

Sport
Guide

SYMPO.

GRH

2025

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THE SPORT

SPORT SELECTION

For this edition of the HR Sympo, centered around the theme “Reignite the Spark,” the organizing committee has chosen a sport that is accessible and familiar to everyone. The priority was to make participation as simple as possible, whether in terms of team recruitment, facility rentals, or access to the necessary equipment. This year, the featured sport at the HR Sympo promises an exceptional level of play and aims to rekindle the passion shared by all participants.

CO-ED 7-A-SIDE SOCCER

7-a-side soccer is a dynamic team sport where two squads face off on half the size of a traditional soccer field. The objective is simple: score more goals than the opponent before the end of regulation time. This smaller format, which demands speed, teamwork, and strategy, is the key to success.

SCORING

The sports component is worth 6 points. Points will be awarded based on the performance of the teams in the soccer tournament.

TEAM COMPOSITION

For sports delegations participating in the HR Sympo, each team will be made up of ten (10) delegates: five (5) male players and five (5) female players. Regarding the sex of the delegates, we follow the same policy as the Olympic Games : that is, based on sex assigned at birth.

ELIGIBILITY

To ensure fair competition, teams may not include players from the following categories, whether in the featured sport or a related discipline (e.g., 11-a-side soccer or futsal):

- **Collegiate-level athletes:** Those who have been part of a collegiate (CEGEP or equivalent) team within the 24 months prior to the HR Sympo.
- **University-level athletes:** Those who have been part of a university-level team within the 24 months prior to the HR Sympo.
- **National-level athletes:** Those who have competed at the national level within the 24 months prior to the HR Sympo.
- **Professional athletes:** Those who have played in a professional league or have been paid to play at any point in their life.
- **Olympic athletes:** Those who have participated in the Olympic Games at any point in their life.

CAPTAINS

Before the tournament, each team must designate a captain. The captain must introduce themselves to the referee and the opposing captain at the beginning of each match. They are the only player authorized to communicate with the organizing committee or volunteers during the event. The captain is responsible for requesting clarifications on plays or fouls and represents the team in any mutual decisions.

If the captain is injured or ejected, a new captain must be appointed, and the organizing committee must be informed as soon as possible. Only the captain or the coach may request a timeout (one (1) per game, lasting one (1) minute), and it must be requested before the final three (3) minutes of play.

COACHES

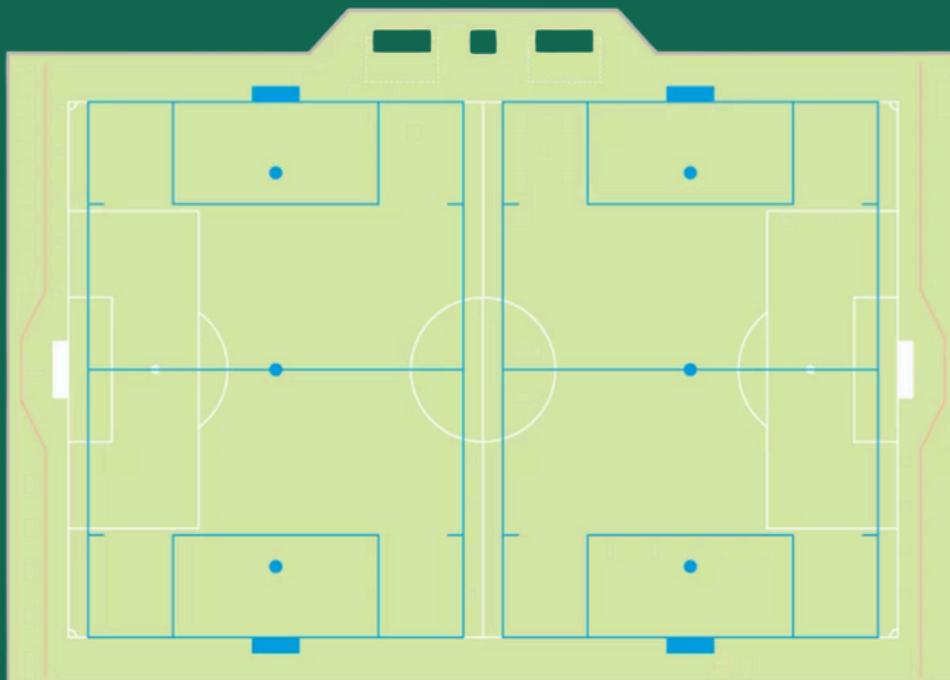
Each sports delegation is allowed two coaches. They must remain on or near the team bench at all times. If a team wishes to have additional coaches, they must sit in the stands. Only the coaches and the team captain are allowed to request a timeout, as mentioned above.

