



Metro Senior Women's Soccer League

Rules & Regulations

Preamble

The Metro Senior Women's Soccer League (MSWSL) is dedicated to promoting fair play, respect, and inclusivity among all participants. These values are at the heart of our league and are reflected in our Code of Conduct, which emphasizes sportsmanship, cooperation, and mutual respect among players, coaches, officials, and spectators.

MSWSL provides a structured and competitive environment for senior women's soccer teams, supporting both player development and community building. The league operates both indoor and outdoor seasons across multiple divisions to accommodate a wide range of skill levels.

As a member league of Soccer Nova Scotia, the MSWSL adheres to all applicable provincial standards and policies, while continuing to foster a welcoming and inclusive atmosphere for all participants. Any matters not explicitly covered in these Rules and Regulations shall be governed by the Soccer Nova Scotia Policies and Procedures.

Key Terms

- **Player:** An individual registered with a team in MSWSL and eligible to participate in league matches.
- **Team:** A registered group of players and team officials competing in MSWSL under a single roster.
- **Club:** An organization that registers one or more teams to participate in a league.
- **Division:** A group of teams organized within the same competitive tier (e.g., A1, A2, B1) for regular season play and standings.
- **Call-Up:** A player temporarily participating with a higher-division team under specific eligibility rules (either within the same club or by permit).

- **Suspension:** A disciplinary action that prohibits a player, coach, or official from participating in League matches for a defined period.
- **Eligibility:** The set of conditions a player must meet to participate in MSWSL games, including age, registration, and player movement rules.
- **Game Sheet:** The official digital document listing all players and team staff participating in a match, completed in RAMP GameSheets.
- **Season:** A defined competition period — typically Summer (May 1–October 15) or Winter (October 16–May 1).
- **League Executive:** The elected or appointed officials responsible for managing League operations, policies, and decisions.

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SECTION 1: Registration & Eligibility

1. Players and Team Officials Registration

1. All players and team officials must register through their club with Soccer Nova Scotia for each season to be eligible to participate in the MSWSL.
 - a. Access to the team bench is limited to team officials who are registered for the current season, including coaches, managers, and additional support personnel. All such individuals must be registered in RAMP and listed on the game sheet for that match.
2. Player registration deadlines are set by Soccer Nova Scotia and must be adhered to by all league participants:
 - a. Summer Season: June 30th
 - b. Winter Season: January 10th
3. A player is not considered registered, and is ineligible to participate in any league match, until their name and current-season Soccer Nova Scotia registration number have been officially received and acknowledged by the league. This must occur:
 - a. No later than 5:00 p.m. on the day before their participation, or
 - b. If that day is a Saturday, Sunday, or holiday, then no later than 5:00 p.m. on the last business day before participation.
4. Deregistration and player release requests are governed by Soccer Nova Scotia. All matters related to removing a player from a team roster once registered must follow the current Soccer Nova Scotia policies and procedures.
5. Each team must register the minimum number of players required and may not exceed the maximum, as outlined by Soccer Nova Scotia:
 - a. Summer Season: Minimum 14, Maximum 27 players
 - b. Winter Season: Minimum 10, Maximum 19 players
6. Players are eligible to register with a Senior team in the MSWSL if they are at least 17 years old as of January 1 of the playing season. Players under the age of 17 are not eligible to register for league play.
7. The MSWSL is inclusive of all players who identify as women or who feel that participating in a women's league is the most appropriate fit for them. For the purposes of registration, players may register with the MSWSL if doing so aligns with their identity, gender expression, or sex assigned at birth.
 - a. No participants are required to disclose their gender identity or provide personal information around their gender or sex at birth.
 - b. This policy reflects our commitment to inclusion and ensures that all athletes can participate authentically in a safe and respectful environment.
8. A player may only register for one combination of age, gender, and competitive level per season.

9. All registered players are bound to the team or club with which they registered for the duration of the current season, unless they are officially transferred or released.

