



**Indoor Soccer Tournament
RULES & REGULATIONS (2026)**



THE MAEC CUP – 2026
Indoor Soccer Tournament
MAY 16 – 17, 2026

RULES & REGULATIONS

The MAEC Cup 2026 is a 7 vs 7 indoor soccer tournament event for the Afghan community organized by the MAEC Group in Montreal, Quebec. The MAEC Cup's mission is to encourage community youth participation in group sports (soccer), create a fun and respectful social ambiance for families and friends, and promote **unity, respect, friendship and sportsmanship**.

All games will be played in accordance with the FIFA rules and regulations except for the following amendments/conditions:

Breakdown of all game's length:

Game	Division	Length
Round-Robins	Youth (15 – 17)	2 X 20 min
	Men Open	2 X 20 min
	Men 35+	2 X 20 min
	Men 45+	2 X 20 min
	Women	2 X 15 min
Playoffs, Quarters, Semis	Youth (15 – 17)	2 X 20 min
	Men	2 X 20 min
	Men 35+	2 X 20 min
	Men 40+	2 X 20 min
	Women	2 X 15 min
Finals	Youth (15 – 17)	2 X 20 min
	Men	2 X 20 min
	Men 35+	2 X 20 min
	Men 40+	2 X 20 min
	Women	2 X 15 min

Teams will be awarded points as follows:

- 3 points for a win
- 1 point for a tie
- 0 points for a loss

If two teams are tied in points, the qualifying team for the next round will be selected according to the following order of stats:

- (1) Highest goal difference
- (2) Goals Against
- (3) Goals For



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- (4) Count of red cards
- (5) Count of yellow cards
- (6) If still tied, 2 penalty kicks per team

In the case of a tie during playoff games, there will be straight penalty shootouts and each team will take 3 penalty kicks. If there is still a tie, there will be sudden death shootouts where teams choose 1 kicker at a time until a team wins.

In the event of a forfeit, the game will be scored 3-0 against the forfeited team or the team that does not show up for its game. If both teams forfeit or do not show up, no points nor any scores are awarded to neither of the teams. Also, if a game is abandoned due to the actions of one team the game may be scored 3-0 in favor of the other team.

All disputes throughout the tournament shall be resolved by the tournament organizers and the committee on site. The organizers/directors reserve the right to expel any individuals from the tournament and the facility for any activity that may cause damage to the facility equipment or furnishings. The party or parties at fault will be financially responsible for the damage.

The Organizing team shall not be held accountable for any damaged, lost, or stolen items. All teams and players are responsible for their personal belongings.

The organizers/directors reserve the right to expel any individuals from the tournament and the facility if it determines that the individual is endangering the health and safety of others and/or infringing on the rights of others.

Under circumstances where a complaint arises due to ineligibility of another team's player during an ongoing game, that complaining team must inform the organizers **prior to the end of the 1st half** of the game of concern.

(1) PLAYERS

Each team is allowed a total of 12 players including up to **three Non-Afghan players**. A list of the participating players must be submitted by the day of Coaches meeting prior to the start of the tournament. **ONLY ENLISTED PLAYERS ARE ALLOWED TO PLAY.** If a player of a team is not listed on the roster form and he does play, that team will have to forfeit every game that the non-listed player has played.

Teams partaking in the Youth category can roster only players who are between 15 and 17 years old inclusive, on the tournament date. (no 14 or 18 years old)

Teams partaking in the Men 35+ category can roster up to 3 players aged between 30 and 35 years old, with the remainder of players aged 35 years and older. The age of a player is categorized with the year of birth, regardless of the month. For example, a 30+ player is admissible as long as he/she turns 30 years of age in 2026 (Jan – December).



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Teams partaking in the Men 45+ category can roster up 3 players aged between 40 and 45 years old, with the remainder of players aged 45 years and older. The age of a player is categorized with the year of birth, regardless of the month. For example, a 40+ player is admissible as long as he/she turns 40 years of age in 2026 (Jan – December).

Players are prohibited from participating in more than one category. The only exception is Men 40+ players that may play in both Men 35+/45+ categories.

Players are required to present, upon request, one piece of government issued photo identification. Players unable to present photo ID at any time during the tournament will not be allowed to participate in the tournament.

Any disputes with regards to player registration are at full discretion of the organizers and the committee's decision is final.

(2) SUBSTITUTIONS

Unlimited substitution shall be permitted. Substitutions are continuous during play and all players must enter and exit the field of play **at the half line only**. Substitution of *goalkeepers* must be directly reported to the referee and made during stoppage.

