1. Soccer Nova Scotia Policies and Procedures
All matters not included in these rules and regulations shall be dealt with in accordance with Soccer Nova Scotia Policies and Operational Procedures, or any other Soccer Nova Scotia documents that govern the sport of soccer.

2. Team Registration
A team is registered by the league upon a) payment of registration fees paid in full, and b) providing the names and addresses, including telephone numbers and email address of three contact persons for the purpose of receiving all communications from the NSSL for that team.

3. Player Registration and number of players on teams

3.1. Teams shall register players in accordance with rules set forth by Soccer Nova Scotia. The deadlines for player registration shall be designated by Soccer Nova Scotia

3.2. No player shall be deemed registered for participation nor shall a player compete in any game of the NSSL unless they are registered with Soccer Nova Scotia and confirmation of their registration has been forwarded to the league within 24 hours prior to play.

3.3. Only players registered on a team are eligible to compete in post regular scheduled competitions administered by the NSSL.

3.4. The number of players per team permitted to be registered to an outdoor team is:

- Mini - (U8, U9, U10)
  5-aside: minimum of 8 players, maximum of 15 players
  7-aside: minimum of 10 players, maximum of 19 players

- Youth - (U-11, U12, U13)
  9-aside: minimum of 12 players, maximum of 23 players

- Youth/Senior – (AA, A, B, C)
  11-aside: minimum of 14 players, maximum of 27 players
  7-aside: minimum of 10 players, maximum of 27 players
• Youth/Senior – (AAA)
  11-aside: minimum of 17 players, maximum of 22 players

• Masters - (O-35)
  11-aside: minimum of 17 players, maximum of 27 players

• Co-ed
  7-aside: minimum of 10 players, maximum of 27 players

• Indoor - (All categories)
  7-aside: minimum of 10 players, maximum of 19 players

  11-aside: minimum of 14 players, maximum of 27 players

4. Coach and Manager Registration
4.1. All team coaches and managers participating in the league shall register each season (outdoor/indoor) with Soccer Nova Scotia and shall be subject to the rules and disciplinary procedures of Soccer Nova Scotia.

4.2. All team coaches and managers must be CPIC cleared (where applicable). No coach or manager without a CPIC clearance can sit on a team bench during a game.

4.3. All AAA/AA coaches must present their Soccer Nova Scotia coaching card to the game official each game.

5. Rules Governing Games
Games shall be played according to the Laws of the game as established by FIFA, with the following exceptions:

• No slide-tackling in Indoor soccer

• Retreat line for U13 teams and below

• Power play may be used for U12 and below

6. Competition Rules
6.1. Duration of games & ball size

<table>
<thead>
<tr>
<th>Age Classification</th>
<th>Duration of Match</th>
<th>Ball Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>*U – 9,10</td>
<td>2 x 25 minutes</td>
<td>4</td>
</tr>
<tr>
<td>*U – 11,12,13</td>
<td>2 x 35 minutes</td>
<td>Light size 5 or size 4</td>
</tr>
<tr>
<td>U – 12</td>
<td>2 X 25 minutes</td>
<td>Light size 5 or size 4</td>
</tr>
<tr>
<td>U – 15</td>
<td>2 x 40 minutes</td>
<td>5</td>
</tr>
<tr>
<td>U – 17</td>
<td>2 x 45 minutes</td>
<td>5</td>
</tr>
</tbody>
</table>
6.2. Playing fields dimensions
   • Games will be played on fields meeting the range of LTPD standards

6.3. Responsibilities of Home teams
   • Provide and hang nets on goal nets (when needed)
   • Provide and place corner posts that are not less than 5 feet in height.
   • Provide 2 quality match game balls to the game official

6.4. Delayed Kickoff
   • All outdoor matches must begin no later than 15 minutes after the scheduled kick-off time and all indoor matches must begin no later than 5 minutes after the scheduled kick-off time.

