

REGULATIONS FOR THE WOMEN'S BALTIC LEAGUE 2026

Preamble

- A) The present regulations govern the rights, duties, and responsibilities of all parties participating and involved in the preparation and organization of the Baltic League.
- B) The Baltic League will not change the system of the Lithuanian, Estonian, and Latvian Championships or Lithuanian, Estonian and Latvian clubs' qualification system for the UEFA club competitions.
- C) Where the masculine form is used for functions such as player, coach, referee, assistant referee, delegate, team official, supporter, etc., the feminine form also applies, and vice versa.

1. Entries and Duties

- 1.1 The Baltic Women's Football League (hereinafter - the Competition) will be arranged every year.
- 1.2 The two best clubs from Lithuania, Estonia and Latvia according to the results of the domestic women's top championships can enter the Baltic League the next year. If one of these clubs does not want or cannot enter the competition, the replacement will be done under the sportive principles.
- 1.3 By entering the Competition, participating clubs and their respective national associations undertake:
 - 1.3.1 to comply with Baltic League's statutes, regulations, and its decisions;
 - 1.3.2 to stage all matches in the Competition following the present regulations, and to field their strongest teams;
 - 1.3.3 to observe the principles of fair play;
 - 1.3.4 to fulfil their commitments and responsibilities towards the international media;

2. Cup and Medals

- 2.1 A cup donated by the Baltic League organizers – the Estonian Football Federation is presented to the winning club.
- 2.2 30 (thirty) gold medals are presented to the winning club, 30 (thirty) silver medals to the second place, and 30 (thirty) bronze medals to the third place team. Additional medals may not be produced.

3. Control and disciplinary committee

- 3.1 A Control and Disciplinary Committee (Organizing Committee) will be appointed before the start of the tournament and shall consist of one representative from each participating association. The member of the host association shall be the chairman.
- 3.2 The Organizing Committee is the highest operational management body. It is responsible for all decisions concerning the present regulations and those that are not stipulated in the regulations.
- 3.3 The Organizing Committee shall be called when needed, either by the Chairman or any of the other members.
- 3.4 The Organizing Committee shall deal with protests, disciplinary measures, and other matters concerning the tournament, which are not mentioned in these regulations. A member of the Committee shall not take part in dealing with matters concerning his association.
- 3.5 During the meetings written notes shall be taken and distributed to all members.
- 3.6 Protests against the validity of a match shall be put verbally to a member of the Organizing Committee, not later than one hour after the match concerned and in writing until midnight (00:00) on the same day. Protests shall be dealt with as soon as possible and the Committee's decisions are final.

4. Responsibilities of the associations and clubs

- 4.1 The Baltic League 2026 is organized by the Estonian Football Federation.
- 4.2 The Baltic League manages the Competition according to these regulations.
- 4.3 The Organizing Committee and The Baltic League organizing Federation will create the best possible conditions for staging the Competition, covering, among other aspects, the promotion, coordination, and administration of the Competition, the entry procedure and authorization to take part, the match system, the Laws of the Game, refereeing, control, and disciplinary matters.
- 4.4 The Organizing Committee and The Baltic League organizing Federation ensure their area of responsibility, following the present regulations.
- 4.5 The clubs are responsible for the behavior of their players, officials, members, supporters, and any person carrying out a function at a match on their behalf.
- 4.6 The host club (or the host association) is responsible for order and security before, during, and after the game. The host club (or the host association) may be called to account for incidents of any kind and may be disciplined.

- 4.7 The host club in all cases exempts The Baltic League from any claims for damages or liability resulting from the staging of the matches, regardless of whether the matches in question take place or not.
- 4.8 Matches may be played either on the grounds of the host club or on another ground in the same or another city within the territory of its national association. If the match is being played on another ground in the same or another city or country, the venue is subject to the approval of the organizing country.
- 4.9 The host club must stage the relevant matches at the ground following the instructions of the Baltic League and in cooperation with the national association concerned. However, the club is considered solely accountable for all its obligations in this respect, unless the relevant body or bodies decide(s) otherwise.
- 4.10 Matches can be played on both surfaces (natural and artificial).

