

## Rules and Regulations

All games are played in accordance with [FIFA](#), [Fédération Soccer du Québec](#) regulations and by the policies of the [ARS Lac St-Louis Region](#), according to the [Laws Of The Game](#). For Home or Recreational league matches, the following rules must be observed. The procedure may change without notice.

**MU4, MU5 and FU4, FU5:** The teams play on the small "micro" field 4 against 4, without the use of a goalkeeper. Generally, the course is twice a week. Each team practices for 30 minutes and then plays against the other team which shares the field for two "halves" of 10-15 minutes each.

**MU6 and FU6, FU7:** The teams play on the "large" surface bordering the "micro-fields" (larger and deeper surface) and can play 5 against 5 without a goalkeeper, or 6 against 6 including a goalkeeper goal. Generally, the course is twice a week each team practices for 30 minutes and then plays against the other team which shares the field for two "halves" of 10-15 minutes each.

**MU7** teams play 7 against 7 including the goalkeeper, using the "big pitches". Generally, the course is twice a week each team practices for 30 minutes and then plays against the other team which shares the field for two "halves" of 10-15 minutes each.

**FU8 - FU9** play 7 against 7 on the largest fields (ex: 9, 9B, PL1, PL2A & B, 13, 16, etc.) with a goalkeeper and a referee present (in normal times, unless there is a lack of resources, where the competitive league takes precedence). The playing time, twice a week includes five minutes of warm-up, followed by 2 halves of 20 minutes each to play against the other team.

**MU8 and MU9** play 7 against 7 on the largest courts (e.g. 9, 9B, PL1, PL2A & B, 13, 16, etc.) with a goalkeeper and a referee present (in normal times, unless there is a lack of resources, where the competitive league which takes precedence). The playing time twice a week includes five minutes of warm-up, followed by 2 halves of 20 minutes each to play against the other team