6.5. Number of players dressed for a game
   • Teams may dress as many players as registered with their team

6.6. Substitutions
   • For outdoor AAA/AA youth games, 7 substitutions are allowed during game plus unlimited numbers at half time. Players may be substituted at any time during a stoppage of play at the referee’s discretion.
   • For all other outdoor classifications, substitutions are unlimited at any time during a stoppage of play at the referee's discretion
   • For outdoor senior games, five (5) substitutions are allowed during game plus unlimited number at half time
   • For indoor games, unlimited substitutions are allowed
   • Player re-entry is allowed

6.7. Points and Standings
• The winning team of each game will be awarded three (3) points. The losing team gets 0 points, and in the case of a tie at the end of play each team will receive one (1) point

• For Premier and AAA/AA teams, their final standings will determine the team’s placement for playoffs (Provincial Club Championships)

6.8. Forfeits/ Defaults

• Any team forfeiting or defaulting any game for any reason will be termed the losing team; the score will be recorded as 3-0; and three (3) points will be awarded to the winning team and a fine as per Rule 8 will be levied to be paid before the team’s next game

6.9. Game Reporting

• Both the Home team and the Visiting team are required to bring a game sheet to each game. The visiting team shall provide the game sheet to the referee should the home team fail to produce one.

• The responsibility of reporting of game results is ultimately the responsibility of the winning team through the League website within 48 hours.

• In the event of a tie, the responsibility of game reporting is that of the home team.

6.10. Standings Tie-Breaking Rules

If two (2) or more teams have an equal number of points at the conclusion of season play the following criteria shall be used to determine the final standings:

• Previous match results between the affected teams (not applicable if three (3) or more teams are tied)

• Goal difference of affected teams (a maximum difference of five (5) goals per match will be used for purposes of this rule)

• Least goals against of affected teams (a maximum difference of five (5) goals per match will be used for purposes of this rule)

• Penalty kicks (as per FIFA Laws of game)

If more than two (2) teams have an equal number of points at the conclusion of season play, the following criteria shall be used to determine the final standings. Once a team is eliminated the remaining two teams restart the head-to-head competition:

• Standings results of games amongst the tied teams

• Goal difference from matches involving the affective teams (a maximum difference of five (5) goals per match will be used for purposes of this rule)
• Least goals against from matches

• Penalty kicks (as per FIFA Laws of the Game. Each team is designated A, B, C etc. Round robin mini shootouts consisting of five (5) penalty kicks shall be played (A vs B, B vs C, C vs D etc) at a time and place to be decided by the NSSL Commissioner. The standings after these mini shootouts shall be ranked according to the criteria listed above.

6.11. Team Bench Rules

• Coaches and managers of youth teams must be minimum age of 16 years to sit on team bench

• All teams to have a person of the same sex as the players, as part of the teams’ staff or management on the team bench, when the team is comprised of player(s) under the age of 18.

• All team staff and management on team bench must be CPIC cleared when required

• No more than five (5) officials allowed on a team bench (combination of coach(s), manager(s), Club TD, physiotherapist, doctor)

• Minimum of one (1) team coach on bench must meet Soccer Nova Scotia’s coaching requirement:
  - AAA and AA teams - Head Coach - C License; Assistant Coach – Soccer for Life
  - U12 prospects - Head Coach - C License; Assistant Coach - License Trained
  - A Teams - Head Coach - Soccer for Life (not yet mandated, but league recommended)
  - U10-U12 Teams - Head Coach - Learning to train
  - Premier Teams - Head Coach - C License (not yet mandated, but league recommended)

6.12. Uniforms and Equipment

• Each team participating in the league must declare their primary and alternate colours by April 20 for Premier, AAA, and AA teams; and May 10 for all other teams including co-ed teams

• For non Senior, AAA, AA, teams that do not have an alternate strip, they must be in possession of a set of numbered pinnies to be used in cases of strip clashes

• When the colors of competing teams are similar, Away teams shall use alternate colors. Each team must have a set of pinnies with them, if they do not have alternate jerseys
• Goalkeepers shall wear colors which plainly distinguish them from all other players and game officials

• All jerseys must be clearly numbered. The number of the player’s jersey must corresponded to the number listed with the player’s name on the game sheet

• Shin guards must be worn at all games

6.13. SNS player development policies in use by the League:

Player Movement
• Refer to Rule 12.2.6. OTHER PLAYER MOVEMENT for details

Player Pools
• For teams U-12 and below, players may move from team to team within the same age group and in the same stream for developmental purposes. This is the same policy as player movement, except there is no requirement process to move up and down

Power Play
• In games involving teams U-12 and below if one team goes four goals ahead, the other team may field an optional, additional player until the deficit has been reduced to three goals

7. Scheduling
7.1 For the summer season, teams may request up to two (2) “closed dates” upon which they will not be scheduled NSSL games. Such requests to be received by the league by April 15 annually from Premier and Division 1 teams, and by May 1 from Division 2 teams

7.2 For the winter season, the league will not accept any requests for “closed dates” for any reason

7.3 Games cancelled due to poor weather conditions whether will not be rescheduled and standings will be pro-rated

7.3.1 Games will be considered cancelled due to poor weather conditions if the facility where the game is to be played closes due to poor weather conditions.
7.3.2 Common sense on fines will prevail when a team chooses not to travel and instead forfeit a game due to poor weather conditions.