5. Competition System

- 5.1 The Competition will run as a round-robin tournament and final stage.
- 5.2 There will be two stages in the Competition. In the round-robin tournament, the clubs will play 4 single-leg matches; the same country clubs are not supposed to play against each other in the round-robin tournament (each team will play 2 away matches).
- 5.3 After the group stage semi-finals for the top-ranked 4 teams will take place:
 - 5.3.1 1st Team 1 vs 4th Team, the host to be confirmed by draw procedure
 - 5.3.2 2nd Team vs 3rd Team, the host to be confirmed by draw procedure
- 5.4 5th place match will not take place.
- 5.5 Final and 3rd place matches will take place on the 15th of August:
 - 5.5.1 Winner 1st/4th Home – Winner 2nd/4th Away
 - 5.5.2 If the organizing association club reaches the final, the final will be held at their home venue; otherwise, the venue will be determined by a draw.
 - 5.5.3 Lost Team 1st/4th Away – Lost Team 2nd/3rd Home
- 5.6 If any participating club advances to the UEFA Women`s Europe Cup or the UWCL league phase, the Baltic League Organizing association, if necessary, reserves the right to amend the competition format. This may include proceeding directly to placement matches following the conclusion of the round-robin stage.

- 5.7 Three points are awarded for a win, one point for a draw, and no points for a defeat. In semi-final matches and placement matches, if the game ends in a draw at the end of regular time, extra time will not be played, and the outcome will be determined by a penalty shootout.
- 5.8 In 2026 matches must be played according to the fixed schedule which will be approved by the clubs and Organizing committee and submitted to the organizing country 2 weeks before the start of the league the latest.
- 5.9 If two or more teams are equal on points the following criteria are applied to determine the rankings:
 - 5.9.1 Number of forfeited matches among the teams in question (goal difference, number of goals scored);
 - 5.9.2 the result of the match between the teams;
 - 5.9.3 superior goal difference in all the matches;
 - 5.9.4 a higher number of goals scored in all the matches.minimum number of penalty points (red card – 3 points, yellow card – 1 point);
 - 5.9.5 drawing of lots.

6. Match Administration

- 6.1 Matches must be played according to the schedule fixed in paragraph IV
- 6.2 The schedule might change only upon confirmation from the Organizing Committee.
- 6.3 Clubs must submit a written request to the Chairman of the Local Organising Committee to reschedule a match at least ten (10) calendar days before the scheduled match date.
- 6.4 A match cannot be rescheduled a second time with the same club team.
- 6.5 The venues and kick- off times of the matches will be fixed by the host clubs and announced to their opponents and all the participating associations according to points stipulated in the regulations. In case the venue of the upcoming match has changed, the host club should inform the visiting team and organizers 7 days before the match.
- 6.6 The teams must arrive at least 90 minutes before the kick-off to the stadium.
- 6.7 The half-time break lasts 15 minutes.

7. Stadiums and Match Organization

- 7.1 The Baltic League Organizing committee may refuse to permit matches to be played at stadiums that do not measure up to international standards. Stadiums must be in good condition in terms of both their playing surface and facilities and fully comply with the Laws of the Game. They must conform to the safety and security prescriptions of the competent civil authorities.
- 7.2 The changing and personal hygiene facilities for players and referees must meet current requirements, namely:
 - 7.2.1 separate, clean, and properly maintained shower facilities (at least five showers per team and a minimum of one shower for the referees);
 - 7.2.2 individual and separate (from those intended for supporters) seated toilets for the teams and referees;
 - 7.2.3 sufficiently large dressing rooms for the delegations (at least 25 seats and one massage table per delegation);
 - 7.2.4 a sufficiently large dressing room for the referees (at least four seats and a desk);
- 7.3 The clubs taking part in the Competition must ensure that the stadiums they use undergo a periodic safety check, including a determination of the capacity, by the competent authorities, or by a body recognized by the latter.
- 7.4 In the interests of the safety of players and match officials, participating clubs must provide access to the field of play that guarantees the safe entry and exit of these persons.
- 7.5 Following Law 1 of the *Laws of the Game*, matches may be played on artificial turf, provided that such artificial turf meets all the following conditions:
 - 7.5.1 the artificial turf meets any of the applicable FIFA quality standards for artificial turf, currently corresponding to the "FIFA Quality", the "FIFA Quality Pro" following the "FIFA Quality Concept - Handbook of Test Methods and Requirements for Artificial Turf Football Surfaces" as well as all requirements under the applicable national laws and regulations;
- 7.6 The owner of the artificial turf and the host club must obtain sufficient warranties and/or guarantees related to the material and the installation from the manufacturer and the installer of the artificial turf.
- 7.7 The Baltic League cannot be held responsible for any damages to third parties resulting from the use of the artificial turf.
- 7.8 Matches may be played in daylight or under floodlights. For matches where floodlighting is required, the light average must correspond to Ev (lux) 500 towards the main camera(s) and Ev (lux) 300 towards areas of secondary interest.

