



Winter Season

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Summary of Changes

[revised as of October 18, 2024]

New and changed rules and regulations for the 2024/25 Winter Season are as follows:

- 4.4 Implementation of Inclement Weather Policy
- 6.1 & 6.2 - Determination of Standings
- 6.4.1 - Games within division
- 6.5 - Fair Play Record
- 8.11.3 - Player Movement during playoffs
- 12.7 - Uniform consistency with registered club

October 18th Revisions:

- 8.1 Game Durations: *In all divisions above half time will be three (3) minutes*

Other Applicable Rules & Regulations:

- [Soccer Nova Scotia Rules & Regulations](#)
- [Soccer Nova Scotia Discipline Information](#)



1. Game Laws

All NSSL games will 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: First weekend in November.

End Date: 1st weekend of March or the last weekend before March break whichever 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

*Divisions where one team plays a second game on that weekend; the second game will be played on the Opposite Day in cases where travel to South Shore, Valley or East Hants is involved.

Game Times: games will begin at 7:00 AM each day and best efforts will be made to run through until 6:00 PM (games may be scheduled later pending available field time) 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 occur in the last 3 weeks of the season for U13 divisions and above.



4. Schedules

- 4.1 The schedules prior to the Christmas Break 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.
- 4.4 In cases of poor weather the league will implement the Indoor Season Inclement Weather Policy
- 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 is not permitted during the indoor season.

6. Standings

- 6.1 Point System: Three (3) Points awarded for a win, one (1) point awarded for a draw/tie, and zero (0) points awarded for a loss.
- 6.2 Determination of Standings: standings will be determined by the following criteria in the order listed:
 - 6.2.1 - Most Points
 - 6.2.2 - Head-to-Head Record (Not applicable in a 3 or more team tie)
 - 6.2.2.1 - Match results between teams tied
 - 6.2.2.2 - Goal Difference in games between teams tied (A max goal differential of 5 goals per match will be used)
 - 6.2.3 - Goal Difference in all games (A max goal differential of 5 goals per match will be used)
 - 6.2.4 - Fewest Goals Against in all games (A max goal differential of 5 goals per match will be used)
 - 6.2.5 - Fair Play Record (the team with the better fair play point record as defined by 6.5)



6.2.6 - Coin Toss

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

6.4 In cases where not all teams in the division have played an equal number of games, final standings will be calculated using Pts. % (total pts/games played)

6.4.1 In the event that a team changes divisions part way through the season, only games that took place within the division are considered in the determination of standings

6.5 Fair Play Record - teams will be deducted points from their fair play record based on misconduct committed during league play, this may result in negative fair play point totals.

6.5.1 Teams will be deducted one (1) point from their fair play record for each yellow card its players or team officials are shown

6.5.2 Teams will be deducted three (3) points from their fair play record for each red card it's players or team officials are shown

6.5.3 If a player or team official is dismissed as a result of being shown two yellow cards, three (3) points are deducted for the dismissal, none for the initial yellow card.

6.5.4 If a player or team official is dismissed having received a yellow card and a direct red card, points are deducted from their fair play record for both (1 + 3)

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 on January 10 at 11:59 PM. After this time no players may be added to the team's roster.

7.2.3.1 This does not apply to U8, U9, U10 and U11 Skill Centre divisions.

7.2.4 To be eligible to be placed on a roster 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 minimum and maximum noted below

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

All teams must be able to operate as an individual team and not rely on another team within their division or in a division they are able to call up from to fill out their roster.

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* – 25 minutes
- U11* – 25 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 three (3) minutes



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

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 be decided by sudden death penalty kicks from the mark.

8.4 Ball Size

- U8 – Size 4
- U9 – Size 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 divisions 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 Substitutions

8.8.1 For All indoor competitions, unlimited substitutions are permitted.

8.8.2 Re-entry is permitted

8.9 Roster

8.9.1 Teams may dress up to a total of three (3) more players than the number registered on their roster, up to the maximum roster size.

8.9.2 Only players listed on the team's game sheet are permitted to participate in a game.

8.9.2.1 The only players that may be added to the roster at game time are call-up players. These must be noted on the game sheet as a call-up player.

8.9.3 Only team staff (coaches and managers) listed on the team's game sheet are permitted on the bench during a game.

8.9.4 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.

8.9.5 A player may only appear on one roster.

8.10 Call-ups/Player Movement

8.10.1 Call-up players may be used by any team as set out in section 12 of the Soccer Nova Scotia Policies and Procedures.

8.10.2 Section 12.2.3.3 from the SNS Policies and Procedures is permissible in all divisions within the NSSL for the Indoor Season only.

8.10.3 Player Movement, defined by section 12 of the Soccer Nova Scotia Policies and Procedures, is not permitted in any play-off matches.

9. Team Responsibilities

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

9.2 Both teams are required to check off all players and team staff present during the game in the GameSheet App.

9.2.1 This should be completed prior to the game. If it is not completed by the start of play in the second half play will not resume until this has been completed by both teams. Time in the second half will begin on schedule.



10. Game Reporting

10.1 Will be completed by the game official.

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 colours 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 player's name on the game sheet and the NSSL league website.

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

12.7 Team Uniforms must be consistent with the club the team is registered with

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](#)

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 No Show Fees

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 for the third occurrence.

15.2 Subject to 15.1 where a team is removed from the league all games played up to the date of the removal will be erased from league standings

15.2 Failure to submit game result information and game sheets per section 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.