7.4 The league will distribute the first three (3) games of the Premier and Division 1 summer schedule one week before the commencement of play with remaining schedule distributed two weeks after
8. Rescheduling of Games

8.1 Abandoned/Un-played Game

Games will be rescheduled automatically by the NSSL in the following instances:

- The assigned referee does not appear for the match;
- The referee judges the field to be unfit for play;
- The permitting authority closes the facility;
- Weather factors such as an electrical storm which in the opinion of the referee, warrant not playing the game or its abandonment;
- The rescheduled date set by the NSSL shall stand.

8.2 Result of Abandoned game

Result of an abandoned game due to instances in 7.1 will stand if 3/4 of elapsed minutes of allotted minutes as per length of game as per Rule 5 have elapsed, with the exception:

- Indoor games, which have a duration of 50 minutes: the result will stand after halftime.

8.3 Requested by a Team(s)

Outdoor Season

- No rescheduled request from outdoor teams will be entertained prior to June 10.
- Rescheduled requests must be accompanied by a signed note that opposing team has agreed to the change
- The league, if possible, will reschedule the game to a new date, and/or will reschedule to a mutually agreed date brought forward by the teams
- A fee of $50 for administration plus all relevant game costs ie turf rental, referee fees etc. will be charged to the team seeking the reschedule

Indoor Season

- The league will not accept any requests for reschedules for any reason

9. Defaults and Forfeits

9.1 A defaulted game is one in which one or both teams do not have the minimum number of players necessary to play and finish a league scheduled game. A fine of $150 will be levied to both teams in such cases.

9.2 A forfeited game is a league scheduled game that is played and subsequently forfeited for a rule violation.

9.3 Where a team forfeits an NSSL game, the league will:
• For the first offence award the opponent with a win, with a score of 3-0, and a fine of $175 will be levied on the offending team

• On the second offence within the same season, the opponent will be awarded a 3-0 win, and the offending team will be fined $250

• A third default or forfeit within the same season is automatic expulsion from the league and a fine to the team's club of $400

9.4 A Travel fine of $250 per game will be imposed on any team forfeiting a game that is more than 150km from the offending team's home base. This is in addition to regular fines for forfeits listed above.

10. League Expulsion
Where a team is expelled from the League for any reason, all games played up to the date of expulsion are erased from league standings.

11. Appeals and Protests
The NSSL’s Discipline Committee shall deal with all protests and appeals. Each hearing held by the League shall be concluded in accordance with Soccer Nova Scotia’s Rules and Regulations. All protests shall be submitted in writing to the NSSL office no later than twenty-four (24) hours after the end of the game being protested; Saturday, Sunday, and legal holidays excepted.

12. Game Protests
12.1 All protests concerning games must be received in writing with a $150 deposit by the League Commissioner within 48 hours of the game in question

12.2 Protests will be ruled upon within seven (7) business days

12.3 The $150 deposit will be fully refunded, if protest is successful.

13. Discipline
13.1 Responsibility

13.1.1 The League Commissioner will be responsible for the League Discipline and will administer discipline according to Soccer Nova Scotia guidelines

13.1.2 Teams shall be responsible for tracking of the cards and points assigned to their players.
14. **Player Movement**

14.1 Player movement is defined as players playing for teams with whom they are not registered.

14.2 Player Movement fall under one of three categories:

14.2.1 **PLAYING UP** - Players playing for teams that are at a higher competition level:

14.2.1.1 For Playing Up player movement, SNS competitive age categories will be classified into three groups:

14.2.1.1.1 Group 1 (Youth/Mini) – those defined by a maximum age limit (U8 to U21).

14.2.1.1.2 Group 2 (Senior) – open age categories (Senior AAA, AA, A, B).

14.2.1.1.3 Group 3 (Senior Plus) – those defined by a minimum age limit (O35, O45, etc.).

14.2.1.2 Player movement shall be permitted as follows:

14.2.1.2.1 Within Group 1, players may play up to higher level teams in their own age category (e.g.: U13B up to 13A or 13AA) or to equal or higher levels at higher age categories (e.g. 13A up to 15A, 15AA, etc.).