- 7.9 Matches played in stadiums without artificial lighting or with insufficient lighting for the proper conduct of the game must start no later than three (3) hours before the forecasted sunset.
- 7.10 Matches scheduled on weekdays must have kick-off times between 17:00 and 20:00, while matches on weekends must not start before 12:00 and later than 18:00. Any amendments to these timings require official mutual confirmation by the clubs and approval from the Organizing Committee.
- 7.11 Clocks in the stadium showing the amount of time played may run during the match, provided they are stopped at the end of normal time in each half, i.e. after 45 and 90 minutes respectively.
- 7.12 Transmissions of any images and/or messages on giant viewing screens inside and outside the stadium are allowed. However, transmissions, images, or messages should be approved by the Baltic League organizing country before the match.
- 7.13 At the matches, there must be an announcement in at least 2 languages, in local language and English.
- 7.14 To ensure the smooth running of matches, the host club must provide ballboys/girls for each match.
- 7.15 It is allowed to sell light alcoholic drinks, which concentration is defined in each separate municipality.
- 7.16 If the host club deems that the field of play will not be fit for play, it must notify the visiting team, the referees, and the official delegates before their departures. Otherwise, the host club is responsible for their travel, board, and lodging expenses. The Baltic League Organizing Committee must be notified at the same time. The Baltic League organizing Committee country makes the necessary decision.
- 7.17 If any doubt arises as to the condition of the field of play after the visiting team departs from home, the referee will decide on the field of play itself whether it is fit for play.
- 7.18 If the referee declares that the match cannot commence because the field is not fit for play, or because of the weather conditions, the match must in principle be played the following day. Such rearranged fixtures are subject to the approval of the Baltic League Organizing committee.
- 7.19 If the match cannot start or is interrupted due to force majeure, the decision to stop the match shall be made by the referee. The match will resume on a new date set by the Organizing committee from the minute and position where it was stopped. In this case, all warnings received by teams and player substitutions made before the interruption remain valid until the end of the match. If, at the time of resumption, a player who was on the field at the time of the interruption is unable to continue due to health reasons, they may be replaced by a substitute listed in the match protocol who has not yet

participated in the match. This will be considered as a substitution. However, if the team has already used all its permitted substitutions, no further changes can be made.

