



OUTDOOR RULES

GENERAL

1. To be eligible to register for the Outdoor season players must be at least 19 years old by June 1st.
2. A team will field 11 players, of which one will be the goalkeeper.
3. If a goalkeeper is not assigned, the team will decide between themselves who will be goalkeeper for each game.
4. Games will consist of two (2) 40 minutes halves and 5 minutes half time.
5. Games will start on time. A game cannot start without a minimum of 9 players per team.
6. The referee will wait 15 minutes to field 9 players. If this is not attained after 15 minutes, the team (missing the players) will lose 3-0 by default.
7. If a game is delayed, the game will finish at its scheduled time.
8. A player must notify the captain or assistant captain if they cannot play or will be late. If a player is late, they can play as long as they arrive before the start of the second half.
9. If a player misses more than 3 games without calling her captain, she will be replaced.
10. There will be no refund 10 days after the outdoor season has begun. Lac St-Louis fees are not refundable at anytime and a 10\$ administration fee will be charged.
11. If a player officially withdraws from playing for any reason (injury, health, pregnancy, work conflict, etc.) during the outdoor season they must do so in writing.
12. If a player withdraws more than 1 week (2 regularly schedule games) prior to the start of the Round Robin – Playoff period, the Evaluation Committee will try to place a suitable replacement player on that team for the rest of the season. If the player withdraws less than 1 week (2 regularly schedule games) prior to the start of the Round Robin Playoff period or during the Round Robin Playoff period, a replacement player will not be assigned to that player's team.
13. Should a team wish to have a Coach and designate a specific individual to take on these responsibilities, both these decisions are subject to a team vote (by secret ballot) by all the players of said team. An 80% majority vote is required for player approval.
14. An Executive member of PWSL who is also a captain must abstain from voting on team issues when acting as an Executive member.

RULES OF PLAY

15. Unless otherwise specified, FIFA rules will apply. Furthermore, the referee's decisions are final. (www.fifa.com)

CHANGES

- The referee must be asked before a team can begin any line up changes.
- Goalies may change places with any of the players, but the referee must be notified before the change. Changes must be made during a stoppage of the game.

GOALKEEPING

- Indirect free kicks will be awarded to the opposing team if a goalkeeper:
 - Touches the ball with their hands after it was deliberately kicked back to the goalie by a teammate
 - Touches the ball with their hands after receiving it directly from a teammate's throw-in
 - Takes more than six seconds to released the ball into play
 - Wastes time
- It is an offense if a player:
 - Dodges about in front of a goalkeeper, preventing her from releasing the ball
 - Attempts to kick the ball when the goalkeeper is in the process of releasing it

THROW-INS

- Occurs after the whole ball passes over the line, on the ground or in the air
- The throw-in must be completed from where the ball last crossed the touch line, by a player of the team opposite to the player who last touched the ball
- The ball can be thrown into play in any direction, but the thrower must:
 - face the field of play
 - have part of each foot on the touch line or on the ground outside the touch line

- use both hands
- deliver the ball from behind her head
- If the ball is thrown-in incorrectly, the referee will award the throw-in to the other team
- A goal cannot be scored directly from a throw-in

GOAL KICK

- Occurs after the whole ball passes over the goal line (excluding the parts between goal posts) on the ground or in the air, when last played by a player from the attacking team
- The ball is then kicked by a player on the defending team from any point within the goal area
- Opposing players must remain outside the penalty box until the ball has left the penalty area, if the ball is not kicked beyond the penalty box the kick is retaken

CORNER KICK

- Occurs after the whole ball passes over the goal line (excluding the parts between goal posts) on the ground or in the air, when last played by a player from the defending team
- The ball is then kicked by a player from the attacking team from the closest corner flag-post
- Opposing players cannot approach within 10 yards of the ball until it is in play

OFF-SIDES

- A player is in an offside position if she is closest to his opponents' goal line than both the ball and the second to last opponent.
- A player is not in an offside position if she is in his own half of the field of play.

SAFETY & SPORTSMANSHIP

16. Absolutely NO SLIDE TACKLING. This is considered dangerous play.
17. If a goalkeeper has both hands on the ball, the ball is out of play. Any player kicking at the ball, at this time, will be given a yellow card for dangerous play.
18. The Disciplinary Committee reserves the right to review unsportsmanlike behaviour on a case-by-case basis. The player must abide by the committee's decision.

SPARES

19. Captains will be responsible for spares. A spare may be called regardless of the amount of players on the roster. A spare must be replaced with the same or a lower rating than that of the player missing. Under any circumstances, no spares will be allowed during the play off.
20. Captains should notify the captain of the opposing team of spares being used before the game starts.
21. Captains can't ask a spare for more than 2 games at a time.

UNIFORM

22. Cleats & shin pads are mandatory. Orthopedic braces must be fully covered to avoid injuries.
23. Players must wear dark shorts and uniform socks. No tank tops, no bicycle shorts. Goalies must wear a different color shirt.
24. No metal cleats. The jerseys handed out to the players are on loan and are to be returned to PWSL at the end of the season, in good condition. Should the returned jersey be damaged, the player may be requested to pay the league an amount equal to its replacement cost.
25. (Outdoor season only) Goalies are permitted to wear a soft/flexible brimmed cap that in the opinion of the referee would not cause harm to other players
26. Goalies are permitted to wear goalie pants. No other player is permitted to wear long pants (except for religious reasons).

PWSL cannot prevent a pregnant player from playing. However, the league **STRONGLY ADVISES** pregnant women **NOT TO PLAY** soccer. PWSL assumes no responsibility for any injury.