

Nova Scotia Soccer League Rules and Regulations

March 01 2020

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

- 2.1 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.
- 2.2 The deadline for team registration for youth AAA/AA/Senior AAA team is April 12. The deadline for A/B and co-ed teams is May 12. No exceptions.

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
- Senior – AAA: minimum of 17 players, maximum of 22 players
- Youth – 11 a-side year long AAA: minimum of 17 players, maximum of 22 players
 - Teams must have a minimum of 15 players registered by January 10th
 - Teams must have a minimum of 17 players registered by April 15th
 - Teams that don't have a minimum of 17 players registered by April 15th must apply to the SNS Executive Director for an exemption on that date for the remainder of the season. (Teams not having 17 players registered by the April 15th deadline will not be eligible automatically for the SNS "Cup" competition that leads to club Nationals - Canada Soccer rule).

Note: the two month break rule still applies here, Example if a player from AA or A is added to the roster and their last game was March 8th they can appear on the April 15th roster but they can not train with the team until May 8th.

- 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

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; and,
- Power play may be used for U12 and below.

6. Competition Rules

6.1 Duration of games & ball size:

Age Classification	Duration of Match	Ball Size
*U – 9,10	2 x 25 minutes	4
*U – 11,12,13	2 x 35 minutes	Light size 5 or size 4
U – 12	2 X 25 minutes	Light size 5 or size 4
U – 15	2 x 40 minutes	5
U – 17	2 x 45 minutes	5
U – 21	2 x 45 minutes	5
Senior	2 x 45 minutes	5

**denotes Skill Centre games*

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; and,
- 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, seven (7) substitutions are allowed during game plus unlimited number 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).
- In the case of a team getting expelled from the league all games played up to that point are erased from standings.

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 teams participating in a scheduled game are required to submit their own statistics through the League website within 24 hours of the completion of the game.
- Both teams participating in a scheduled game will bring to the game a game sheet. The visiting team provides the game sheet in case the home team does not produce one.
- Game sheets must be forwarded to the NSSL office no later than 48 hours by the winning team or in the event of a tie by the home team. Failure to do so will result in a \$50 fine for each instance.

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). EXCEPTION: Where a head coach is not able to meet these standards, the League will request that the Soccer Nova Scotia Director of Soccer Development assess the applicable coach and issue a formal written statement to the League to either deny or approve allowing the person to coach for the season. This may include a condition for completion of the required certification prior to the next season, and this exception shall only be granted one time for any coach.

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 – Playing Up

- Youth players may play up to higher level teams in their own age category (e.g. U13B to U13A or 13AA or to equal or higher levels at higher age categories (e.g.U13A up to 15A, 15AA, etc.).
- Senior players may play up to higher levels (e.g. B to A, AA to AAA etc.).
- Youth players in the performance stream (AA, AAA) may only play to Senior AA or Senior AAA.
- Youth players in the community stream (A, B) may play up to all Senior categories.
- Once a player has played up to a team, they are tied to that team at that level in the same league or competition.

Player Movement - Playing Across

- Within a club, players registered U12 and below may move from team to team within the same age group and stream for developmental purposes.

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.

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, AAA/AA/Senior AAA teams may request one (1) “closed dates” upon which they will not be scheduled NSSL games. A/B teams may request up to two (2) “closed dates”.
- 7.2 The deadline for requests for “closed dates” by AAA/AA/Senior AAA team is April 12 for requests for the month of May, and May 15 for the rest of the summer. The deadline for requests for “closed dates” for A/B teams is May 12 for requests for the month of June and June 15 for the rest of the summer. There will be no exception to this rule.
- 7.3 Each request for a “closed day” will consist of no more than five continuous dates.
- 7.4 For the winter season, the league will not accept any requests for “closed dates” for any reason.
- 7.5 Indoor Games cancelled due to poor weather conditions will not be rescheduled and standings will be pro-rated.
- 7.6 Indoor 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.
- 7.7 Common sense on fines will prevail when a team chooses not to travel and instead forfeit a game due to poor weather conditions for Indoor games.
- 7.8 Teams competing in the league in divisions over the age of 12 are to participate in a full schedule.
- 7.9 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

- Rescheduled requests must be received at least 21 days before the affected game and shall be accompanied by a signed note that the opposing team has agreed to the change.
- The request must include an alternate time, location and time for the game.
- Any fees associated with the reschedule of a game will be the responsibility of both teams (including field fees, referee fees etc.).