8. Principles of protocol and organization

- 8.1 At all matches in this Competition, the players are invited to shake hands with their opponents and the referees after the line-up procedure as well as after the final whistle, as a gesture of fair play.
- 8.2 Seven (7) team officials and twelve (12) substitute players are allowed to sit on the substitutes' bench, i.e. a total of 19 persons. The names of all these persons and their functions must be listed on the match sheet.
- 8.3 If space permits, up to five additional technical seats are allowed for club staff providing technical support to the team during the match (kit manager, assistant physiotherapist, etc.). Such seats must be outside the technical area, behind or to the side of the benches but with access to the dressing rooms. The names of all these persons and their functions must be listed on the match sheet.
- 8.4 Medical staff must be in the technical area.
- 8.5 Smoking is not allowed in the technical area during the match. Any violation of this rule will be reported to the Baltic League organizing country.
- 8.6 An adequate security staff must be present, to guarantee safety and security in the stadium.
- 8.7 The host club must ensure an appropriate medical service at matches.
- 8.8 No spectators are allowed in the area between the stands and the touchline or goal line.
- 8.9 The host club grants a free entrance to the matches for media representatives.
- 8.10 The host club provides media representatives with adequate working conditions and information.
- 8.11 It is a common practice that players, coaches, and representatives of clubs are ready to communicate with the media and do not damage the image of the Baltic League in interviews given to the media.
- 8.12 Players, coaches, and representatives of clubs are not allowed to try to influence referees in interviews given to the media.
- 8.13 If the teams arrange to hold official training sessions in the stadium where the match will take place, they should, in principle, be open to the media. If the coach requires a degree of privacy, he may arrange for part of the training session to be closed but must allow media access for at least 15 minutes.

- 8.14 Interviews are not permitted before, during or after the match on the field of play itself or in its immediate vicinity. However, the host club may designate an area between the substitutes' benches and dressing rooms in which "flash" interviews can take place at half-time and at the end of the match. A "flash" interview during the half-time interval may only be conducted in the designated area with the coaches of the two teams involved in the match, or their assistants, subject to their prior consent. Players, including those on the substitutes' bench, may not be interviewed during the half-time interval. Interviews are also allowed with coaches and players upon their arrival at the stadium, on their way from the team bus to the dressing room area.
- 8.15 If the post-match press conference will take place at the venue, it must start no later than 15 minutes after the final whistle. The host club is responsible for providing the necessary infrastructure (interpreting and technical equipment). Both clubs are obliged to make their team manager/coach, and one or two players, available for this press conference.
- 8.16 The team dressing rooms are off-limits to representatives of the media before, during, and after the match.
- 8.17 No representatives of the written press or radio journalists are allowed in the playing area or the area between the boundaries of the field and the spectators.
- 8.18 In terms of the mass media, photographers, TV cameramen, and the personnel required to operate an electronic television camera of the host broadcaster – all equipped with special permits for the event – are allowed in the area between the boundaries of the field and the spectators, where they will carry out their work in the specific locations assigned to them.

9. Laws of the Game

- 9.1 Matches are played in conformity with the *Laws of the Game* promulgated by the International Football Association Board (IFAB) and published by FIFA.
- 9.2 Each team may use up to 9 (nine) substitutes during the match. However, no more than 3 (three) stoppages per team are not allowed for substitutions during the 2nd (second) half. Substitutions made at halftime will not be counted as substitution pauses.
- 9.3 The use of preferably electronic substitution boards to indicate the substitution of players is compulsory. Substitution boards must be numbered on both sides.
- 9.4 During the game, substitute players are allowed to leave the technical area to warm up. The pre-match organizational meeting (participating referee and one of the team representatives) is held 75 minutes before the kick-off. The referee will determine exactly where they should warm up (behind the first assistant referee or behind the advertising boards behind the goal) and how many substitute players are allowed to warm up simultaneously. In principle,

five substitutes and one staff member per team shall be allowed to warm up at the same time; exceptionally, if space permits, the referee can allow the nine substitutes of each team to warm up simultaneously in the determined area.