2. Team Registration

1. All teams applying for membership in the MSWSL must submit a non-refundable \$100.00 deposit along with the prescribed application form by the below deadlines. This deposit will be applied to the team's registration fees. Failure to meet the applicable deadline will result in the team forfeiting its league spot and being required to reapply as a new team the following year.
 - a. March 1st for the Summer Season
 - b. September 10th for the Winter Season
2. New teams may apply for membership in accordance with Rule 2.1. Applications are subject to review and approval by the League's existing membership. Each new team must submit a list of players—including full names, birthdates, and the team each player was registered with in the previous season—consisting of 14 players for Summer, or 10 players for Winter.
3. A team is considered a returning team (not a new team) if it has at least 9 returning players from the previous Summer Season, or at least 6 returning players from the previous Winter Season. Teams not meeting this threshold may request an exception, which will be subject to a vote of the membership.
4. A returning player is defined as a player who:
 - a. Was registered with the team in the previous season (*e.g., Summer 2024 > Summer 2025 = returning*), or
 - b. Was registered with the team in any past season (*Summer or Winter*) and has not registered with any other MSWSL team since.
5. If a team from the previous season splits into two, and both new teams meet the criteria for returning team status, one must be placed in the division previously held by the original team. The team that will retain the divisional spot will be determined based on the following criteria, in order of priority:
 - a. The team with the most returning players from the previous season
 - b. If tied, the team with the most players who have previously registered with the team in earlier seasons
 - c. If still tied, the team with the most long-tenured players
6. By April 15th (Summer) or October 1st (Winter), all participating teams must:
 - a. Have a minimum of 14 players registered for Summer or 10 players for Winter synced to the League through RAMP
 - b. Have submitted the remaining balance of league fees

7. If a team withdraws from the League after April 15 (Summer) or October 1 (Winter), they will be subject to a Late Withdrawal Penalty Fee equal to any unrecoverable costs incurred by the League.
 - a. The full amount must be paid before the team will be permitted to register or participate in any future MSWSL season.
 - b. The League Executive reserves the right to waive or reduce this fee in exceptional circumstances (e.g., force majeure).
8. The League will review and manage the number of participating teams each season based on field availability, division structure, and the overall health and playability of the league.

3. Player Movement

Update - 16-Year-Old Call-Ups (2025/26 Winter Season Only):

In alignment with Soccer Nova Scotia's update for the 2025/26 Winter Season, MSWSL will permit 16-year-old players to be called up to a senior team only with the explicit permission of their Club's Technical Director. This change applies only to call-ups — players must still be 17 years old as of January 1 of the playing season to be rostered to a senior team.

1. All transfers must be completed in accordance with Soccer Nova Scotia's Policies and Procedures. Transfers will not be permitted after the deadline set by Soccer Nova Scotia:
 - a. July 31st for the Summer Season
 - b. January 10th for the Winter Season.
2. The League must be notified of any player transfer (including transfers between teams within the MSWSL) at least 48 hours prior to the player's first game with the new team.
3. A player registered with a team or club that has ceased operations and been officially declared defunct by the League shall be considered released and may transfer to any other team or club willing to accept them—provided the transfer occurs before the applicable Soccer Nova Scotia deadline.
4. Teams may call up Soccer Nova Scotia-registered players who are at least 17 years old as of January 1 of the playing season from any of the following sources:
 - a. From age-restricted teams at the AA, A, or B level (e.g., U17, U18, U21) to any open-aged Senior team (e.g., Senior A or B) within the same club or using a permit. *Exception: Teams registered in A1 may also call up from U17 AAA, provided the player is at least 17 years old as of January 1 of the playing season.*