Indoor Season

- The league will not accept any requests for reschedules for any reason.
- Games cancelled due to snow will not be rescheduled and standings will be pro-rated.
- Games will be cancelled due to weather if the facility where the game is to be played closes for weather.
- Common sense on fines will prevail when a team chooses not to travel and forfeit due to weather conditions.

9. Defaults and Forfeits

9.1 Where a team defaults or forfeits an NSSL game, the league will levy the following fines:

- For a first default or forfeit in a season a fine of \$ 175 and a 3-0 win for the opponent.

- For the second default or forfeit in a season a fine of \$ 250 and a 3-0 win for the opponent.
- For the third default or forfeit in a season a fine of \$ 400, a 3-0 win for the opponent and automatic expulsion from the league.
- Travel fines of \$250 per game will be imposed to teams defaulting a game that is scheduled more than 150 kilometres from the defaulting team's home base. The fine(s) is on top of the regular fines for defaults.

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

Responsibility:

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

13.2 Teams shall be responsible for tracking of the cards and points assigned to their players.

14. Surplus Fines

All surplus of fines will be donated to NOVA SCOTIA - KIDSPORT.

15. 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.

16. Supplementary Rules for youth AAA competition

1.0 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.

2.0 PERFORMANCE DIVISION COMMITTEE

For any program related issues that may arise a Division Committee will be struck consisting of members from Club Presidents, Technical Leads and Administrators from the Nova Scotia based clubs represented in the division. The committee will oversee, and make decisions when required, on issues such as (but not restricted to): ‘return to play exemptions” (see section 5), call up process, abuse of division rules, three player transfer rules etc.

3.0 TEAM REGISTRATION

Any existing AAA team is eligible to enter the league provided that their club have a Canada Soccer PTSO level 1 application prior to January 1, 2020.

Teams must apply to be in the Performance Division using the official Application Form hosted online. The application Form will request the following information of the team that is applying:

- i. Coaches name, qualification and contact information
- ii. Assistant coaches name, qualification and contact information
- iii. Preferred home field location
- iv. Primary and alternate kit colours (jersey and socks)

The registration deadline to register a team is January 1. No team will be accepted if it does not complete the registration form completely.

4.0 PLAYER REGISTRATION

Teams shall register players in accordance with rules set forth by Soccer Nova Scotia.

5.0 PLAYER ELIGIBILITY

In addition to Soccer Nova Scotia policies regarding player eligibility, all players must observe a mandatory 2 month rest period from organized soccer prior to participating in any team activities for the Performance Division.

1. Any player who plays winter soccer (at AA, A or Senior Level) must observe the 2 month period.
2. Any player who does not observe the blackout is subject to disciplinary action.
 - i. The player is subject to 8 game suspension at the level at which they illegally played
 - ii. During this period the player is ineligible to play as a call up for any teams in any SNS sanctioned division
3. Any coach who allows a player on rest to play is subject to disciplinary action.
 - i. The coach is subject to a 3 game sideline suspension without appeal
4. Any club whereby players are playing/training during rest period are subject to disciplinary action.
 - i. Clubs are subject to a \$500 fine per player
5. If the NSSL deems that a club deems that a club is bringing the division into disrepute (e.g., 25% of roster playing winter soccer) sanctions will be imposed.

Any club seeking an exemption from the mandatory rest period for a player must apply for a "return to play exemption" for the said player. Once this has been applied the Division Committee will be called to hear the details and make a decision.

6.0 CALL UPS

As per NSSL Rules and Regulations 6.13:

Any call up must go through the appropriate "call up process". If there is a suspected abuse of the call up rule (e.g, Registering a player down a level to strengthen that team but calling the player up for all every AAA game) the Division Committee will be called to hear the details and make a ruling.

