



Section 1: Sports Committee

The Soccer Sports Committee shall consist of the chairperson of the above sport and all the coaches for that season of the above sport. The chairperson shall call one meeting prior to the opening of the season. A mid or post season meeting may be called at the discretion of the chairperson of the above sport or at the request of 1/3 of the coaches involved in this sport.

Section 2: Team Entry and Classification

2.1) All official team entries must be submitted on S1 by the deadline

2.2) Classification: Boys or Girls - Bantam, Cadet, or Juvenile
Division 3 (D3), Division 4 – Level 1 (D4.1), or Division 4 – Level 2 (D4.2)

Section 3: Player Registration & Eligibility

****For the 2025-2026 Season the following eligibility equivalency will be used****

RSEQ GMAA SOCCER ELIGIBILITY 2025-2026	
AAA Equivalent	
LDP	Ligue Developpment Provinciale
PLSJQ	Premier Ligue de Soccer Juvénile du Québec
CF MTL	CF Montreal Academy
LSEQ	Ligue de Soccer Élite du Québec
LIGUE1 (M, F and R)	Ligue 1 (Masculin, Féminin and Reserve)
LIGUE ESPOIRS	Ligue Espoirs Quebec (LEQC) M19+, F21+
LDIR-1 (U13 only)	(Lac St-Louis Development League)
LDIR-1 (U13 only)	(Ligue Laval-Laurentides-Lanaudière-Mauricie)
LDIR-1 (U13 only)	(Ligue interrégioanle Zone 2-LDIR)
LDIR-D1+ (U13 only)	(Ligue interrégionale Québec-Est)
AA Equivalent	
LDIR (U14+)	Ligue Developpment Inter-Regionale
LDIR-2 (U13 only)	(Lac St-Louis Development League)
LDIR-2 (U13 only)	(Ligue Laval-Laurentides-Lanaudière-Mauricie)
LDIR-2 (U13 only)	(Ligue interrégioanle Zone 2-LDIR)
LDIR-D1 (U13 only)	(Ligue interrégionale Québec-Est)
A Equivalent	
LDR	Ligue Developpment Regionale
REC	"Inter-club house league"
LOCAL	"House League"
Coaches/SAC Reps. are strongly recommended to consult the parents of their students to ascertain exactly which league their child competed in.	

3.1) Player Registration is due on S1 prior to the teams' first game.

3.2) AA or AAA players:

If a player appears on the TSI/Spordle website for 3 or more games at the AAA Equivalent level before the outdoor soccer team registration deadline for that school year, that player will be considered a AAA player.

A 'AAA' player is a player who is registered with a unisport federation as a 'AAA' player between July 1st and June 30th of that school year.

A 'AA' player is a player who is registered with a unisport federation as a 'AA' player between July 1st and June 30th of that school year.

3.3) AA and AAA Requirements Girls & Boys soccer:

D3 – unlimited AA and AAA

D4.1 – a maximum of 2 AAA players and unlimited AA players are permitted per game

D4.2 – a maximum of 2 AA players and 0 AAA players are permitted game

3.4) Participation in RSEQ GMAA Division 4 soccer is not recommended for students enrolled in a soccer sports concentration program.

3.5) Procedure for AA or AAA players:

a) Teams must indicate AA or AAA on their player registration on S1 in the 'Additional Information' Section.

b) AA and/or AAA players must be indicated on the game sheet by writing their eligibility beside their name.

c) Any team playing an ineligible player will lose the game(s) played by this player by default. The coach will also be sent to the Coaches Code of Ethics Committee.

3.6) Playing up: For those schools that have more than 1 team at the same level (Bantam, Cadet, Juvenile) but in a different division (D3, D4.1, D4.2) students are permitted to play 'up' for one game (same rule as people who play 'up' an age category). D4.2 to D4.1, D4.2 to D3, and D4.1 to D3. As soon as they play their second game with the higher division they cannot go back down. Players may not move down in the same age group. For those schools that have two teams at the same level and in the same Division, there will be no 'transfers' permitted, each team will have a distinct roster.

Section 4: Uniform (also refer to Governing Rules – Rule VI, Section 5)

4.1) Players' equipment is according to F.I.F.A.

4.2) Shin pads must be worn with proper soccer socks covering the shin pads.

4.3) Teams must wear team uniform with numbers on the back.

4.4) Team members may be permitted to wear bicycle shorts, tights or sweatpants under the regulation soccer short. All team members must wear the same colour undergarment.

4.5) No jewelry is permitted. Glasses must be modified for sports and made of plastic material and secured properly around the head.

4.6) Only a medical bracelet is permitted, and it must be tucked away safely with a wrist band or tape.