FIELD

The sport at the HR Sympo will take place at the Parc de la voie maritime in Saint-Lambert (Seaway 1), less than ten (10) minutes by shuttle from the hotel and the campus where the academic events will be held.

The field is located in the middle of a large park, offering a perfect opportunity to showcase the teams. Additionally, the park includes a pavilion with all the necessary amenities to ensure the smooth running of the competition.

As expected, the area used for 7-a-side soccer represents roughly half the size of a standard 11-a-side soccer field. This means that four (4) teams will be able to play simultaneously on the facilities. **See the image below for more details.**



SPECIFIC RULES

MATCH DURATION

Matches consist of two 15-minute halves, with a 3-minute halftime break. Matches listed in the schedule are spaced forty (40) minutes apart to allow teams time to move and prepare for their games. Teams are asked to be ready ten (10) minutes before the scheduled start time to help the day run smoothly.

Any intentional time-wasting is strictly prohibited for the entire duration of the tournament. A player who deliberately slows down the game to benefit their team at the end of a match may receive a yellow card. This measure is rigorous but necessary due to the tight schedule and the high number of games. The HR-CO counts on the professionalism of each team to ensure this rule is respected.

The winning team is the one with the most goals at the end of regulation time. In the preliminary matches, a win is worth three (3) points, a draw two (2) points, and a loss one (1) point. In the knockout matches, a 5-minute overtime will be played to determine a winner. A goal doesn't end the overtime, overtime ends when the time runs out. If the tie remains, a penalty shootout with five (5) players per team will take place.

In the event of a tie between two or more teams in the standings before the tournament, teams will be ranked according to the following criteria:

- Greater number of wins;
- Point differential;
- Greater number of points scored;
- Wins against the team involved in the tie;
- Point differential against the team involved in the tie;
- Coin toss (random draw).

NOMBER OF PLAYERS

Two teams of seven (7) players face off on the field. At all times, each team must have at least three (3) male and (three) 3 female players on the field. The 7th player is up to the team's discretion.

Each team is allowed a maximum of two (2) substitutions when the ball runs out per half. As with timeouts, no substitutions are allowed during the final (three) 3 minutes of the match..

VICTORY

SUBSTITUTIONS

GENERAL RULES

GOALS

A goal is scored when the ball completely crosses the goal line between the posts.

The offside rule does not apply.

OFFSIDE

FOULS

Common fouls include handballs, unsportsmanlike conduct, dangerous tackles, and illegal charges.

Penalties may include free kicks, yellow cards, and red cards, depending on the severity of the foul.

PENALTIES

PENALTY SPOT

The penalty spot is located 7 meters from the goal line.

A corner kick is awarded when the ball crosses the goal line after last being touched by a player from the defending team.

CORNER KICK

GOAL KICK

A goal kick is awarded to the defending team when the ball crosses the goal line after last being touched by a player from the attacking team.

A throw-in is awarded to the opposing team when the ball crosses the sideline.

THROW -IN

EQUIPMENT AND UNIFORM

UNIFORM

All teams must wear uniforms of the same color to avoid confusion during matches. A uniform representing the university colors of the team is recommended. Uniform approval will be required before the competition, no later than **November 1st, 2025**.

EQUIPMENT

The list of required equipment for each delegate is very simple:

1. Cleats (metal cleats are prohibited);
2. Shin guards;
3. Soccer socks;
4. Shorts/pants without pockets;
5. School uniform.

Soccer balls will be provided by the organizing committee during the weekend.

SCHEDULE

Each team will play a total of five (5) preliminary matches in the morning. The match schedule is designed to ensure that no team plays more than two consecutive matches without a break.

After the preliminary round, there will be a one-hour lunch break before the knockout round begins in the afternoon.

The knockout round will take place throughout the afternoon until around 4:00 PM, depending on any overtime periods. Expectations are high for an electric atmosphere with all delegations gathering to watch the finals before returning to the hotel.

SPECIAL NOTES

REFEREE

The referee's presence is essential to ensure fairness and safety during 7-a-side soccer matches. They are the guardian of the rules and the spirit of the game, making impartial decisions for everyone's benefit. Any disrespect toward the referee, including disputes or offensive language, will not be tolerated. Such behavior undermines the integrity of the match and the atmosphere of the tournament. Severe penalties, including potential disqualification from the tournament, will be enforced to maintain a respectful environment for all participants.

SUBSTITUTES

Each school must submit a pre-approved list of four (4) substitutes : two (2) male and two (2) female players. They will be the only students allowed to replace an injured participant. Substitutes must already be part of your delegation, whether as academic delegates, participation, or internal members.

All substitution requests must be submitted and approved by the organizing committee before the substitute is allowed to play.



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