined in Section 4.1 and 4.2.
- The player has provided their Government Issued photo ID OR Player Card during the player check procedure completed by FCR staff.
- The player is not currently under suspension in FCR or jurisdiction and has met all the conditions of any decision rendered against him.

If the player is a youth (defined as being eligible to play U17 or younger), the player is also subject to the following additional requirements:

- The player is 14 years of age or older as of the date of registration.

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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 by the FCR Adult and Youth Discipline Policies and Procedures. Teams will also be subject to sanctions, forfeits and or fines according to Section 7.0.

4.1 Coed Player Eligibility

If a player is registered in FCR Men's or Women's Leagues or Youth League, there are additional eligibility restrictions for the Coed League.

FCR may, on occasion, lift player eligibility requirements for a player in rare instances where promotion or relegation has affected where a player may play, preventing him/her from playing with their original team or in cases where they are the ONLY higher division player on a team.

Applications must be made in writing to FCR before scheduling occurs.

5. Standings, Points and Tie Breaking Procedures

5.1 Points Accumulated During Regular Season

Team Ranking point system.

- Win 3 points
- Tie 1 points
- Loss 0 points

A maximum differential of five (5) goals shall be awarded in each game and will be used in all goal differential-based tie-breaking rules in section 5.4. FCR will also restrict the number of goals a team officially scores in a game to a differential of five (5) goals, which in turn will be used for "goals for".

Teams will have the opportunity to participate in playoffs which will be held at the end of the regular season. Format will be decided upon by FCR prior to the start of each season.

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5.2 Awards and Prizes

5.2.1 Regular Season

The team with the most points at the end of the regular season will be considered League Champions for their respective division. If teams are tied, please refer to section 5.4. Prizes will be awarded to the League Champions. Prizes may be awarded to the league finalists pending the number of teams in the respective division. Winners will receive a cheque for \$150.00 and Runners Up will receive \$100.00.

5.2.2 Playoffs

The winning team in each division in playoffs will be considered the Playoff Champion. Prizes will be offered to the Playoff Champions. Prizes may be awarded to the playoff finalists pending the number of teams in the respective division. Winners will receive a cheque for \$150.00 and Runners Up will receive \$100.00.

If teams have played an unequal number of games, then winning percentages will be used to determine the standings. Winning percentage is calculated as: the total number of points received overall in the current season divided by (the total number of games played multiplied by the number of points awarded for the win). Forfeited game are considered games played.

If teams are tied in terms of winning percentage, then the equal game rule applies.

5.3 Tie Breaking

5.3.1 Ties in Points During Regular Season or Round Robin of Tournaments

Teams are considered tied when they amass an equal number of points at the end of the regular season league play or a tournament round robin.

The tie breaking procedure outlined in Section 5.4.3 are to be evaluated one (1) rule at a time starting with the first rule listed. Once a rule breaks the tie, then no further rules are applied.

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Once ties have been broken, team rankings have been adjusted accordingly (e.g. If two teams are tied for 2nd place, then once the tie is broken, the team in third place becomes the team in 4th place and so on).

5.3.2 Equal Games Played OR Equal Percentage

If teams are tied in terms of points or winning percentages, then the following tie breaking procedures are used to determine placing. Once one team has been separated from the other teams tied, then the process for the remaining teams will restart at section 5.4.1.

Tie Breaking Rules

If two (2) or more teams amass an equal number of points the following tie-breaking procedures, in the following order, shall be used in order to determine the final standing:

- 1) Goal Difference - Goal difference shall be calculated by subtracting goals conceded from goals scored. A maximum difference of 5 shall be awarded in each game.
- 2) Previous Match Results - the winner of the match between two teams tied in points shall be awarded the higher position.
- 3) Least Goals Against-The team having the fewer number of goals against will be awarded the higher position.
- 4) Most Goals Scored - The team having scored the most goals will be awarded the higher position. A maximum of five goal difference per game
- 5) Penalty Kicks - If two or more teams are still tied under criteria 1 – 4, then the higher standings shall be decided by kicks taken from the penalty mark as outlined by the FIFA Law of the Game. A time and place will be decided upon by FCR.

Playoff games that are tied at the end of regulation time will be decided by kicks from the mark.