- 9.5 Each club shall participate with a maximum of 30 players. During the season Lithuania and Latvia participants use the COMET system and in matches with the Estonian team Eris system which will be later filled in both systems by the association where the match is held.
- 9.6 In case of a match with Estonian clubs:
 - 9.6.1 Before the match, each team will print out a match sheet on which the numbers and full names of the 23 players in the squad.
 - 9.6.2 The 11 players marked in column P must commence the match. Up to twelve players can be marked in column S and they are designated as substitutes. The numbers on the players' shirts must correspond with the numbers indicated on the match sheet. The goalkeepers and team captain must be identified.
 - 9.6.3 Both clubs must hand their match sheets to the referee at least 60 minutes before kick-off.
- 9.7 In case of a match with Lithuanian and Latvian clubs:
 - 9.7.1 The registration of the players and the officials seated on the substitutes' bench and on the additional technical seats of the match is carried out in the COMET system by filling out the Match sheet.
 - 9.7.2 The registration of the participants of the match must be completed at least 60 minutes before kick-off.
- 9.8 If the match sheet is not completed in time, the matter will be submitted to the Disciplinary Committee.
- 9.9 Nine (9) of the substitutes listed on the match sheet may take part in the match. A player who has been substituted may take no further part in the match.
- 9.10 Before the start of the match, the match sheet completed and approved of both Teams can be changed in the COMET system or Paper Match sheet only in compliance with the following requirements:
 - 9.10.1 If any of the starting line-up (11) registered players are not able to start the match for any reason, they may be replaced by any of the nine substitutes. Such replacements will reduce the quota of substitute players accordingly. During the match, **nine** players may still be replaced.
 - 9.10.2 If any of the nine substitutes listed on the match sheet cannot be fielded due to physical incapacity, they may be replaced by a player listed in column A on the match sheet.

9.10.3 If none of the goalkeepers listed on the match sheet can be fielded due to physical incapacity, they may be replaced by registered goalkeepers listed in column A on the match sheet

10. Player Eligibility

- 10.1 A player is eligible to play in the Competition if she is eligible to play for her club in the domestic highest division or premier league.
- 10.2 Each player taking part in the Competition must have a valid passport or identity card, contain a photograph and give full particulars of his date of birth (day, month, year). If a player does not have a valid passport or identity card, she will not be allowed to take part in the Competition.
- 10.3 For identification 60 minutes before the match the fourth official referee will arrange a visual check of each player participating in a match and all players on the match sheet must have a valid passport or identity card.
- 10.4 All players must undergo a medical examination.
- 10.5 The list of players - maximum 30 (thirty) players may contain exactly as many players as its national association allows them to have in the highest division or premier league. The player must be registered in a national federation.
- 10.6 All registered players must wear set numbers between 1 and 99. No number may be used by more than one player.
- 10.7 When submitting player registration lists, the national association and club concerned must vouch for the content and are responsible for ensuring that the aforementioned provisions are respected.
- 10.8 The Organizing Committee decides on questions of player eligibility. Challenged decisions are dealt with by the Disciplinary Committee.

11. Team kits

- 11.1 The *UEFA Kit Regulations* apply to any kit (sports equipment) used in the stadium during the entire Competition.
- 11.2 The association where the match is held is responsible for arranging the kit colors at least five (5) days before the match.
- 11.3 The teams will wear their first kits to the matches. If both teams' shirts and/or socks are the same colour, the visiting team will change the shirts and/or socks.
- 11.4 The Baltic League organizing federation declines all responsibility and authority in the event of conflicts arising from contracts between a club and its sponsors and/or a club and a manufacturer on account of the provisions of the *UEFA Kit*

Regulations regarding the sponsor advertising and/or the manufacturer identification.

12. Match officials

- 12.1 The home club's national association appoints referees, two assistant referees, fourth official and the delegate/referee observer. Preferably referees with women FIFA category, followed by Men National or 1st category. All of the persons' names mentioned must be informed to all the national associations and the clubs concerned with the match at least two days before the match.
- 12.2 Directly after the match, the referee completes an official report in the system of the country where the match took place. If paper match sheets were used in the match, a signed and completed official report shall be submitted within 3 (three) hours to their national association and to the Competition organizer by e-mail to anu.talvar@jalgpall.ee who is obliged to upload to a shared server. In addition, the originals must be sent by post within 48 (forty-eight) hours of the end of the match to their national association. The referee must always keep a copy of his report and both match sheets.
- 12.3 On the report, the referee reports in as much detail as possible on any incidents before, during, or after the match, such as:
- 12.3.1 misconduct of players, leading to caution or expulsion;
 - 12.3.2 unsporting behavior by officials, members, supporters, or anyone carrying out a function at a match on behalf of an association or club;
 - 12.3.3 any other incidents.