Section 5: Scheduling & Starting Time

5.1) The schedule shall be drawn up by the coaches or SAC Reps at a scheduling meeting. Each team is required to have one representative present to do the scheduling (see Governing Rules –

Rule VI, Section 6). No scheduling may take place before the meeting begins and no division information will be given out prior to the scheduling meeting.

5.2) Coaches will draw up their own schedules in three separate scheduling meetings. Every school is encouraged to play on Mondays and Fridays during the season (exception: Jewish schools). Double-headers should be scheduled as much as possible.

5.3) League games have priority over any exhibition game and/or tournament. League games will not be postponed due to conflicting schedules.

5.4) Teams should play a minimum of 6 (six) games and a maximum of eight (8) games (with a crossover if necessary).

5.5) There must be a minimum of 4 teams in a level in order to draw up a schedule of games for that level, otherwise the level will be eliminated and/or combined with another level.

5.6) Schools will be permitted to enter more than one team in same category (Juvenile, Cadet, or Bantam.) Schools will also be permitted to enter a maximum of two teams at the same level in the same category. For those schools that have two teams at the same level and in the same Division, there will be no 'transfers' permitted, each team will have a distinct roster.

5.7) At least two weeks are set aside for tiebreakers and playoffs at the end of the season.

5.8) Coaches are encouraged not to adjust or alter the schedule for any reason other than an emergency school closure. Changes to the schedule can be made during the (5) five working days after the schedule is posted on the website (www.gmaa.ca), assuming both schools involved agree to that change. Both coaches must notify the RSEQ GMAA of the change. No changes will be accepted after noon the working day before the scheduled game (except for emergencies). If changes are made after the 5-day grace period, a charge will be applied to the team requesting the change.

5.9) Starting time as per the RSEQ GMAA Governing Rules, if a team is not on the field and ready to play within 15 minutes of the scheduled starting time, that team shall lose the game by default.

Section 6: Governing Rules & Rule Modifications

6.1) Current rules established by the Federation International de Football Association (F.I.F.A.) shall apply except as follows:

6.2) All participating schools are required to provide suitably sized, adequately marked and equipped playing facilities for all scheduled competitions.

6.3) A staff member (see Rule VI, Section 4 of General Governing Rules for clarification) must be present and at the bench at all RSEQ GMAA games (i.e. for each complete game). The staff member must sign the game report. Penalty - Forfeiture of game.

6.4) A participation rule should be applied for Division 4.1 and Division 4.2 competition in all age categories. Every player should play a minimum of half the game.

6.5) Any player whose name appears on the Official Score sheet is considered to have officially participated in that game.

6.6) Completion of Regular Season Games: A regular season game will be completed after at least three quarters of the game has been played. If less than three quarters of a game has been

played and the referee ends the game, the game will be rescheduled and played over from the beginning.

Completion of Playoff Games: In all sports for playoff games ONLY, a game must be completed from where it stood from the moment it was stopped, at the discretion of the losing team. The same game sheet must be used to complete the game. No players may be added to the lineup.

6.7) Playing time - Playing time for all games will be 2x30 minutes for Bantam, and 2x35 minutes for Cadet and Juvenile.

6.8) Substitution is permitted at a goal-kick, after a goal has been scored, at half-time, at an injury or on a throw-in by the attacking team. (If the attacking team substitutes on a throw in then the defending team may also substitute at this time.) No substitution is allowed when a player is ejected.

6.9) A team area of 15 yards - starting 5 yards each side of the center line on one side of the field is to be designated. Team members, including coaches, are not permitted to move outside of this area.

6.10) Referees will be instructed to inspect cleats of all players prior to the start of the game and no player is to be permitted on the field if he/she is using illegal cleats. Studs which are independently mounted on the sole and are replaceable shall be made of leather, rubber, aluminum, plastic or similar material and shall be solid.

6.11) Mercy Rule: If the goal differential in the game reaches seven (7) goals, the play may continue (at the discretion of the losing coach), but the final score will stand at the point the game was officially ended due to the mercy rule.

6.12) Ball: Size 4 ball for all bantam categories. However, if both teams show up to a game and do not have a size 4 ball, they will play with what they have. Size 5 ball for all cadet and juvenile categories.

Section 7: Regular Season Games

7.1) Number of Players: A team is considered to be seven players. These players must be dressed and ready to play at the scheduled starting time.

7.2) Individual Players must be registered on S1 prior to the first regular season game.

7.3) Officials: All officials for school scheduled games shall be assigned by the RSEQ GMAA. As much as possible all Juvenile Girls, Juvenile Boys and Cadet Boys games will be covered by two officials. Cadet Girls, Bantam Boys and Bantam Girls games will be covered by one official. Playoff games will be covered by 1 referee and two assistant referees (subject to availability).