- b. From lower classification teams within the MSWSL to higher classification teams within the same club or using a permit (e.g., A2 > A1 or B2 > A2).
 - c. From any division of the Citadel Over 35 league within the same club or using a permit.
 - d. Once a player has played up for a team, they are tied to that specific team within that classification for the remainder of the season and may not be called up to another team in the same classification.
 - e. Players may play an unlimited number of games with a higher-level team within the same club.
 - f. Players may play up to five (5) games per season with team(s) from a different club, using a valid Temporary Registration Permit. It is the responsibility of the team calling up the player to verify that the player has not exceeded the five-game limit. Use of an ineligible call-up may result in forfeiture of the match. It is also the responsibility of the player to monitor the number of inter-club games played as a call-up. Exceeding the limit may result in a suspension.
 - g. A player is deemed to have participated if their name appears on the game sheet, unless marked as "suspension only."
5. Guest players (between teams of the same competitive level) are not permitted in MSWSL league play.
 6. Any registered player who plays in a League game for a team they are not registered with, without a valid Temporary Player Permit and/or being listed as a designated call-up on the game sheet, will be considered ineligible. Any game they participate in will be recorded as a 3-0 loss forfeit for the team.
 7. Call-up players are only permitted to participate in regular season games, and therefore are not permitted in playoff or crossover matches.
 8. The League will immediately suspend, for the remainder of the season, the following individuals if found guilty of violating player registration rules as outlined in Sections 1, 2, and 3:
 - a. Players who contravene registration rules (any wins will be recorded as 3-0 loss forfeits)
 - b. The coach and manager responsible for playing improperly registered players
 9. Any team that has a player, coach, or manager suspended under Rule 3.8 will forfeit their place in the League and must apply for re-entry as a new team. The application must include a statement outlining why the team should be readmitted.

SECTION 2: Competition & Gameplay

4. League Structure and Standings

1. The Metro Senior Women's Soccer League (MSWSL) is organized into two primary competitive tiers: Senior A and Senior B.
 - a. Each tier may be further divided into multiple divisions (e.g., A1, A2, B1, B2).
 - b. A minimum of four (4) teams is required for a division to operate in a given season. The League will structure its divisions based on registration numbers, competitive balance, and available scheduling capacity.
 - c. Teams may apply for their desired division at the time of registration. Placement for returning teams is primarily based on previous season standings (including promotion and relegation), but team requests will also be considered.
2. New teams may request placement into a division that aligns with their competition level. All requests are subject to approval by a vote of the League membership.
3. The League Executive reserves the right to adjust team placements if deemed necessary to maintain competitive integrity and support the overall health of the League.
4. In all divisions, team standings will be determined by a points-based system: 3 points for a win, 1 point for a draw, and 0 points for a loss.
5. If two or more teams are tied in the standings at the conclusion of the regular season, rankings will be determined in the following order:
 - a. Head-to-head winning record between the tied teams
 - b. Overall goal differential (goals for minus goals against)
 - c. Total goals for across all games
 - d. Fewest goals against across all games
 - e. Goal differential in games involving tied teams
 - f. Most goals for in games involving tied teams
6. No goals will be awarded for forfeited games; only the winning points will be applied. In the event of a tie in standings, goals recorded from forfeited games (e.g., default 3-0 scores) will not be included in any tie-breaking calculations (goal differential, goals for, goals against, etc.).
7. If teams in a division have played an unequal number of games, final standings will be determined using Winning Percentage.
 - a. $\text{Winning Percentage} = \text{Total Points Earned} \div \text{Total Possible Points}$
 - b. $\text{Total Points Earned} = 3 \text{ points per win, } 1 \text{ point per draw}$
 - c. $\text{Total Possible Points} = 3 \times \text{total number of games the team played}$

8. To maintain competitive balance within divisions, the League Executive may recommend promotion or relegation at the end of the playing season in cases where there is clear evidence of uneven competition, such as consistently large score margins, undefeated records, or other indicators of imbalance. If such a recommendation is made a team may be promoted to a higher division or relegated to a lower division for the following season. For initial placement in the next season's standings:
 - a. Relegated teams will be ranked above the existing teams in the lower division.
 - b. Promoted teams will be ranked below the existing teams in the higher division.
9. Teams subject to promotion or relegation may request an exception to remain in their current division. Requests must be submitted in writing via email and are subject to approval by a vote of the League membership during seasonal planning.

