



2025/2026
Winter Season

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Summary of Changes

New and changed rules and regulations for the 2025/26 Winter Season are as follows:

- 3.3 Game Days - U8/9 SC Now on Sundays
 - 3.5 Playoffs - clarification
 - 3.6 End-of-Season Tournament - replaces Playoffs for U13 divisions
 - 7.1 Club Registration - requirements for Clubs to participate in NSSL Winter Season
 - 8.1 Game Durations - changes for U10 and U11 divisions
 - 8.4 Ball Size - updated in accordance with Canada Soccer Grassroots Standards
 - 8.6 Retreat line - updated in accordance with Canada Soccer Grassroots Standards
 - 8.9.2 Call-up Chart - call-up chart added for clarity
 - 8.9.3 Playing Across - clarification of wording
 - 8.9.4 Player Movement in Playoffs - clarification of wording
 - 11.4 Sanction (point deductions) for no-shows of out-of-region games
 - 14.1 Appeals and Protests - defers to Soccer NS policy and procedure
 - 15.2 Incomplete Gamesheet fine(s)
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- Removed: Power-Play

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

3.1 Start Date: First weekend in November.

3.2 End Date: 1st weekend of March or the last weekend before March break, whichever is later.

3.3 Game Days:

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

- U10/U11 Skill Centre
- U15
- U18
- Senior Women

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

- U8/U9 Skill Centre
- U12
- U13
- Senior Men

*In some rare cases, games may be scheduled on the other game day

**U15AAA and U17AAA divisions may be scheduled on either Saturday or Sunday

3.4 Game Times: games will begin at 7:00 AM each day and best efforts will be made to run through until 8:00 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.

3.5 Play-offs: league play-offs will occur in the last 3 to 4 weeks of the season for U15 divisions and above, as needed. Playoffs will be Single-Elimination format. There are no playoffs for U15AAA or U17AAA in the winter season.



3.6 End-of-Season Tournament: An end-of-season tournament will occur over the last 3 to 4 weeks of the season for U13 divisions that do not keep scores or standings in the regular season. The End-of-Season Tournament will be single elimination format.

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 Club Registration

7.1.1 In order for clubs to register teams and players in the NSSL they must:

7.1.1.1 be registered and in good standing with Soccer Nova Scotia and their respective district association

7.1.1.2 meet the club licensing requirements as defined by Soccer Nova Scotia Policies and Procedures, Section 4.4

7.2 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 the teams 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).

7.3 Player Registration

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

7.3.2 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.

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

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

7.4 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.

7.5 Coach and Manager Registration

7.5.1 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.

7.5.2 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 – 2 x 25 minutes
- U11 – 2 x 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

*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 and End-of-season tournament games that end in a tie will be decided by sudden-death penalty kicks from the mark.

8.4 Ball Size

Ball Size	Applicable Divisions
Size 4	U8 / U9 / U10 / U11 / U12
Size 5	U13 / U15 / U17 / U18 / SR

8.5 Slide-Tackling

Is not permitted in indoor soccer

8.6 Retreat Line

The retreat line will be used for all divisions U11 and below

8.7 Substitutions

8.7.1 For All indoor competitions, unlimited substitutions are permitted.

8.7.2 Re-entry is permitted

8.8 Roster

8.8.1 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.

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

8.8.2.1 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.

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

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

8.8.5 A player may only appear on one roster.

8.9 Call-ups/Player Movement

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

8.9.2 Call-Up Chart

Division	Can Call Up From
U15 B	U13 B
U15 A	U15 B / U13 A / U13 B
U15 AA	U15 A / U15 B / U13 AA / U13 A / U13 B
U15 AAA	U15 AA / U15 A / U15 B / U13AA / U13 A / U13 B
U17 AAA	U18 AA* / U18 A* / U15 AAA / U15 AA / U15 A / U15 B
U18 B	U15 B
U18 A	U18 B / U15 A / U15 B
U18 AA	U18 A / U18 B / U15 AA / U15 A / U15 B
SR AA	U18 AA** / U18 A** / U18 B** / U17 AAA**
SR AAA	SR. AA / U18 AA** / U18 A** / U18 B** / U17 AAA**

*The player being called up must meet the age requirements of the division to which they are being called up.

** Players 15 years of age and younger are not permitted to be called up to the senior age division. Players aged 16 years at the date of the game, can be called up to senior, with the permission of the technical director of the club the team and player are registered with.

8.9.3 'Playing Across' as defined in Section 12.2.3.3 from the SNS Policies and Procedures is permissible in all divisions within the NSSL for the Indoor Season. Teams may call players across from teams in the same division, registered with the same club

8.9.4 Player Movement (Playing up and/or playing across), 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.

11.4 Subject to 11.1 where a team fails to show up for a game outside of their district/region, the defaulting team may be sanctioned with a point deduction of three (3) points.

11.4.1 For the purposes of 11.4, Halifax, Harbour East and Suburban Districts shall be considered the same district/region.

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 Appeals and protests can be made in accordance with the Soccer Nova Scotia Discipline and Appeals Policy. Section 10 of the Soccer Nova Scotia Discipline and Appeals Policy governs the appeals process.

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 complete game sheets requirements per section per section 9.2 will result in a \$25.00 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.