7.0 PLAYER MOVEMENT

Within the Performance Division District Boundaries do not apply meaning that players are not bound to play for a club within the district in which they reside. However teams are only permitted to name a maximum of 3 "transfer players" on their roster.

If a club has multiple teams in the same division the Club will be restricted to a maximum of 3 "transfer players" per Club per division.

A "transfer player" is a player who was last registered in Nova Scotia with a club different to that of which they are registering with for the given season.

Examples of who is a transfer player:

- A player moving from one NS club to another NS club

- A player returning from a year off but was last registered with a different club than they are now registering with
- A player returning from out of province but was last registered with a different club than they are now registering with
- Any player released from SNS Excel programs and returns to a club different to that of which they were previously registered with

Examples of who is not a transfer player:

- A player moving “up” a level within club (e.g., U15AA to U15AAA)
- A player moving “up” a level in a region in which there is only 1 AAA club
- A player returning from a year off but was last registered with the club that they are now registering with
- A player returning from out of province but was last registered with the club that they are now registered with
- A player that has never played in Nova Scotia
- Any player released from SNS Excel programs and returns to the club that they were previously registered with

Additional Information (call ups):

- A team may only field 3 “transfer players” for the duration of the annual season. Therefore if a AAA team has 3 “transfer players” on their roster it may not call up a player who would be deemed a transfer player within the Performance Division
- If a AAA team has 2 transfer players on their roster it may call up a maximum of 1 player who would be deemed a transfer player within the Performance Division
- If a AAA team has 1 transfer player on their roster it may call up a maximum of 2 players who would be deemed a transfer player within the Performance Division
- If a AAA team has 0 transfer players on their roster it may call up a maximum of 3 players who will be deemed a transfer player within the Performance Division

** If a club has 2 teams within a Performance Division, the above rules apply per division.

A player will no longer be considered a transfer player if once registered with the club for a season within the High Performance Divisions OR registered for the club for the summer season at any other level of play.

No player is eligible to play using a “Temporary Registration Permit”

8.0 COACH AND MANAGER REGISTRATION

As per NSSL Rules and Regulations Section 4.

9.0 COMPETITION RULES

9.1 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 NSSL rules and regulations will be levied to the defaulting team to be paid before its next game
- Any team forfeiting 2 games in a season will be expelled from the division for the remaining of the season
 - ** In the event a team is expelled, any points from games involving the team will be removed for all teams

9.2 RESCHEDULES AND BLACKOUTS

- Each team is permitted one blackout period totalling a maximum of 7 days. This period must be submitted to the Division no later than March 1 annually
- Blackouts can not happen during pre-determined “cup” dates
- Teams are permitted a total of 2 reschedules during the season
- Any rescheduled game counts as 1 reschedule for both teams
- If the same fixture is rescheduled twice, it constitutes the 2 reschedules
- Any reschedule must be requested a minimum of 21 days prior to the scheduled game
- Rescheduled must be agreed by both teams and must include an alternate time, date and location for the game and must be reported to the division

9.3 GAME REPORTING

- As per NSSL General Rules and Regulations.

9.4 UNIFORM AND EQUIPMENT

- When the colours of competing teams are similar, away teams shall use alternate colours

17. Supplementary Rules for skill centre competition

- All skill centre teams (U8-11) must receive permission to compete in the league from the Soccer Nova Scotia Grassroots Director.

- All skill centre teams (U8-11) league competition will utilize a festival format.
- All skill centre games for U10 and U11 will be 25 minutes in length.
- All skill centre games for U8 and U9 will be 20 minutes in length.
- All skill centre games at U8 and U9 will be officiated by game leaders.
- All skill centre games at U-10 and U-11 will be officiated by SNS referees.

18. Supplementary Rules for Co - ed competition

- A minimum of 3 members of the same gender must be on the playing floor at any one game.
- No player under the age of 19 be a member of a co-ed team.

19. Supplementary Rules for Senior AAA competition

- Clubs are limited to only one Senior AAA team in the Men's and Women's division.