5. Game Day Regulations

1. Each team must have two full uniform sets (jerseys and socks) in distinct colour combinations, with one set designated as the "home" kit.
 - a. In the event of a colour conflict, the away team is required to change into its alternate kit.
 - b. All outfield players must wear matching jerseys, shorts, and socks. Jerseys must have unique, clearly visible numbers that correspond to the names listed on the game sheet.
 - c. Pinnies are not permitted as part of the official game uniform.
 - d. Shin guards are mandatory for all players in all matches.
2. All knee braces must be fully covered with a soft sleeve or appropriate padding. Any brace with exposed hard or rigid components (including metal, plastic, or hinges) must be completely covered to ensure the safety of all players. A player will not be permitted to participate if a knee brace is worn uncovered or is deemed unsafe by the referee. Failure to follow this directive may affect a player's continued participation in the league.
3. Each team must check in all players and team staff in RAMP prior to kickoff. Only individuals listed on the game sheet may participate. Failure to complete check-in before the second half may delay play.
4. The home team must provide two (2) quality match balls to the referee at least five (5) minutes before kickoff.
5. Each game shall be officiated by a referee, appointed by the League's referee assignor and registered with Soccer Nova Scotia. In the Summer Season, matches will include two (2) assistant referees in addition to the referee.

6. Game reporting will be completed by the assigned game official. Any disputes regarding the accuracy of the game report must be submitted to the League Registrar within five (5) days of the match. After this period, all game results will be considered final and will not be modified.
7. Referees will use the yellow and red card system to caution or dismiss players and team officials. This is governed by the Soccer Nova Scotia automatic discipline system.
8. Referee fees are equally shared between teams for all games, including regular season, playoffs, and provincial qualifiers.
9. The home team is responsible for providing corner flags and setting up one net (outdoor games on grass fields only). The referee will determine the field's fitness. Protests regarding field conditions will not be heard.
10. Seasonal format differences:

Item	Summer Season	Winter Season
Substitutions	Unlimited, at referee's discretion. Must occur at centre stripe; entering player waits until exiting player is off.	Unlimited, at referee's discretion. On the fly at centre stripe; entering player must wait until exiting player is off.
Match Format	11-a-side, two (2) 45-minute halves with a 5-minute halftime. No extra time in regular season play.	7-a-side, two (2) 25-minute halves with a 3-minute halftime. No extra time in regular season play.
Dressed Players	Maximum 27 players per game	Maximum 19 players per game
Kickoff Delay Policy	Games must begin within 15 minutes of scheduled kickoff, with a minimum of 7 players dressed and ready.	Games must begin within 5 minutes of scheduled kickoff, with a minimum of 5 players dressed and ready.

6. Divisional Championship Playoffs

1. At the conclusion of the regular season, each division will hold a playoff to determine the divisional champion. The format differs by season:

Item	Summer Season	Winter Season
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Teams Qualifying	Top 4 teams per division	Top 3 teams per division
Semifinals	Game 1: 1st vs 4th Game 2: 2nd vs 3rd	Game 1: 2nd vs 3rd
Final	Winners of Game 1 & Game 2	1st vs Winner of Semifinal
Tie After Regulation	Games ending in a tie will be decided by FIFA penalty kicks from the mark (5 kickers)	Games ending in a tie will be decided by sudden death penalty kicks from the mark

2. Divisional championship finals for both Summer and Winter will be scheduled at a time that does not conflict with other divisional League games to ensure visibility and fair play.

7. Rescheduling & Cancellations

1. Rescheduling is not permitted during the Winter season.
2. Only regular season League games in the Summer season are eligible to be rescheduled, if all of the following conditions are met:
 - a. The non-requesting team agrees to the reschedule
 - b. The requesting team pays any applicable rescheduling fee
 - c. The League scheduler is able to find an alternate date, time, and field
 - d. Both teams agree to one of the available options provided by the League scheduler
3. Any rescheduled game must be played within two (2) weeks of the original game date. If this is not possible, the requesting team must either:
 - a. Play the game as originally scheduled, or
 - b. Accept a forfeit of the match
4. Once rescheduled, the new game becomes part of the official League schedule and must still be played within two (2) weeks of the original date, regardless of any further changes.
5. The League may reschedule a game automatically in any of the following circumstances. Once a new date is issued by the League for any of the above, it will stand and is considered final.
 - a. No-show by the assigned game official
 - b. The field is ruled unplayable by the referee or officially closed by the facility
 - c. Unsafe weather conditions (e.g., electrical storm, snowstorm)
 - d. Force majeure (e.g., natural disaster or other unavoidable events)

