

JUNE 11 AND 12, 2022
STADE SAPUTO

TOURNAMENT RULES



CENTRAIDE CUP

PRESENTED BY **BMO**



Montreal Impact
foundation

Thank you to
our partner

*STADE
Saputo*



Centraide
of Greater Montreal

INTRODUCTION



Please carefully read the [regulations](#) that will be in force for the 2022 Centraide Cup. It is important to communicate this information to all of your players.

The Centraide Cup soccer tournament is above all a fun and inclusive way to [raise money](#) for [Centraide of Greater Montreal](#) and the [Montreal Impact Foundation](#).

It is therefore important to remember why [teams, players and supporters take part in this tournament: to support youth success](#). We want to make sure that the tournament is safe and enjoyable. This is why we have implemented [rules and regulations](#) for good sporting behaviour to ensure everyone has a unique and positive experience.

If you have any questions or comments about the rules prior to the tournament, please contact [Léa Campinos](#) (coupe@centraide-mtl.org or 514-437-3916). If you have any questions or comments about the rules during the tournament, please direct these to the [Scoring Area](#) (near the registration desk).

COMPETITION LEVELS



The Centraide Cup has two competition levels:

- [Competitive Level](#)
- [Recreational Level](#)

The difference between the Competitive and Recreational levels is the skill of the players on the team and their intention for playing.

The [Recreational Tournament](#) is for teams that want to play for the love of the game. These teams must include players with little to no experience in competitive soccer or who simply have limited knowledge or experience of soccer in general. For example, the age of the team could be higher than average, or the team may want to play more for fun than to win. The level of play in the Recreational Tournament is therefore [friendly](#).

The [Competitive Tournament](#) is for teams with good soccer knowledge or experience in general. These teams can have players, for example, who have been selected through team tryouts, who play for high-division soccer teams, or who are experienced with good skills. The level of play in the Competitive Tournament is therefore [higher](#).



In addition to the **Referees** who call all play and the **Commissioners** (chosen by the organizing committee) who oversee the matches, a **Disciplinary Office** will also be on site. The Disciplinary Office **will keep track of the cards handed out** during the matches and may investigate **complaints made by team captains at the end of a match**.

Role of captains – Captains act as leaders for their teams during the tournament. They must ensure that their players are familiar with the rules and apply them. They are the ones responsible for speaking with the Referee and Commissioner during a match and for contacting the Disciplinary Office if necessary.

To avoid confusion, before the **start of each match**, the **team captains** must:

- Identify themselves with the Commissioner.
- Check the player roster for compliance.
- Check the compliance of players who have received cards (yellow or red) in previous matches.

To avoid confusion, **at the end of each match, the team captains must:**

- Sign the official scorecard
- Validate the match result
- Validate goal-scorer information (player and goal number)
- Validate the yellow and red cards handed out
- Give an evaluation for the Fair Play Award

In the event of a dispute over scores, cards or goal-scorer information, captains are the only ones who may request a validation or review of a score sheet with the Scoring Area Manager. **If a captain does not show up to sign the sheet, the announced results cannot be contested.**

If captains wish **to complain about unsporting behaviour during a match**, they will need to indicate this on the official scorecard and go to the Disciplinary Office within **60 minutes** after the match. The Disciplinary Office will be located at the Scoring Area by the registration desk.

Role of Referees – The role of the Referee is to oversee the soccer match by applying the regulations set out in this guide. The Referee is responsible for player safety, ensuring the match runs smoothly, and handing out yellow and red cards.

Role of Commissioners – Commissioners make a decision in the case of a dispute between the Referee and the players. Commissioners also ensure that matches run smoothly, see to player safety, and keep track of all goals scored and yellow and red cards handed out. Commissioners evaluate teams for the Fair Play Award. Commissioners also ensure that the captains sign the official scorecards.

Disciplinary Office – If a complaint of unsporting behaviour is filed, the Disciplinary Office will contact the captain of the team that received the complaint. The Office will analyze the situation and the explanations from the two parties involved. After reviewing the case, the Disciplinary Office will independently judge the situation and may, depending on the severity of the infraction, decide whether the player should be suspended for a match or ejected from the tournament. The Disciplinary Office will be located in the Scoring Area.

