



DÉFI SPORTIF
ALTERGO

SOCCER
DÉFI SPORTIF ALTERGO 2024
SCHOOL SPORTS RULES



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1. REGISTRATION

1.1. Registration platform

For registrations, connect to the registration platform. Each school is responsible for its registrations.

1.2. Registration limit

Each schools and rehab centers, can register a limited number of young athletes. Refer to the table below for details.

2. TEAMS

SOCCER				
LEVEL	FIELD	NUMBER OF PLAYERS IN THE FIELD	MAXIMUM NUMBER OF PLAYERS / TEAM	MAXIMUM NUMBER OF TEAM/ DIVISION
Elementary school	Indoor	1 goalie 4 players	13 players	6 teams
High school	Outdoor	1 goalie 5 players	13 players	Division AA et D : 6 teams Division A, B, C : 8 teams

Teams can be mixed

3. DIVISIONS

- Divisions are determined by registration, the number of teams, and the previous year's results.
- Teams in D division must have been evaluated by someone from the Défi sportif AlterGo.
- An error in classification will automatically disqualify the team. A friendly match can be played. The winning score of 3-0 will be given to the properly classified team.

Division	AA	A	B	C	D
Elementary school		x	x	x	
High school	x	x	x	x	x

3.1. AA Division

3.1.1. High school

- Niveau d'habiletés motrices et techniques avancé.
- Contrôle du ballon bien exécuté pour la plupart des athlètes.
- Changements de direction exécutés par quelques joueurs.
- Capacité à analyser le jeu et à faire des choix de développement.
- Compréhension et application de certaines stratégies de base (se disperser sur le terrain, couvrir un joueur en défensive).
- Vitesse de jeu variant de rapide à très rapide et intensité variant de modérée à intense.
- Vitesse de réaction modérée à rapide des gardiens de but.
- Ces joueurs ont pour la plupart les habiletés pour jouer dans un niveau régulier de soccer. On considère par contre qu'ils ont besoin d'un encadrement spécial pour pouvoir participer à une activité sportive collective.

3.2. A Division

3.2.1. Elementary school

- Movements as a pack less frequent.
- Ball control in development.
- Intermediate to intermediate-advanced motor and technical skills.
- Good ball control for many athletes.
- Use of decking by one or two players.
- Changes of direction by few players.
- Position analysis and decision-making by one or two players.
- Moderate to fast goalie reaction time.
- Use some stopping techniques.

Note: there are often one or two players who stand out due to their motor and technical skills.

3.2.2. High school

- Moderate to advanced Motor and technical skills.
- One or two athletes have a good control of the ball.
- Use of decking by one or two players.
- Direction changes by few players.
- Capacity to analyze the game and make appropriate decisions.
- Understanding and use of certain basic strategies (spreading out on the field, covering an opponent).
- Game speed varies from fast to very fast and intensity from moderate to intense.
- Moderate to fast goalie reaction time.

Note: there are often one or two players who stand out due to their motor and technical skills.

3.3. B Division

3.3.1. Elementary school

- Occasional movements as a pack.
- Defensive and offensive strategies in development.
- Beginner to intermediate level motor and technical skills.
- Ball control in development, though some control it rather well.
- Varied level of precision for passes and shots.
- Moderate to fast game speed.
- Varied goalie attention.
- Moderate goalie reaction time.

3.3.2. High school

- Moderate/low to moderate/advanced motor and technical skills.
- Relatively good ball control of some players.
- Varied precision level for passes and shots.
- Light to no defensive or offensive strategies.
- Less frequent movements as a pack.
- Varied goalie attention.
- Moderate goalie reaction time.

3.4. Division C

3.4.1. Elementary school

- Frequent movements as a pack.
- Beginner to intermediate motor and technical skills.
- Ball control in development.
- Kicks without making contact with the ball.
- Imprecise passes and shots.
- Slow reaction time of goalie.

3.4.2. High school

- Beginner to beginner-intermediate motor and technical skills.
- Ball control in development.
- Kicks without making contact with the ball.
- Imprecise passes and shots.
- Low to moderate cardiovascular endurance.
- Little to no defensive and offensive strategies.
- Frequent movements as a pack.
- Slow to moderate game speed.
- Varied level of goalies' attention.
- Slow to moderate goalie reaction time.