6. If a game is abandoned due to facility issues, unsafe weather conditions or force majeure the following will apply:
 - a. If more than seventy percent (70%) of the scheduled match time has been completed, the score at the time of abandonment will stand as the final result.
 - i. If the score is tied and a winner is required for the competition, the referee will conduct a coin toss in the presence of a League representative and team representatives to determine the winner.
 - b. If less than seventy percent (70%) of the scheduled match time has been completed, the match shall be replayed from the point of abandonment under the following conditions:
 - i. The match will recommence with the same players and substitutes available at the time of abandonment. No new players may be added to the roster.
 - ii. Players sent off prior to abandonment remain suspended and cannot be replaced.
 - iii. Any disciplinary sanctions issued before abandonment remain valid for the resumed match.
 - iv. The rescheduled date, time, and location will be set by the League Executive in consultation with the Scheduler.
 - v. Any additional matters arising from the abandonment will be addressed by the League Executive.

8. Defaults & Forfeits

1. Teams defaulting or forfeiting matches will be subject to the following rules and penalties, in accordance with the MSWSL Code of Conduct and disciplinary standards:
 - a. A team that is unable to play a scheduled game but provides at least 48 hours' notice to both the League and the opposing team will forfeit the game and be responsible for paying any referee fees.
 - b. A team that does any of the following will forfeit the game, be fined \$50, and must pay the full referee fees:
 - i. Fails to appear for a scheduled game without providing 48 hours' notice to both the League and the opposing team.
 - ii. Fails to have the minimum number of players dressed and ready to play within the allowable time for kickoff, resulting in the game being canceled.
 - iii. Second offense: In addition to the above penalties, the team must post a \$100 performance bond.

- iv. Third offense: In addition to the above penalties, the team will be referred to the Discipline Committee for review. Additional sanctions may be imposed, up to and including expulsion from the League.
 - c. A team that abandons a game by leaving the field of play without the referee's permission must appear before the Discipline Committee for review and potential sanctions.
- 2. Any team forfeiting or defaulting for any reason will be recorded as the losing team; the game will be awarded to their opponent as a 3-0 victory.

9. Provincial Representatives Playoffs (Senior A Only)

1. Teams wishing to participate in the Senior A Provincial Representative Playoffs must notify the League Executive by July 15th. By opting in, teams commit to attending Provincials if they qualify, held the third full weekend in August. Teams that do not opt in by this deadline will not be included in the playoff bracket and will be excluded from the standings used to determine Provincial representation.
2. The Provincial Representative Playoffs will consist of eight (8) teams. Priority selection will be given to: The top five (5) ranked teams from Division 1, The top two (2) ranked teams from Division 2, The top one (1) ranked team from Division 3.
3. If fewer than the number of teams specified by division in Rule 9.2 opt in, the remaining playoff spots will be filled by the next highest-ranked opted-in teams, with priority given to teams from higher divisions.
4. If fewer than a total of eight (8) teams opt into the Provincial representative playoffs, all opted-in teams will be included in the playoffs, and be in a format as determined by the League Executive.
5. Teams opting into the Provincial Representative Playoffs will be ranked based on league standings as of July 15, using only results from opted-in teams. Rankings will prioritize teams from higher divisions (e.g., A1 teams ranked above A2, and A2 above A3), then by points within that order.
6. The top eight (8) opted-in teams will be seeded 1 through 8. The playoff structure will proceed as follows, with the top four (4) finishers representing MSWSL at Provincials as Metro 1 through Metro 4:
 - a. Round 1 – Quarterfinals
 - i. Game 1: Rank 1 vs Rank 8
 - ii. Game 2: Rank 2 vs Rank 7
 - iii. Game 3: Rank 3 vs Rank 6
 - iv. Game 4: Rank 4 vs Rank 5
 - b. Round 2 – Semifinals
 - i. Game 5: Winner of Game 1 vs Winner of Game 4 = Metro 1

- ii. Game 6: Winner of Game 2 vs Winner of Game 3 = Metro 2
- c. Round 3 – Third Place Match
 - i. Game 7: Loser of Game 5 vs Loser of Game 6 = Metro 3
 - ii. Loser of Game 7 will be designated Metro 4
- 7. All Provincial Representative Playoff games must produce a winner. If the game is tied at the end of regulation time, it will go directly to FIFA penalty kicks, beginning with five (5) kickers per team. If still tied after five kicks, the shootout will proceed to sudden death rounds.

