

Frequently Asked Questions

Q: Do I need a team to register for a league?

A: No; Individual registrants are welcome and encouraged to register. We will make every effort to get you participating on a team of equally skilled players. It is a great way to meet new people and have fun!

Q: Can I be placed on the same team as my friends?

A: Yes; if you and your friends sign up as individuals, please write on your registration form that you would like to be placed together. We will make every attempt to fulfill your request. Additionally, if you have enough people you may register as a full team. It is important that you all register in the same time frame.

Q: Can I register at the end of a session/season to hold my spot for next year?

A: Teams and individuals can only register once registration is open (Set Date) for the upcoming season; we do not hold spots for returning teams/individuals as we operate under the mandate of First Come, First Serve. As a Community Sport League we must ensure everyone has the opportunity to participate and be open to new registrants.

Q: How many players do I need for a team?

A: We recommend at minimum having enough players to field a full team and some subs on the sideline. Each sports roster size can be found in our rules section on the CARL website; www.waterloo.ca/carl. There is no maximum to the amount of players you may have on your team.

Q: Can anyone play on my team?

A: Yes; as long as the individual is 18 years of age they are eligible to play within the CARL league. All players on your team need to be listed on your team's roster with their contact information.

Q: May I add players to my roster after I have submitted it?

A: Yes; a team may add as many players as they would like to their roster. New players may only be added up till the 4th week of a 12 week season and the 10th week of a 24-26 week season. Captains must send an email to carl@waterloo.ca providing any new player's name and contact information.

Q: What do my fees cover?

A: Your fees will cover facility costs, staff time, league equipment, marketing, administrative costs and officiating (where applicable).

Q: What is the skill level of play in the league?

A: All leagues are "recreational" – everyone is welcome to participate, from beginners to experienced players. Teams will be divided into different divisions based on skill level. When registering; teams and individuals are expected to indicate their level of play. We encourage you to come out for fun and fitness in sport.

Q: How do I determine my division level?

A: CARL leagues are divided by up to 4 different skill levels. The divisions are determined as follows:

- A. More competitive teams/individuals that are at an advanced skill level.
- B. More of an intermediate skill level of athletic participation within a rec setting.
- C. More of a moderate skill level of athletic participation within a rec setting.
- D. Wide range of skill levels more focused on skill development and socialising than competition.

In certain leagues there is the ability to change divisions during the season; however an official request must be sent to carl@waterloo.ca within the first **3 weeks** of play for a **12-week season** and the first **6 weeks** for a **24-26 week season** to be considered. CARL Administration reserves the right to make final adjustments as required for the betterment of the league.

Q: When will I receive a schedule and more information?

A: You will be contacted by CARL Administration 3-4 weeks prior to the start of the season via email to confirm division requests and to ensure your contact information works. All schedules will then be sent out a minimum of 1 week prior to the start of the season. You are welcome to send us an email with questions about our leagues at any time: carl@waterloo.ca.

Q: Are there playoffs?

A: All teams are guaranteed a minimum number of games during the season. There will be a regular season schedule followed by a post-season schedule; 2 or 3 games depending on the number of teams in your division. All teams will have post season games; however, not all teams will make playoffs. Depending on division numbers the top 4 or top 8 teams will usually play for the championship. CARL Administration has the right to make changes to the playoff format at any time.

Q: Are the leagues officiated?

A: The majority of CARL leagues are self-officiated; players are expected to know the rules and make their own calls during a game. Ice Hockey and Slo-Pitch are the only exceptions. These leagues will be officiated which is part of the league fees for those sports.

Q: Where would I find the CARL Rules?

A: All of the CARL rules can be found on the CARL website: www.waterloo.ca/carl under each sport. All players are expected to have read and know the rules for their sport prior to playing.

Q: Is our team expected to wear a team jersey?

A: No, teams are **not** required to have team jerseys; however, we do encourage teams to coordinate with their team to wear a similar colour. Exception: Ice Hockey, all players are expected to wear a jersey with the same number during the season.

Q: Do you provide jerseys for the teams?

A: Ice Hockey teams will have the option of using league provided jerseys (for a deposit) if the team does not have their own. In other sports, the league will provide 'pinnies' whenever there is a colour conflict. It is recommended to bring a dark and light shirt to each game to aid in avoiding colour conflicts.