

Nova Scotia Soccer League Handbook



“Winter Season”



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1. Game Laws

All NSSL games are to be played under the current “Indoor Soccer: LAWS OF THE GAME” document. Adaptations to these laws are contained in this document.

2. Soccer Nova Scotia Policies and Procedures

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

3. League Structure

Start Date: Last weekend in October annually

End Date: 1st weekend of March or the last weekend before March break which ever is later.

The following divisions will play games on **Saturday:**

- U9 Skill Centre
- U11 Skill Centre
- U15
- U18
- Senior Women

The following divisions will play games on **Sunday:**

- U12
- U13
- Senior Men

Game Times: games will begin at 7:00 AM each day and run through until 6:00 PM each day, teams should expect their games to be scheduled at any time between these times on the days of the week listed for their division.

Play-offs: league play-offs will take place the last 3 weeks of the season for U12 divisions and above.

4. Schedules

4.1 The first three weeks of scheduled will be posted one (1) week prior to the beginning of the season.

4.2 “Black-out dates” will not be accepted during the fall/winter season.

4.3 All games are to be played as scheduled. Rescheduling requests must follow the rescheduling rules set out in section 5.



4.4 In cases of poor weather the league will make the decision to cancel games or not to cancel games no later than 6:00 AM on the morning of the game.

4.5 Games will be considered cancelled due to poor weather conditions if the facility where the game is being played closes due to poor weather conditions.

4.6 Games cancelled due to poor weather will not be rescheduled.

5. Rescheduling

5.1 Rescheduling a game to a different time or field on the same date.

5.1.1 team looking to reschedule a game as noted in 5.1 must seek agreement from their opponent as well as the two teams scheduled in the slot they are looking to switch with. If received, confirmation from all 3 teams should be forwarded to the league manager.

5.2 Rescheduling a game to a different date.

5.2.1 teams looking to reschedule a game as noted in 5.2 may do so if the request is received by the league manager no later than 30 days prior to the date of the game.

5.2.2 teams are responsible to secure a date, time, and location for the make-up game, this must be agreed upon by their opponent.

5.3 Rescheduling during the first three weeks OR play-offs

5.3.1 this is not permitted.

5.4 Any rescheduled game must be played, failure to complete the game will result in a fine to the team requesting to reschedule.

6. Standings

6.1 Standings will be calculated points, awarded as follows: 3 points awarded for a win, 1 point awarded for a tie and 0 points awarded for a loss.

6.2 Ties in the standings will be broken as follows:

6.2.1 Previous match results between teams tied (not applicable in a 3 or more team tie)

6.2.2 Goal difference of games between affected teams. A max goal differential of 5 goals per match will be used.

6.2.3 Least goals against based on matches between teams tied. A max goal differential of 5 goals per match will be used.

6.3 In cases where more than 2 teams are tied, once a team is eliminated from the tie, the remaining teams shall restart the tie breaking process beginning with 6.2.1

7. Registration

7.1. Team Registration

Teams must be registered by the declaration date as noted in the calendar of events. On this date the club's declaration form must be filled in and synced to the NSSL season



structure within the Soccer Nova Scotia Registration System. A minimum of 3 team contacts must be provided and registered at this time including their full contact information (Phone number(s) and e-mail address).

7.2. Player Registration

7.2.1 Teams must have their rosters set in the Soccer Nova Scotia Registration System by the roster deadline specified in the Important Dates calendar.

7.2.2 No player shall be deemed registered for participation nor shall a player compete in 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.

7.2.3 Rosters shall become locked at 5:00 PM, Wednesday following the 4th weekend of play. After this time no players may be added to the team's roster.

7.2.3.1 This does not apply to U9 and U11 Skill Centre divisions.

7.2.4 To be eligible to play in the Senior AAA division the player must have turned 18 on or before December 31st of the current season.

7.3. Roster Sizes

Roster sizes for the Winter Season (indoor) must fall within the min and max noted below

- Minimum Roster Size: 10
- Maximum Roster Size: 19

7.4. Coach and Manager Registration

7.4.1 All team coaches and managers participating in the league shall register with Soccer Nova Scotia and shall be subject to all rules and disciplinary procedures of Soccer Nova Scotia.