SECTION 3: Conduct & Disciplinary Policies

10. Discipline

1. Any inquiries or requests for information made by a member of the Discipline Committee or the League Executive must be responded to within 48 hours.
2. Discipline hearings will be held in accordance with the following procedures:
 - a. The Discipline Committee will consist of at least three (3) members, including a Chairperson and a Recording Secretary.
 - b. The accused individual, club, or their designated representative is required to attend.
 - c. Individuals required to attend a hearing will be given at least three (3) days' written notice via email of the date, time, and location (excluding Saturdays, Sundays, and legal holidays).
 - d. Requests for hearing postponements must be submitted in writing via email at least 48 hours in advance of the scheduled hearing and must include the reason for the request.
 - e. Failure to appear at a scheduled hearing will result in the automatic suspension of the accused until they request another hearing in writing via email and appear at that rescheduled hearing.
 - f. A non-refundable \$100.00 fee (certified cheque or money order payable to the League) must accompany any request to reschedule a hearing.
3. Discipline hearings will be conducted in accordance with the Soccer Nova Scotia Policies and Procedures for discipline.
4. The League will maintain and publish a Code of Conduct and Discipline Code, including minimum penalties to be applied to any individual, club, or team official found guilty of an offence by the Discipline Committee.
5. All players, coaches, managers, team officials, clubs, and spectators must abide by the League's Code of Conduct and Discipline Code.
6. The Discipline Committee will determine the terms of any suspension, including both start and end dates.

7. All suspensions will be served continuously from the date of imposition until the stated expiry date. If a suspension is only partially served during the current playing season, it will carry over into the next season and continue from the first League game of that season.
8. The Discipline Committee may take action against any club whose players, officials, or spectators are found guilty of misconduct or violence toward any person present at a game.
9. Decisions made by the Discipline Committee may be appealed to the Soccer Nova Scotia Discipline and Appeals Committee, in accordance with their official appeal procedures.

11. Protests and Appeals

1. All protests shall be reviewed by the League Discipline Committee.
2. Protests must be submitted in writing via email to the League no later than twenty-four (24) hours after the end of the game being protested (excluding Sundays and legal holidays).
3. All protests must be accompanied by a protest fee of \$100.00. If the protest is upheld, the protest fee will be refunded in full.
4. Upon receiving a protest, the League will:
 - a. Notify the opposing team by email within 24 hours
 - b. Confirm receipt with the protesting party
 - c. Advise both parties of their right to attend a hearing (attendance may be waived in writing via email, in which case the protest will be addressed in their absence)
5. A team directly involved in a protest that is not satisfied with the League's decision may submit an appeal to the Soccer Nova Scotia Discipline and Appeals Committee.
6. If a team is found to have played an ineligible player as the result of a protest, the game will be awarded to their opponents with a recorded score of 3–0.

SECTION 4: Governance & Operations

12. Adoption of Rule Changes

1. All MSWSL games are played in accordance with the current FIFA Laws of the Game (Summer Season) or Indoor Soccer: Laws of the Game (Winter Season), as applicable. Adaptations to these laws specific to the League are outlined in this document. Unless otherwise stated, any updates to the governing laws are automatically adopted by the League.

13. Administrative Procedures

1. Minutes shall be recorded for all meetings of the League and its Committees, and submitted for ratification at the next relevant meeting.
2. Copies of minutes from each committee meeting shall be distributed promptly to committee members and to the Board of Directors.
3. Minutes from Board of Directors meetings shall be submitted to Soccer Nova Scotia.
4. Individuals appointed to represent the League are entitled to claim reimbursable expenses incurred while performing their duties, in accordance with rates established by the League.
5. Members of the Board and League staff are entitled to full reimbursement for expenses incurred in the performance of their duties.
6. Committee Chairs and members are entitled to reimbursement for expenses directly related to committee work.
7. All claims for reimbursement must be submitted promptly using League-issued expense forms.
8. All expenses must be supported by appropriate receipts in order to be eligible for reimbursement.