(3) KICK-OFF

A game will not begin until each team has a minimum of four (4) players (1 goalie, 3 field players) present. In the event of less than four (4) players being present at kickoff time:

- After five (5) minutes – the team in question will concede a goal to the opponents.
- After ten (10) minutes – the team in question will concede a second goal to the opponents.
- After fifteen (15) minutes – the team in question will forfeit the match by the score of three (3) to zero (0)

In the event of a delay in the start of a game, the referee may shorten each half to no less than 15 minutes per half; this is subject to the organizer's approval.

(4) PLAYERS' BEHAVIOR

Each team will be held accountable for the actions of the players that they include on their team list and those of the team officials and is required to take all precautions necessary to prevent its players and spectators from abusing, threatening, poaching or assaulting organizers, officials, staff members, and/or other players. Failure to control team players and spectators may result in **SUSPENSION FROM THE TOURNAMENT AND SHALL RESULT IN DISCIPLINARY MEASURES WITH THE MONTREAL POLICE.**



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(5) UNIFORM

All teams must have proper jerseys with numbers.

All players must wear shorts, shin guards and stockings. Goalkeepers are permitted to wear pants. The use of shin guards is mandatory. Shin guards must be completely covered by the stockings and must be made of plastic rubber or a similar suitable material and provide a reasonable degree of protection. Jewelry is prohibited. Only non-metal sports goggles or contact lenses are permitted.

The use of 6-stud metal cleats, cleats with long-stud screw-ins or any shoes with metal on the sole are strictly prohibited.

Any knee brace with exposed metal must be taped or wrapped. Players may not participate in games if they are wearing a cast on an injured limb.

(6) START AND RESTART OF PLAY

A kick-off is a way of starting or restarting play:

- At the start of the match
- After a goal has been scored
- At the start of the second half of the match
- At the start of each period of extra time, where applicable.
- Directly from the corner kick
- Directly from a goal kick
- Directly from a kick-in

All free kicks shall be classified as DIRECT, including corner kicks. Throw-ins are to be carried out by hand.

A direct free kick will be awarded if the ball makes contact with the ceiling. The free kick will be taken from the spot where the ball made contact with the ceiling first. If the ball is to be spotted inside a team's penalty area, the opposing team will receive a corner kick instead.

If for any reason not mentioned elsewhere in this document the referee is required to stop the play temporarily, the match is restarted with a dropped ball. The players are asked to demonstrate fair play.

(7) REFEREES

All referees are official referees and a referee's decision is FINAL.

(8) DURING THE GAME RULES

Only one coach/manager and the players listed on a team's roster can sit on their team



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bench, no one else will be permitted to do so. In such an event where there are other people sitting on the bench, the game will be stopped and the referee will give those people 2 minutes to leave the area. Failure to do so, the game will not continue and the result will be awarded a victory of (3-0) to the opposing team.

(9) DISCIPLINE, SECURITY AND SAFETY

The standard FIFA rules apply. That is, if a player is red carded (“straight red”), he will not be able to participate in the *ongoing game and the following game*. The player who receives a red card must leave the team bench immediately.

A yellow card always results in 2-minute suspension to the player. In the event a goal keeper is sanctioned a 2-minute suspension, any player from the field can sit out for her/him. Two yellow cards in the same game will turn into a red card and the red carded player will be suspended ONLY for the ongoing game and the team will continue with one less player.

If a player is sent off for bad behavior and/or fighting, the members of the organizing committee will make further decisions. Only the captain or the coach of the involved team can approach this committee regarding the incident. No players shall approach the committee or the organizers.

ZERO TOLERANCE POLICY ON FIGHTING. Any player that retaliates or participates in any fights during the games or the tournament shall be banned for the entire ongoing tournament and any future events.

The organizing committee reserves the right to suspend and expel teams and/or players who have acted in a manner that may be deemed dangerous to the facility and/or facility staff. Teams and players on teams instigating and/or participating in fights/brawls may be immediately suspended and/or expelled from further play.

Threatening or physically assaulting any organizers/directors, staff, team player, referee, patron, volunteers or any other person whether or not causing injury, shall result in **disciplinary measures with the Montreal Police** and suspension for the entire ongoing tournament and any future events. Repeat offenders may be banned INDEFINITELY.

Verbal threats can also be considered fighting and it is up to the discretion of the referee and/or the organizers/committee.

ZERO TOLERANCE POLICY ON DRUGS & ALCOHOL: Any player found to be under the influence of DRUGS or ALCOHOL will be EXPELLED from the games and will be BANNED from participation in any future MAEC events.