6. Cancellation of Games and Rescheduling Policy

6.1 Cancellation of Games / Match Abandonment

During the Indoor season there can be issues that cause a game to be cancelled. This can include unsafe conditions, power outage etc, serious injury. An official cannot call the game a forfeit. The official can only abandon the match and provide the cause on the game sheet. FCR will determine whether the match is a forfeit and subject to any sanctioning.

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A match is considered complete if the second half has begun. The score at the point of the abandonment will be considered the final score to be recorded in the league standings. If a game is abandoned prior to the second half being started, then the game is not considered complete and FCR will attempt to reschedule depending on field availability. Exceptions to this clause will apply if the game is abandoned because of forfeits (Section 7.3.2).

Cancelled or abandoned games will be rescheduled as fields and officials become available. This may occasionally result in short notice. Due to a shortage of fields and officials, and due to weather or other unpredictable events, FCR may be forced to reschedule games requiring teams play twice on the same day or at a less than desirable time. Forfeited games will not be rescheduled.

6.2 Scheduling and Rescheduling Game Policy

6.2.1 General League Scheduling

To allow players participation in Coed and Men's/Women's leagues, FCR will use best efforts to ensure diminished scheduling conflicts between the Coed and Men's and Women's leagues.

In the case of an FCR office scheduling error, FCR must provide 48 hours notice to the teams for the rescheduled game.

6.2.2 Team Rescheduling Requests

Teams unavailable to play on specific dates may request exemptions by contacting the FCR office prior to the scheduling request and following the guidelines listed in the Rescheduling Policy document.

The Rescheduling Policy also contains rescheduling request processes after the league has begun.

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7. Game Administration, Protests, Forfeits and Fines

7.1 Player Cards and Game Sheets

- FCR will only issue player cards for players who intend to guest play as Government Issued Photo ID can be used for player check in. Players are not eligible to guest play without a player card.

Note: In addition to the forfeit of games, there are severe suspensions and fines as detailed by FCR Youth and Adult Discipline Policies and Procedures for players found guilty of playing illegally, unregistered or otherwise ineligible.

7.2 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.
- FCR normally requires the Home team to provide a game ball. This season FCR will be providing these. Please note that we will not be providing teams with warm up balls. Each team will be responsible for their own.

In the AffinityPlex all nets and flags are provided by FC Regina.

The team jerseys must be matching in color and unique numbers corresponding to the game sheet. Goalkeepers shall wear jerseys distinguishable from the rest of the players, including the opposing team.

If the required team equipment is not provided, it is up to the official’s discretion, in accordance with the FIFA Laws of the Game, whether the game can be played. Opposing teams are encouraged to show good sportsmanship and, for example, lend the other team a corner flag if one is missing. The official should indicate on the game sheet if a team is missing equipment. This may result in FCR charging a fine to the team as indicated in Section 7.3.5.

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FCR will be providing game sheets for all indoor games this season. Both teams must ensure the game sheet is properly filled out prior to the start of the game as this will be used as the official document in the FCR office to record all infractions, goals, players, etc. Managers should email adult@fcregina.com to declare jersey numbers for each player. This will speed up the process for player check in.

7.3 Team Penalties

Any team who forfeits a game for any reason will receive a loss of 0 – 5 and a corresponding 5 – 0 win for the opposing team. In the event both teams forfeit, each team will receive a loss with no change to goals for and against.

Any team(s) who participate in a fight/brawl during regular season, which is severe enough that it causes the game to be abandoned by the official, will both receive a 0 – 5 loss. Corresponding team discipline may also be issued in accordance with the FCR Adult and Youth Discipline Policies and Procedures.

Any team(s) who participate in a fight/brawl during playoffs, which is severe enough that it causes the game to be abandoned, will be disqualified from advancing within their division. Further appropriate discipline may also be issued in accordance with the FCR Adult and youth Discipline Policies and Procedures.

FCR reserves the right to apply sanctioning or discipline to a team/player(s) who continually participates in fights/brawls, as deemed necessary. If a team/player(s) is removed from the league as a result of this, there will be no refunds provided.

7.3.1 Forfeits Over a Season

A team forfeiting three (3) games within a single season for any reason will be removed from all games for the remainder of the season.

7.3.2 Forfeits and Fines Due to Lack of Players

FCR does not offer an automatic grace rule to wait for a team to have enough players. ONLY with consent from the opposing team may the game be delayed a maximum of 10 minutes. The official will shorten the match as necessary to remain on schedule.