14. League Communication

1. All correspondence and communication regarding League matters must be directed through the office of the appropriate League officer.
2. Communication between Soccer Nova Scotia and League members related to League matters will be handled through the League's Executive Committee.

SECTION 5: List of Amendments

January 2026

- Rule 5 – Game Day Regulations: Added rule to clarify knee brace coverage and safety requirements.

October 2025

- Rule 3 – Player Movement: Updated call-up eligibility to permit 16-year-old players for the 2025/26 Winter Season only, with Club Technical Director approval.

April 2025

- Completely revised the format and organization of the Rules and Regulations, now structured under four main sections for clarity: Registration & Eligibility,

Competition & Gameplay, Conduct & Disciplinary Policies and Governance & Operations.

- Consolidated or relocated individual rules under broader headings (e.g., former Rule 4: Uniforms is now part of Rule 5: Game Day Regulations).
- Added Rule 1.1.a – Clarified that only current-season registered team officials may access the team bench. All officials must be listed in RAMP and on the game sheet.
- Moved player age eligibility rule from former Rule 2.7 to new Rule 1.6, for improved thematic consistency. Revised Rule 1.6 to reflect a 17+ minimum age requirement for Senior league registration, in alignment with Soccer Nova Scotia and insurance guidelines. Removed language allowing the registration of 15-year-olds.
- Added Rule 1.7 – Formalized MSWSL's gender registration and inclusivity policy, aligned with Soccer Nova Scotia.
- Added Rule 1.8 – Stated that players may register for only one combination of age, gender, and competitive level per season, in accordance with SNS policy.
- Revised Rule 2.3 – Defined returning team status for Winter Season as having at least 6 returning players (65% of 10-player minimum), aligning with the Summer rule (9 of 14).
- Revised Rule 2.6 – Updated team registration and roster procedures to reflect RAMP as the official system, removing references to submitting to the League Registrar.
- Removed former Rule 2.8 – Eliminated the option for teams to request one weekend off, reflecting updated scheduling processes.
- Revised Rule 2.9 – Removed the fixed 30-team league cap, allowing flexible growth while ensuring structure and scheduling are sustainable.
- Revised Rule 3.4 – Updated call-up policy to reflect MSWSL-specific eligibility rules, including clarification around inter- and intra-club movement.
- Revised Rule 4 (League Structure & Standings):
 - Updated to reflect Senior A and Senior B tier structure, with flexible division formats.
 - Clarified division placement criteria for both new and returning teams.
 - Added rule for calculating winning percentage when canceled games cause uneven numbers of games played.
- Revised Rule 5.6 – Updated to confirm that referee fees are shared equally between teams in both Summer and Winter seasons.
- Revised Divisional Championship Playoffs procedure under Rule 6 to reflect updated tie-breaking format for both seasons aligning with NSSL competition guidelines.
- Added a new clause under Rule 7 to define conditions for League-initiated rescheduling (e.g., no-show official, unsafe weather, field unplayability, force

majeure), and confirmed that the League-assigned reschedule date stands once issued.

- Added procedures for abandoned matches under Rule 7, outlining how to finalize or resume matches impacted by external factors.
- Added Rule 8 – Defaults & Forfeits under Section 2: Competition & Gameplay to summarize existing forfeiture and default procedures from the MSWSL Code of Conduct.
- Removed former Rule 8.4 – Deleted the outdated rule requiring teams to submit scores and game sheets manually, as this is now handled digitally via RAMP.
- Moved Rule 9.3 – Transferred content on suspensions carried over between seasons from former “Game Officials” section to the Discipline section (now Rule 8) for logical consistency.
- Removed all references to the Fair Play Cup from the MSWSL Rules and Regulations, as the competition has not been held since prior to the COVID-19 pandemic and is currently inactive.