3.5. D Division

3.5.1. High school

- Frequent movements in school of fish.
- Beginner to intermediate motor skills and techniques.
- Control of the ball in training.
- "Kick" regularly in the void.
- Very few or no passes
- Low to moderate cardiovascular endurance.
- No defensive and offensive strategies applied.
- Game speed varies from slow to moderate.
- Attention of goalkeepers variable.
- **Players might score in their own net in this division**

4. EQUIPMENT

- Shin guards are mandatory.
- **Each team must wear matching numbered jerseys.**
- For high school level and elementary division A, teams must plan appropriate clothing for rain/cold weather conditions.
- If a team shows up at a game without the mandatory equipment (shin protectors), it will automatically lose the game. The victory score of 3-0 will be given to the team who has all the required equipment.
- If the mandatory equipment can be borrowed from the Défi sportif AlterGo, a friendly match can be played.
- If neither team has all the required equipment, the match will be declared a draw and a 0-0 score will be given to both teams as well as the score for a tied game.

4.1. Equipment for players

- Shin guards are mandatory.
- For high school level and elementary division A, teams must plan appropriate clothing for rain/cold weather conditions.

4.2. Equipment for the game

4.2.1. Elementary school

- Ball Going one 8 inches

4.2.2. High school

- Regular size

5. GENERAL AND SPECIFIC RULES

All the athletes must have been on the bench at least one time during a game. Volunteers will keep track of the players on the bench. The sports consultant will be allowed to disqualify a team that does not respect this rule. After one warning, the team will lose the current game.

- A random draw will determine which team will have the ball at the start of the game.
- At the beginning of the match and after a goal, the ball will be at the center of the court/field and a pass to a teammate must be made.
- There is no line in the center of the field.
- The team captain and coach are the only people who can talk to the referee.
- Offensive or defensive players cannot deliberately touch the ball with their hands or arms during the match.
- The goalkeeper can control the ball with his hands or feet in his goal area.
- Players can pass the ball to the goalkeeper.
- If the ball goes out on the side lines, the opponent takes possession of the ball.
- The game is restarted with a ground kick or a throwing by the opposite team from inside the boundary line nearest to where the ball went out.
- When the game resumes, the opponents must stand 3 metres from the ball.
- If the defending team touches the ball last when it crosses their goal line, then the opposing team takes possession and does a corner kick. The ball is given to the defending team if the attacking team took the ball out of play on the defending team's goal line.
- If the ball touches the ceiling, the game stops and the ball goes to the opposing team at the same place the ball touched the ceiling.
- The off-side rule is never applied during the games.
- A first violation will get the player a warning (yellow card). A second offence will lead to an expulsion (red card). That player will be suspended from the next game.
- A serious unsportsmanlike behavior will be immediately penalized by an expulsion (red card).
- A player cannot slide on the ground to take the ball away, with the exception of the goalkeeper in his area.
- After a violation, the game resumes where the fault occurred. The opponents must stand 3 metres away from the ball.

6. THE GAME

6.1. Game time

- The games are composed :
 - Elementary school : 1 halve of 15 minutes without stopping time
- High school : **2 halves of 10 minutes** with a stopping time at each half.
- All players must have a minimum of 1 field presences and no player may play a full game on the playing area

6.2. Score for general ranking

FINAL SCORE	POINTS
Win	5 points
Draw	3 points
Loss	1 point

If a team is not present on the court at the beginning of the match, it will be considered defeated. In addition to a victory, the winning team will accumulate a score of 1-0 in case of a later need to break a tie in the final score. However, a team is allowed a 5 minutes delay at the beginning of the tournament. In the event of a late start, the team will play the remaining time in the match.

6.3. In case of tie in semi-final and final

If a tie still persists, each team will have selected 3 players for shootouts. If there is still a tie, each member of the team will have a chance to shoot one at a time.

Note: all the players must have a shot once before coming back a second time.

6.4. In case of a tie at the end of the tournament

- The results of the previous match between the two teams will be considered.
- If a tie still persists, the total of points “conceded” will be considered.
- If a tie still persists, points difference (i.e. points scored minus points conceded) will be considered.
- If a tie still persists, each team will have selected 3 players for shootouts. If it is still tied, each team member will have a chance to score one at a time (note: all the players must have played before coming back a second time).

7. THE FIELD

7.1. Location

Elementary school :

- B, C Divisions : Omnisport - Centre Sportif Claude Robillard, Montreal
- A Division : Outdoor AstroTurf pitch – Centre Sportif Claude Robillard, Montreal

High school : Outdoor AstroTurf pitch – Centre Sportif Claude Robillard, Montreal

At the high school level (all divisions) and elementary (division A), games will be played outdoors no matter the weather conditions.

7.2. Specificities

- The outdoor field is 48,5 metres long and 27.50 m wide for high school level.
- Outdoor nets are 18 by 7 feet.
- Inside nets are 8 by 5 feet.
- The indoor field will depend on the available space.
- For indoor games, the wall and court boundaries will be considered part of the court.



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