Scoring Area – The Scoring Area is where captains can go with questions about the Centraide Cup regulations. The Scoring Area is also where captains go to validate or challenge a result on the ranking screens.



1. Each player must wear a **numbered shirt**. The shirt numbers and a complete roster of all players must be entered on the Spordle platform **before June 1. You will receive the link to register your team on Spordle during the week of May 9. No players can be added to the second day of the tournament.**
2. If your company has teams in each category (Competitive and Recreational), the teams must have different coloured jerseys.
3. Eligible players for the tournament are salaried employees, sub-contractors and contract workers. All players must be able to prove their eligibility at the time of registration with:
 - a business card
 - an ID badge
 - a list authenticated by Human Resources
 - any other document deemed equivalentThe full roster of players must be entered on the **Spordle platform before June 1** so that Centraide can check player eligibility. All players must be aged 18 or older. **No exceptions will be made to this rule.**
4. On **the first day of the tournament**, please arrive at least **1 hour before your first match** in order to **register**. On **the second day** of the tournament, please arrive **30 minutes before your first match**.
5. Players are not allowed to play for more than one team. This means that companies with more than one team registered in the tournament cannot alternate players between these teams, even if the teams are in different categories (i.e. a player participating in the Competitive Tournament cannot play in the Recreational Tournament and vice versa).
6. **Each team must have 2 women playing on the field** at all times during a match.
7. Each team may have a maximum of two coaches at the tournament.
8. It is prohibited to bring bags, coats, boots, food, chewing gum and drinks onto the field (only water bottles are allowed). We encourage teams to bring reusable bottles (2500 plastic bottles were saved in 2019 thanks to this initiative). **Players may go onto the natural field 5 minutes before the start of a match.** A security guard will be on site to ensure that only players can access the natural field.
9. Teams must field a total of **7 players** including the goalkeeper. The goalkeeper must wear a different-coloured shirt that stands out.
10. To start a match, each team must have a minimum of 5 players.
 - If a team has fewer than 5 players, it will forfeit 3-0.
 - If a team has 5 players in uniform on the field at match time, the match clock will start. After 5 minutes, if the team still has 5 players, it will be penalized 1-0. After 10 minutes, the penalty will be 2-0. After 15 minutes, the penalty will be 3-0.
11. The match start times are determined by the Referee after the Referee gets the Commissioner's go-ahead.
12. Each player must play 2 matches to take part in the playoffs.
13. **Metal cleats are prohibited on the field. Shin guards are mandatory** for all players. For the goalkeeper, **shin guards and gloves are mandatory**.

14. **Sports goggles are permitted.** They must be approved by the Referee before the first match.
15. Any metal parts of **prosthetic devices must be covered.**
16. Each match is **25 minutes long** with no halftime. There are no off-sides and no time-outs.
17. Teams can have **up to 20 players** in uniform per match.
18. **Player changes are unlimited** and can be made at any time. However, players may not change teams or category.
19. Only two people not in uniform can be in the bench area. **Children and suspended players must stay with the spectators.**
20. The ball must be played forward after the midfield kick-off.
21. Opposing players must be at least 5 metres from a dead ball.
22. **Only kick-ins are allowed; no throw-ins.** The ball must be kicked (indirect kick) from the ground (off the field). A kick-in cannot result in a goal.
23. **All free kicks are direct**, including kick-offs.
24. If a player deliberately passes the ball to the goalkeeper, the goalkeeper must not touch the ball with his or her hands. If a violation occurs inside the penalty area, a direct free kick is taken from the penalty mark. Since this kick is not a penalty kick, the team can make a wall **before** the Referee signals that the ball is in play.
25. Any player who receives **two yellow cards** during the same match or a direct **red card** will be ejected for the remainder of the match and cannot be replaced.
 - If a player on the bench receives a red card, this player's team will not have to play short-handed.
 - Any player who receives a red card or two yellow cards during the same match will be suspended for the next match.
26. No disrespectful conduct will be tolerated. Any player who exhibits disrespectful conduct will receive a red card. Remember that everyone is playing to support youth success. Everyone involved in the tournament (commissioners, ball boys and girls, etc.) are volunteers.
27. **Ejected players must leave the field and bench area.**
28. A player who receives the equivalent of **two red cards for all games played during the playoffs (four yellow cards / one red card and two yellow cards)** will be eliminated for the rest of the tournament.
29. Teams must keep track of their cards and validate the number of cards their players have received with the Commissioner both before and after each match.
30. The card count is reset to zero at the start of the playoffs.
31. Suspended players must be indicated on the match sheet.