14.2.1.2.2 Within Group 2, players may play up to higher levels.

14.2.1.2.3 Within Group 3, players may play up to teams defined by a younger age restriction (e.g.: O45 to O35).

14.2.1.2.4 From Group 1 to Group 2.

14.2.1.2.5 Players in the performance stream (AA, AAA) may only play up to Senior AA or Senior AAA.

14.2.1.2.6 Players in the community stream (A, B) may play up to all Senior categories.

14.2.1.2.7 From Group 3 to Group 2, players may play up to all senior categories.

14.2.1.3 Once a player has played up to a team, they are tied to that team at that level in the League.

14.2.2 **PLAYING DOWN** - Players playing for teams at a lower competition level:

14.2.2.1 Any player registered in a club can play down within their age group based on developmental principles if agreed upon by both clubs involved in the match.

14.2.2.2 For a player who is playing down to be considered eligible, the following process must be performed:

14.2.2.2.1 The club will contact the TD/Club Coordinator (assigned to the league) of the opposition club to request the player moving down for the selected match.
14.2.2.2 If both parties agree, an online form (player movement form) is completed by the requesting club, which requires confirmation by the other party representative before the player can participate.

14.2.2.3 If the club of the opponent in the selected game does not agree to the player participating in the match, they may not play under any circumstances.

14.2.3 This player movement will only take place within clubs or from a Performance club to its feeder clubs in regions where only one Performance club exists.

14.2.3 PLAYING ACROSS - Players playing for teams at the same age and competition level (playing across):

14.2.3.1 Player Pools (U12 and below) (excluding U12 Prospects)

14.2.3.2 Within a club, players may move from team to team within the same age group and stream for development purposes.

14.2.3.3 There is no official/formal process required. The club has the freedom to move players based on developmental principles.

14.2.4 PLAYER MOVEMENT WITHIN A CLUB:

14.2.4.1 Following the guidelines of 12.2.1, 12.2.2 and 12.2.3, with the permission of the Club, a player may play unlimited for other club teams.

14.2.4.2 Temporary Registration Permits are not required for player movement within a club.

14.2.5 PLAYER MOVEMENT TO OTHER CLUBS (Temporary Registration Permits):

14.2.5.1 Following the guidelines of 12.2.1 and 12.2.3, a player may play in the league for a club team with which he/she is not registered.

14.2.5.2 A Temporary Registration Permit is necessary for such movement.

14.2.5.3 A player shall be entitled to a maximum of five Temporary Registration Permits during a season.

14.2.5.4 In Regions where only one performance stream club exists (carries AA and AAA teams) exists, players from all other clubs in that region may play up to that club without the use of a Temporary Registration Permit.

14.2.6 OTHER PLAYER MOVEMENT:

14.2.6.1 As per SNS player development policy in use by the League, any player registered to a club can move within their age group based on developmental principles if agreed by both clubs.
15. **Surplus Fines**  
All surplus of fines will be donated to KIDSPORT.

16. **Playoffs**  
There will be no playoffs scheduled for all AA and AAA divisions in the Indoor season.

17. **Amendments to the Rules**  
The rules may be amended from time to time upon a simple majority of votes cast by the NSSL advisory committee.
Revision History

Original rules for the new NSSL under operations of SNS were released on April 5 2018. Revisions since then are listed below:

April 13 2018

A small correction to “(vi) Substitutions” rule was made
First bullet was:
  - For outdoor AAA/AA youth games, seven (7) substitutions are allowed during game plus unlimited number at half time; however, aside from half time, only two (2) players may be substituted at any time during a stoppage of play at the referee’s discretion

Changed to:
  - For outdoor AAA/AA youth games, 7 substitutions are allowed during game plus unlimited numbers at half time. Players may be substituted at any time during a stoppage of play at the referee’s discretion.

September 4 2018

- Added new Rule 12 related to Player Movement
- Revised Rule 5.1 regarding Player Movement under SNS player development policies followed by the League was moved to new Rule 12.2.6 for ‘Other Player Movement’ details and note to redirect to here was added instead

November 30 2018

- Added opening Rule 1 to state SNS P&P govern where items not included in these rules
- Added 6.2 regarding no rescheduling of games cancelled due to snow/poor weather
- Added Rule 9 to deal with prior game results when a team is expelled
- Updated Rule 5.9 to include requirement for both team to being a game sheet to the field
- Update 8.1 to 8.4 for changes in fines for defaults and forfeits, and to include a new ‘travel fine’
- Added rule 14 regarding Indoor playoffs for AA/AAA