13. Disciplinary Law and Procedures

- 13.1 As a rule, a player who is sent off the field of play is suspended for the next match in the Competition. The organizing country is entitled to augment this punishment.
- 13.2 A player and official/coach is suspended for the next match automatically after their third yellow card. Every participating association keeps the table of all of the yellow and red cards. Cautions that have not resulted in a suspension expire on completion of the group stage. They are not carried forward to the semi-finals.
- 13.3 A player and official is suspended for the next match automatically after a straight red card.

All disciplinary matters are included in additional document.

14. Matches abandoned, disqualified and unregistered players

- 14.1 Participating clubs are obliged to show up to the stadium at the designated time. The team that does not show up to the match will be counted with the technical loss 0-3. The kick-off of the match cannot be delayed over 45 (forty-five) minutes.
- 14.2 If the player who does not have the right to participate in the match (not registered with the National Association, LFF, suspended, etc.) is included in the match protocol, the result will be annulled and the team will be counted with the technical loss 0- ... (Number of goals scored by the opponent in case the match is cancelled).
- 14.3 In case the punished team has lost by a greater result, the result should be kept. All the cautions and expulsions will remain.

15. Protests

- 15.1 Participating associations and their clubs are entitled to protest. The party protested against and the disciplinary inspector had party status.
- 15.2 Protests must reach the organizing country by e-mail to: anu.talvar@jalgpall.ee in writing, stating the reasons, within 24 (twenty-four) hours of the match and it must be noted down to the match report.
- 15.3 This 24 (twenty-four) hours' time limit cannot be extended.
- 15.4 A protest is directed against the validity of a match result. It is based on a player's eligibility to play, a decisive breach of the regulations by the referee, or other incidents influencing the match.
- 15.5 Protests concerning the state of the field of play must be submitted to the referee by the relevant officials before the match. If the state of the field of play becomes questionable during the match, the team captain must inform the referee in the presence of the captain of the opposing team, orally without delay.
- 15.6 Protests cannot be lodged against factual decisions taken by the referee.
- 15.7 A protest against a caution or expulsion from the field of play after two cautions is admissible only if the referee's error was to mistake the identity of the player.

16. Financial Provisions

- 16.1 For all matches in this Competition, the national association of the host club, on behalf of the Baltic League, assumes the costs of referee, two assistant referees and fourth official, transport of referee, two assistant referees and fourth official as well as broadcasting costs. The National Association assigned

as Baltic league organizers for a particular year arranges and assumes the costs of marketing and branding materials.

16.2 For all matches in this Competition, clubs assume the costs of accommodation, food and transport themselves.

17. Marketing Rights

17.1 All marketing rights concerning The Baltic League belong to the Football Associations of Lithuania, Estonia and Latvia.

17.2 Match Home team Association media officers must send a match broadcast link at least 24 (twenty-four) hours before the start of the match to all parties.

18. Intellectual Property Rights

18.1 The Baltic League is the exclusive owner of all intellectual property rights of the Competition, including but not limited to any current or future rights of the Baltic League's names, logos, brands, medals and trophies. Any use of the aforementioned rights requires the prior written consent of the Baltic League and must always conform to Baltic League's instructions and guidelines on correct usage.

18.2 All rights to the fixture list, as well as any data and statistics in relation to the matches in the Competition, are the sole and exclusive property of the Baltic League.

19. Court of Arbitration for Sport (CAS)

19.1 In case of litigation resulting from or in relation to these regulations, the provisions regarding the Court of Arbitration for Sport (CAS) laid down in the UEFA Statutes apply.

20. Closing Provisions

20.1 The Organizing Committee will decide on any matters not provided for in these regulations, as well as in cases of force majeure. Such decisions are final.

20.2 Any unforeseen matters not mentioned in the regulations such as but not limited to: protests, disputes, unsporting behaviour will be reviewed by the Control and Disciplinary Committee (Organizing Committee).