32. Any player on the ground cannot play the ball if an opponent is within playing distance.
33. **Players will receive a card for sliding tackles.** A penalty kick will be awarded to the other team inside the penalty area.
34. There are no turnovers on penalty kicks: the result is either a goal or a goal kick.
35. Any player who smells of alcohol may be ejected and replaced.
36. The match may **end if there is a 10-goal gap** between teams.
37. The point system is as follows:
- **3 points for a victory**
 - 1 point for a tie
 - 0 points for a defeat
38. **In the qualifying round**, ties will be broken as per the following process:
- 1) The team with the most wins
 - 2) If a tie still exists: the difference between goals for and goals against
 - 3) If a tie still exists: the most goals for
 - 4) If a tie still exists: the fewest goals against
 - 5) If a tie still exists: scores of the matches played between the two teams
 - 6) If a tie still exists: a draw

During the playoff round, a shootout will be held if the teams are tied:

- Each team chooses 3 kickers.
 - The team that scores the most goals wins.
 - If there is still a tie, each team chooses 1 kicker until the tie is broken. **The same kicker cannot kick again** until all eligible players have kicked once.
39. Group results from the qualifying round are independent, i.e., there can be no ties in the same group, and any ties will be broken as per the rules of Article 38.
40. At the end of a match, **the team captains** must go to the Commissioner to **sign the official score sheet**. **If a captain does not show up to sign the sheet, the announced results cannot be contested.**
41. Centraide of Greater Montreal, the Montreal Impact Foundation, and the CF Montréal are not liable for any theft, loss, damage or accident that may occur at the Stade Saputo site.



Teams participating in the Recreational Tournament and Competitive Tournament are also competing for the “**Fair Play Award.**”

This award is given to the team that has demonstrated **outstanding sporting behaviour** both on and off the field. The goal of this award is to **acknowledge teams** that demonstrate particular courtesy and kindness.

Everyone taking part in the Centraide Cup is playing soccer to help the underprivileged. **Teams must not put undue pressure on their opponents** either physically (with unnecessary roughness) or mentally (with intimidation, insults, shouting, swearing, etc.). Remember that the Centraide Cup is a charity tournament and that you are representing your company.

Remember that honour is more than simply abiding by the rules of the game, and fair play isn't just about respecting the rules. Fair play is about giving back the ball, not using ploys or tricks (such as standing in front of the ball during a free kick), not making derogatory remarks, and helping an opponent who has been hurt (accidentally, of course!).

The Fair Play Award will be handed out on **Sunday, June 12** during the lunch break. All participants will be invited to the outdoor field at noon for a group photo with all teams. The Fair Play Award will be presented after the official photo is taken. **This year, the team that wins the Fair Play Award will get box seats for a regular-season match of the CF Montréal. The details and conditions for reserving the box will be given to the winning team at the end of the tournament.**

Procedure

At the end of each match, each captain will evaluate the other team on a scale of 1 to 5. The match Commissioner will also rate the teams with this same scale.

The **criteria** to consider are:

- Appropriate behaviour of supporters
- Player politeness
- Healthy and motivational team spirit
- Respect for the rules
- General attitude

Once the results are tallied, the team with the most points per match will win the award. **Any captain who does not rate a team for the Fair Play Award will get a zero from the Commissioner for this evaluation.**

In the case of a tie, the **tiebreaker** will be decided as follows:

- 1) The best average in terms of points awarded by the Commissioners
- 2) If a tie still exists: the team with the fewest red cards
- 3) If a tie still exists: the team with the fewest yellow cards
- 4) If a tie still exists: a draw

If you have any questions or comments, don't hesitate to contact Léa Campinos at coupe@centraide-mtl.org or 514-437-3916.