7.4) Regular Season Overtime: Regular season games cannot end in a tie.

If the teams are tied at the end of regulation, the game shall be decided by alternate penalty kicks.

If the game remains tied after each side has taken 3 penalty kicks, the remaining players of each team will alternate kicks until the tie is broken.

N.B. All preceding players must have been on the field at the end of the game. If the game is still tied, the coach may decide the rotation of kickers.

7.4) Scoring for Team Standings:

3 points for a win

2 points for an overtime win

1 point for an overtime loss

0 points for a loss

Each team will also receive ethical points based on the distribution table outlined in the RSEQ GMAA Governing Rules.

Section 8: Championships & Playoffs (see Rule XI Secondary Governing Rules)

8.1) If a playoff qualifying team forfeits their position before the start of the playoffs, the league will ask the next team in the standings from the same section to fill the spot instead of giving a bye to the opposing team.

8.2) If possible, Division 3 finals will be played as a "showcase" on a site having adequate spectator accommodations. If there is no "showcase", the games will be played at the home of the higher seed. The dates and sites of these playoff games are to be set at the beginning of the season. There will be no showcase for Division 4.1 or Division 4.2 Championship games.

8.3) All other playoff games will be played at home of the higher seed. This excludes non-member schools who participate in the RSEQ GMAA league. (see Governing Rules)

8.4) For Soccer Division 3 Showcase finals only – all semifinal games must be played prior to the scheduled showcase. For any two teams who, because of their conflicts, cannot agree on a date to schedule their semi-final game the week before the showcase, the game will take place at the Showcase venue prior to the championship game. If a team does not show up at the semi, they will default the game.

8.5) Playoff Overtime:

For Play-In, Quarterfinal and Semifinal games that require overtime, there shall be 2 x 5-minute overtime periods, no golden goal.

For Final games only, two 10-minute halves will be played, no golden goal.

If the teams are still tied at the end of the overtime periods, the game shall be decided by alternate penalty kicks.

If the game remains tied after each side has taken 5 penalty kicks, the remaining 6 players of each will alternate kicks until the tie is broken.

N.B. All preceding players must have been on the field at the end of the game. If the game is still tied, the coach may decide the rotation of kickers.

Section 9: Duties of Home School & Visiting Schools

9.1) Home team responsibilities

- a) The home team shall supply two game balls and the scoresheet.
- b) The official scoresheet must be printed off S1 by the HOME COACH (listing both teams) and given to the referee before the game starts.
- c) The home team must upload the score onto S1 the night of the match.
- d) The home team must upload any yellow or red cards onto S1 the night of the match.
- e) The home team must upload the scoresheet on S1 within 48 hours of the match.
- f) Arrange for staff to supervise spectators.

9.2) Visiting team responsibilities

- a) Visiting teams must be supervised from the time they arrive to the time they leave the field.
- b) All game sheets are to be signed by both staff members and the referee at the end of the game.

Section 10: Discipline of Players

10.1) Referees may, without prior warning, send a player off the field for fixed and definite period of time (COOLING-OFF PERIOD) if their conduct or type of play makes it necessary. This is

NOT AN EJECTION and should be used only when the referee feels that it would prevent a more serious situation from developing. The player may be replaced on the field by another eligible player. The referee shall determine the length of any such COOLING-OFF PERIOD, i.e. 10 minutes, 15 minutes, the remainder of the half or the balance of the game.

10.2) Both coaches must be notified of any action taken by the referee. N.B. Ejection MUST BE REPORTED to both coaches and on the game report - An ejection carries an automatic 2 game suspension which will be reviewed by the discipline committee and may be increased or reduced.

10.3) The ejection of any player from a game will result in a suspension of that player from at least two following games. It is the coaches' responsibility to keep that student out for the next two games until an official letter is sent to the school outlining the details of the suspension.

10.4) It is the home coach's responsibility to input the yellow cards on S1 when inputting the score and scoresheet on S1. After an accumulation of 3 yellow cards, the student-athlete will be required to sit a one game suspension. After the suspension, the count starts over. Yellow cards from the season do not carry over into playoffs. It is the coach's responsibility to track their athletes' yellow cards and subsequent game suspension.

Section 11: Discipline of Teams

The following steps will be taken when the third player of a team is ejected during one soccer season:

1. A letter will be sent to the principal
2. The coach will be asked to explain to the Coaches Code of Ethics members why the team has had 3 players ejected.
3. The team is to lose 2 points in the team standings

Any team with 4 players ejected in a soccer season will be suspended from playing any further games in the soccer season.

August 2025