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

8. Competition Rules

8.1. Game Durations

- U8* – 25 minutes
- U9* – 25 minutes
- U10* – 35 minutes
- U11* – 35 minutes
- U12 – 2 x 25 minutes



- U13 – 2 x 25 minutes
- U15 – 2 x 25 minutes
- U17 – 2 x 25 minutes
- U18 – 2 x 25 minutes
- Senior – 2 x 25 minutes

In all divisions above half time will be five (5) minutes

**Denotes a Skill Centre age group, these groups play 2 games on the same day at the durations specified above.*

While COVID-19 restrictions are in place, it may be required to adjust game times to meet facility requirements

8.2. Delayed Kick-off

All games must begin no later than 5 minutes after the scheduled kick-off time.

8.3. EXTRA TIME

8.3.1 There shall be no extra time in regular season play.

8.3.2 Regular season games ending in a tie will remain tied.

8.3.1 Play-off games that end in a tie will have one, 5 minute sudden death extra time. If the game is still tied the game will be decided by penalty kicks

8.4. Ball Size

- U8 – Size 4
- U9 – Suze 4
- U10 – Size 4
- U11 – Light size 5 or size 4
- U12 – Light size 5 or size 4
- U13 – Light size 5 or size 4
- U15 – Size 5
- U17 – Size 5
- U18 – Size 5
- Senior – Size 5

8.5. Slide-Tackling

Is not permitted in indoor soccer



8.6. Retreat Line

The retreat line will be used for all division U13 and below

8.7. Power Play

Power play may be used for all divisions U12 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 (3) goals

8.8. Goal Difference Caps

Teams are to show respect for their opponents at all times. There will be a goal differential cap for scores posted on the website of 5 in all divisions except senior divisions.

8.9. Substitutions

8.8.1 All indoor competition, unlimited substitutions are permitted.

8.8.2 Re-entry is permitted

8.10. Rosters

8.10.1 Team rosters must be finalized prior to a team playing in the fifth week of play. Changes will only be permitted to a team's roster after the 4th week of play with approval of the NSSL.

8.10.2 Teams may dress as many players as registered with their team, up to the maximum roster size.

8.10.3 Only players listed on the teams game sheet are permitted to participate in a game

8.10.4 Only team staff (coaches and managers) listed on the teams game sheet are permitted on the bench during a game.

8.10.5 No player may be added to the game sheet at game time. Call up players must be entered prior to printing the game sheet (exception: during the first four (4) weekends of play teams may write in players so long as the clubs has received their proper registration information).

8.10.6 Teams that do not have the minimum number of players listed on their roster as of the roster deadline will be removed from the schedule.

8.10.7 A player may only appear on one roster.

8.11. Call-ups

8.11.1 Youth players may play up to a higher level team in their own age category (e.g. U13 B to U13 A or U13 AA) OR to equal or higher levels at a higher age category (e.g. U13 A to U15 A or U15 AA).



NOTE: A higher level team (e.g. AAA team) may not be called up to a lower level team at an older age category. E.g. a U13 AA player cannot be called up to U15 A.

8.11.2 Senior players may play up to higher levels (e.g. B to A, A to AA, AA to AAA)

8.11.3 Youth players in the performance stream (AA or AAA) may only play to Senior AA or Senior AAA.

8.11.3.1 Players called up to the Senior AAA division must have turned 15 no later than December 31st of the current season.

8.11.4 Youth players in the community stream (A or B) may play up to all senior categories.

8.11.5 A player may only be called up 5 times, once they have played their 6th game with the same team they must remain on the higher team.

8.11.6 Teams may only call up for teams within their own club.

8.10.6.1 In the event that a team does not have a team within their club they are eligible to call-up from they may affiliate with one team they are eligible to call up from. An affiliation form must be filled out and be submitted to the league prior to the 4th week of play.