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Less than minimum players on the field: If a team does not have the required minimum number of players for a game at kick off time, they will forfeit the game and a team fine will be assessed as follows:

- Men's and Women's Division 1 and Division 2 - \$200.00
- Men's and Women's Division 3, 4, 5 & 6 - \$100.00
- Coed and other Leagues - \$100.00

If a team starts a game with the minimum required number of players, but throughout the game must go below the minimum number for any reason, that team will forfeit the game.

If a team unilaterally leaves the field during the game, without receiving the official's permission, and refuses to continue playing, that team will forfeit. This includes a decision made by a coach to take a team off the field for any reason, unless permission is granted from the official. Further appropriate discipline may also be issued in accordance with the FCR Adult and youth Discipline Policies and Procedures.

If the forfeiting team notifies FCR in writing of their intent to forfeit before 4pm a minimum of two (2) business days prior to the game, no fine will be assessed.

7.3.3 Forfeits and Fines Due to Ineligible or Illegal Player(s)

A Team found guilty of using ineligible/illegal player(s) shall be subject to the following team penalties

- The team will forfeit each of the game(s) 5 – 0 in which the player(s) participated
- The team shall have the number of points equivalent to a win deducted from their standings for each of the games forfeited
- The team will be charged a fine of \$200.00 for the first offense; \$500.00 for the second offense; and immediate expulsion from FCR for a third offense over the course of a five (5) year rolling calendar period starting on the date of the first offense.

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- Additional penalties may be levied against the individual and/or team official found guilty as outlined in the FCR Youth and Adult Discipline Policies and Procedures

7.3.4 Forfeits and Fines Due to No Game Sheet Provided

As outlined in Section 7.3, the HOME TEAM is responsible for providing an official FCR Game Sheet for all Outdoor Season Games. FCR will provide all game sheets for the Indoor Seasons.

If a home team does not provide a game sheet for a league or playoff game as required, the first offense will result in a warning; second offense will result in half (50%) of the forfeit fine for their respective division; and for the third offense, a forfeit loss of 0 – 5 as well as the FULL forfeit fine as outlined in Section 7.3.2

7.3.5 Fines Due to Lack of Equipment

Teams without the proper equipment as determined by the official's comments on the game sheet will result in a \$50.00 fine assessed by FCR.

7.3.6 Fine Payment

- Forfeit Fines MUST be paid prior to the team's next scheduled game. If it is not received, the next game will be forfeited as well including another forfeit fine.
- Teams owing money to FCR at the end of a season, will have the debt divided equally amongst the players on the roster. The debt will then become the responsibility of each individual player.

7.3.7 Performance Bonds

- A Performance Bond may be levied at the discretion of FCR and/or the Adult Liaison Committee and/or the Discipline Panel for a specified period rather than imposing a fine.
- The Performance Bond can be returned to the team/player at the end of the specified time period if no further offenses are committed.

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7.4 Protests

7.4.1 Player/Guest Player Eligibility or Other General Protests

- A team may protest the result of a game based on the opposing team's alleged use of an illegal/ineligible player or guest player(s) by following the process described in Section 8.
- If the eligibility of a player is disputed prior to the start of the game, or during play, the game will proceed. The official MUST make note on the game sheet which player(s) is under dispute.
- If the eligibility of a player is disputed after the official has left the field, or for general protests, the team must submit their official protest in writing to FCR within two (2) business days of the game.
- All official protests initiated by a team playing will be addressed by FCR.

7.4.2 Team Equipment or Field Conditions Protests

A team MAY NOT protest a game based on field conditions or equipment. If the official deems the game playable, it is to be played as scheduled.

7.4.3 Judgement Calls Made by Game Officials

Protests of calls made by game officials WILL NOT be heard by FCR. According to the FIFA Laws of the Game, individual calls are not to be reviewed.

Officials are under the purview of the Regina Soccer Referee Association (RSRA)

All complaints regarding game officials should be sent to adult@fcregina.com and will be forwarded to the RSRA Discipline and the Referee Liaison Committee for review.

7.5 Requests for Rule Exemptions

A player or team may request an exemption of the Adult League Rules by following the general process as outlined in Section 9.

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FCR may grant exemptions to the Adult League Rules in special circumstances.

7.6 Appeals of Protests and Rule Exemption Decisions

Anyone wishing to appeal a protest or decision made by FCR may do so by following the [FCR Appeal Process](#).