20.3 All annexes form an integral part of these regulations.

20.4 These regulations apply for the 2026 season.

21. Annex - Stadiums

- 21.1 Stadiums must be in good condition in terms of both their playing surface and facilities and fully comply with the Laws of the Game. They must conform to the safety and security directives of the competent civil authorities.
- 21.2 In addition to the provisions stipulated in the Competition regulations (Article 7), the following requirements must be met:
- 21.2.1 The playing fields should be freshly mowed;
 - 21.2.2 Pitches should in principle measure 100 to 120m x 64 to 75m;
 - 21.2.3 One replacement goal must be available in the stadium;
 - 21.2.4 The stadiums must be equipped with two covered benches at pitch level each providing seating room for 13 people in total. These benches must be positioned at least four metres from the touchline and must not present a risk for the safety of the players. If possible, covered seats for two persons must also be provided between the substitutes' benches;
 - 21.2.5 Each stadium must provide adequate public first aid and fire-fighting equipment as well as sanitary facilities for both sexes and must meet Baltic League's requirements for the safety and security of spectators;
 - 21.2.6 Each stadium must be equipped with a public address system;
 - 21.2.7 At least one massage table must be provided in each dressing room;
 - 21.2.8 The teams and the referees must be provided with the necessary facilities in order to enable them to take a hot shower after the match.

22. Annex - Match organisation

- 22.1 The following principles for match organisation apply:
- 22.1.1 refer to Article 5 of the Competition system.
 - 22.1.2 A minimum of six ball girls/boys should be provided for each match.
 - 22.1.3 10 match balls should be made available per match.
- 22.2 The following principles for pre-match procedure apply:
- 22.2.1 Arrival at the stadium: - 75' Teams, referees, official match delegate or referee observer
 - 22.2.2 Match sheet to be completed by - 60' Both teams

22.2.3 Match timetable:

- 22.2.3.1 - 60' to -15' Warm-up on the pitch
- 22.2.3.2 - 6' Stud check in the corridor
- 22.2.3.3 - 4' Teams come onto the field and stand in line facing the VIP box
- 22.2.3.4 - 3' Hand-shaking procedure and team photos
- 22.2.3.5 - 1' Coin toss
- 22.2.3.6 - 0' Kick-off

22.2.4 This timetable may be adapted to take account of the distance between the dressing rooms and the playing field.

22.2.5 Half-time interval: 15'

22.2.6 After the final whistle both teams, referee and assistant referees gather in the centre circle, shake hands with each other and wave goodbye to the spectators.

23. Fair play

23.1 The idea of playing a game fairly and treating an opponent in a sporting manner is one of the finest elements to be found in any sport. In fact, it was sport that gave birth to the now widely used expression and concept of fair play. It remains as vital an ingredient of our sport today as it ever was, and most spectators would agree that only a fair match can be an entertaining one.

23.2 The concept of fair play can be broken down into the following principles, which apply as much to the players as to other individuals connected to the game:

23.2.1 The Laws of the Game and the regulations of the various competitions must be respected;

23.2.2 Every effort should be made to behave in a sporting manner towards opponents, referees and any other persons involved in matches, such as spectators, officials of other clubs and associations, and representatives of the media;

23.2.3 Anyone else involved in matches should be encouraged to behave in the manner outlined above before, during and after a match, irrespective of the result of the match and the decisions taken by the match officials.

24. Sanctions

Forfeit loss in the Baltic League main tournament	300
Forfeit loss in the Baltic League in play offs	500
Lack of dressing rooms and shower facilities (teams, referees etc.)	250
Absence of a doctor or medical staff in the technical area	200
Insufficient number of balls	50
Absence of ball boys/girls	50
Failure to use designated match kit	50
Inclusion or participation of a player/official without playing rights in the match sheet	150
Failure to comply with suspension due to red or yellow cards	150
Match organization non compliant to the required level stated in the regulations	up to 150

Additional information

* The aforementioned amounts are in euros (€).

* In case of sanctions the 1st referee of the match has to inform the home Federation about it directly after the match.

* All sanctions, applied to clubs, will remain at the disposal of concerned National association.

**All disciplinary matters are included in additional document.*