8.11.7 Teams may call up as many players necessary to bring their team's roster size for the game up to a maximum of 14 players.

8.11.8 Once a player has played up to a team, they are tied to that team at that level in the same league or competition.

8.11.9 Lateral movement is permitted in Senior AAA only and only from within your club.

8.11.9.1 A team can only call across enough players to bring their game day roster number to the total number of players registered on their season roster.

8.11.9.2 Lateral movement will not be permitted during play-off games.

9. Team Responsibilities

9.1 Home team is required to provide 2 quality match game balls to the game official.

9.2 Home team is required to provide the printed game sheet to the game official.

9.2.1 the away team must also bring a copy of the printed game sheet in the event the home team does not.

9.3 If neither team provide the game official with a game sheet the game will be considered abandoned and both teams subject to default and fine.

10. Game Reporting

10.1 Both teams participating in a scheduled game are required to submit their own teams game statistics through the league website within 24 hours of the completion of the game. This included but is not limited to;

- Final Score
- Players checked in/out (players checked in are the players on the bench for the game that day)



- Goal scorers
- Discipline cards

10.2 Winning team must send a legible image of the game sheet to gamesheets@soccerns.ca within 24 hours of the completion of the match.

10.3 Failure to complete section 10.1 and 10.2 above will result in a \$50 fine which must be paid prior to the team's next match.

11. Defaults

11.1 Any team forfeiting or defaulting for any reason will be termed the losing team; the score will be recorded as 3-0; and a win will be awarded to the winning team.

11.2 A fine per section 15 will be applied to the forfeiting/defaulting team and must be paid prior to the team's next game.

11.3 Teams must have 5 players ready and available to play within 5 minutes of the scheduled start time.

12. Uniforms and Equipment

12.1 Each team participating in the league must declare their primary and alternate colours 3 days prior to the first week of the season.

12.2 Teams who do not have an alternate stripe must bring a numbered set of pinnies to all games.

12.3 At the discretion of the game official; When colors of competing teams are similar, the away team shall wear their alternate colours or numbered pinnies.

12.4 Goalkeepers shall wear colours which plainly distinguish them from all other players and game officials.

12.5 All Jerseys must be clearly numbered. The number of the player's jersey must correspond to the number listed with the players name on the game sheet and the NSSL league website.

12.6 Shin guards must be worn by all players at all games.

13. Discipline

13.1 The league manager shall be responsible for all league discipline matters and will administer discipline according to Soccer Nova Scotia guidelines, [found here](#)

13.2 Teams shall be responsible for tracking cards received by all team members during a match and entering them into the league management system. Failure to do so will result in a fine per section 10.

14. Appeals & Protests

14.1 The NSSL's Discipline committee (ad hoc) shall deal with all protests and appeals. Each hearing held by the league shall be conducted in accordance with Soccer Nova Scotia's Rules



and Regulations, [found here](#). All protests shall be submitted in writing to the NSSL league manager no later than twenty four (24) hours following the conclusion of the match.

14.2 all protests and/or appeals must be accompanied by a \$150.00 deposit to be received no later than forty-eight (48) hours following the conclusion of the match.

14.3 If the protest is successful the \$150.00 deposit will be returned in full.

14.4 All protests and/or appeals will be ruled on within seven (7) business days.

15. Fines

The following fines shall apply to all NSSL indoor season games.

15.1 Failure to show up for a game shall result in the following fines;

15.1.1 \$175.00 for the first occurrence

15.1.2 \$250.00 for the second occurrence

15.1.3 \$400.00 plus automatic removal of the team from the league.

15.2 Failure to submit game result information and game sheets per section 10 will result in a \$50.00 fine per occurrence.

15.3 Clubs who remove a team after the declaration date shall be subject to a fine of \$250.00 per team removed.

15.4 Clubs who remove a team after the first game in the schedule has been posted shall be subject to a fine of \$500.00 plus any additional turf time that may be required as a result of the team being removed.

15.5 All surplus fines will be donated to Nova Scotia – Kidsport

16. 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.