8. Overview of Protest Process

The team/player is required to file a formal protest, in writing, to FCR within two (2) business days of the incident being protested.

FCR will forward the formal protest to the Adult Liaison Committee along with any other supporting documentation and statements from other affected parties. Statements from affected parties must be received within two (2) business days of the request.

For the protests that are made within the guidelines, the Adult Liaison Committee will rule and provide a written decision to FCR. FCR will then in turn inform all affected parties of the decision as well as the right to appeal the decision as per the FCR Appeals Process.

If the formal protest is received AFTER the two (2) business days lapse, FCR will NOT review the protest and inform the affected parties. The team/player may appeal this decision as per the FCR Appeal Process.

9. Overview of Rule Exemption Request Process

The team/player is required to file a formal request, in writing, to FCR for any requests of rule exemptions.

FCR will forward the formal request to the Adult Liaison Committee along with any other supporting documentation or statements from other affected parties. Statements from affected parties must be received within two (2) days of the request.

The Adult Liaison Committee will rule and provide a written decision to FCR. FCR will then in turn inform all affected parties of the decision as well as the right to appeal the decision as per the FCR Appeals Process.

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Eligibility Chart

League/Division Player is Registered In	LEAGUE	M1	M2	M3	M4	M5	M6	Masters	Legends	W1	W2	W3	C1	C2	C3	C4	C5	C6	
	Men's 1	YES	NO	NO	NO	NO	NO	Age Requirement	Age Requirement				YES	NO	NO	NO	NO	NO	NO
	Men's 2	YES	NO	NO	NO	NO	NO	Age Requirement	Age Requirement				YES	YES	NO	NO	NO	NO	NO
	Men's 3	YES	YES	NO	NO	NO	NO	Age Requirement	Age Requirement				YES	YES	YES	NO	NO	NO	NO
	Men's 4	YES	YES	YES	NO	NO	NO	Age Requirement	Age Requirement				YES	YES	YES	YES	NO	NO	NO
	Men's 5	YES	YES	YES	YES	NO	NO	Age Requirement	Age Requirement				YES	YES	YES	YES	YES	YES	NO
	Men's 6	YES	YES	YES	YES	YES	YES	Age Requirement	Age Requirement				YES	YES	YES	YES	YES	YES	YES
	Masters	YES	YES	YES	NO	NO	NO	YES	Age Requirement				YES	YES	YES	NO	NO	NO	NO
	Legends	YES	YES	YES	YES	YES	YES	YES	YES				YES	YES	YES	YES	YES	YES	YES
	Women's 1									YES	NO	NO	YES	YES	NO	NO	NO	NO	NO
	Women's 2									YES	NO	NO	YES	YES	YES	YES	YES	NO	NO
	Women's 3									YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
	Coed 1	YES	NO	NO	NO	NO	NO	Age Requirement	Age Requirement	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO
	Coed 2	YES	YES	NO	NO	NO	NO	Age Requirement	Age Requirement	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO
	Coed 3	YES	YES	YES	NO	NO	NO	Age Requirement	Age Requirement	YES	YES	NO	YES	YES	NO	NO	NO	NO	NO
	Coed 4	YES	YES	YES	YES	NO	NO	Age Requirement	Age Requirement	YES	YES	NO	YES	YES	YES	NO	NO	NO	NO
	Coed 5	YES	YES	YES	YES	YES	NO	Age Requirement	Age Requirement	YES	YES	YES	YES	YES	YES	YES	YES	NO	NO
Coed 6	YES	YES	YES	YES	YES	YES	Age Requirement	Age Requirement	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	

All teams can only use a guest player if they are missing a player from their roster. The missing player must be crossed off the game sheet. They are not eligible to participate in that game once they are crossed off. For example, if a player is crossed off and a guest player is added to the game sheet and participates, and the player who was crossed off shows up to the game late, the player who was crossed off in order to add the guest player is not eligible to participate. The highest and lowest divisions in each league can guest play in their own division but must follow the above rules. A player who is guest playing MUST present a valid player card to the official prior to the start of the game so that the referee can scratch a box off the back of their card. Guest players will continue to be tracked in the FC Regina Office so please ensure you are aware of how many times you have guest played. If there are any questions regarding this rule be sure to contact adult@fcregina.com for clarification to avoid using an ineligible player.