



2024 Summer Season Handbook

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Summary of Changes - Revised as of June 7, 2024

New and changed rules and regulations for the 2024 Summer Season are as follows:

- [6.5](#) - *Standings re: mid-season division changes*
- [7.4.2](#) - *Coach registration within a division*
- [8.10](#) - *Player movement*
- [8.10.1](#) - *Call up chart*
- [9.2](#) - *Digital game sheet responsibilities*
- [10](#) - *Game Reporting*
- [12.7](#) - *Uniform consistency with registered club*

Removed (the following will no longer apply to the NSSL):

- U13 AA Game Amendments introduced in 2023:
 - 2 x 37-minute halves
 - Introduction of a 2minute 'break' mid-way through each half (at a natural stoppage)
 - Half-time reduced to 5 minutes

June 7th Revisions:

- [8.8.2.1](#) - U12AA and U13AA divisions may use unlimited substitutions at any stoppage of play
- [8.8.3.1](#) - Use of sub slips are not required in U12AA or U13AA divisions

Other Applicable Rules & Regulations:

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



1. Game Laws

All NSSL games are to be played under the current “FIFA Laws of the Game” document. Adaptations to these laws are contained in this document.

2. Soccer Nova Scotia Policies & 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.

[Soccer Nova Scotia Policies & Procedures](#)

3. League Structure

Start Date: Varies by division, all important dates located in the current season Important Dates Document

End Date: Varies by division, all important dates located in the current season Important Dates Document

Game Days: Each division has two scheduled game days, all scheduled games will be scheduled on those days of the week. In the cases of league rescheduled (weather, extenuating circumstances) games the game days may not work.

During the months of March, April and May games will typically be on weekends as the clubs have the majority of turf time through the week.

Game Times: games will begin at 8:00 AM each day and run through until 11:00 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. Discretion on game times will be used based on the age of division

Play-offs: for divisions with play-offs, the dates can be found in the current season's important dates document.

4. Schedules

4.1 Scheduled for AA and AAA divisions will be posted in their entirety for all dates field contracts have been issued.



4.2 Schedules for A, B & C divisions will be posted for the first two weeks, these games will be “seeding games” and not count in the schedule. Once complete the remainder of the season schedule will be posted for all dates field contracts have been issued.

4.3 “Black-out dates” will be accepted prior to the date specified for the division in the current season important dates document.

4.3.1 Each request for black-out date(s) will consist of no more than 5 consecutive days.

4.3.2 AAA & AA teams may request no more than 1 black-out date or date range

4.3.3 A, B & C teams may request no more than 2 black-out dates or date ranges

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

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

5. Rescheduling

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

5.1.1 The 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 or time outside of any other NSSL scheduled game

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 seven (7) days prior to the date of the game.

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

5.2.2.1 Rescheduling requests must be accompanied by the information noted in 5.2.2 or the game will not be rescheduled.

5.3 Rescheduling during 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 as well as the game being defaulted.

5.5 Games will be automatically scheduled by the league in cases where;

- The game official does not appear for the match;
- The referee judges the field to be unfit for play;
- Weather factors such as an electrical storm which in the opinion of the referee, warrant not playing the game or its abandonment;
- Other unforeseen circumstances, such as an act of god.

5.5.1 the rescheduled date set by the NSSL will stand.

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.

6.2.4 Penalty kicks (as per FIFA laws of the game)

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 Should a division end up with an uneven number of games scheduled for each team, pts % will be used to calculate final standings.

6.5 In the case of a team moving up or down a division mid-season, only the games played within the team's destination division will be used to determine the division standings.



7. Registration

7.1 Team Registration

Teams must be registered by the declaration date as noted in the current season's important dates document. 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 July 31st. After this time no players may be added to the team's roster.

7.2.3.1 This does not apply to 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

7.3.1 Roster sizes for the Summer Season must fall within the min and max set out in section 18 of the [Soccer Nova Scotia Policies and Procedures](#).

7.3.2 All teams must have the minimum number of players registered to their roster no later than the date specified in the current season's important dates document.

7.3.4 Skill Center divisions must have the following roster sizes:

7.3.4.1 Full roster rules can be found in the Skill Centre Handbook

7.3.4.2 U10 & U11 Teams – minimum 10 players

7.3.4.3 U8 & U9 Teams – minimum 8 players

7.3.1 The 11 a-side year long AAA team roster sizes and timelines can be found in the [Youth Performance League Handbook](#).



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 In any AAA division, a coach cannot be registered to more than one club within a division.

7.4.3 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 AA | 2 x 35 Minute Halves |
| U12 A/B | 2 x 25 Minute Halves |
| U13 | 2 x 35 Minute Halves |
| U15 | 2 x 40 Minute Halves |
| U17 | 2 x 45 Minute Halves |
| U18 | 2 x 45 Minute Halves |
| Senior | 2 x 45 Minute Halves |

In all divisions below AAA half time will be five (5) minutes. AAA will have a 10 minute half time.

**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 15 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 penalty kicks from the mark, 5 kickers.



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 Retreat Line

8.5.1 The retreat line will be used for the following divisions: U13 AA, U13 A, U13 B, U12 AA, U12 A & U12 B.

8.5.2 When the goalkeeper has the ball, all players must move behind the retreat line.

8.5.3 The retreat line shall be marked on the field in each half at approximately the 1/3 mark of the pitch length.

8.6 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

8.7 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 AAA divisions.

8.8 Substitutions

8.8.1 Senior AAA/AA – 5 substitutions are allowed during the game plus an unlimited number of subs at halftime.

8.8.2 Youth AAA/AA – 7 substitutions are allowed during the game plus an unlimited number of subs at half time.

8.8.2.1 - U12AA and U13AA divisions may use unlimited substitutions at any stoppage of play



8.8.3 All AA and AAA teams must use sub slips.

8.8.3.1 - Use of sub slips are not required in U12AA or U13AA divisions

8.8.3 Youth A, B divisions may have unlimited substitutions, however a maximum of three (3) players may be substituted at the same time (per team).

8.8.4 Substitutions during the game are permitted during a stoppage of play at the referee's deaccession.

8.8.4 Re-entry is permitted

8.9 Rosters

8.9.1 Team rosters must be finalized prior to the date specified in the current season's important dates document.

8.9.2 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.

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

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

8.9.5 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.

8.9.6 A player may only appear on one roster.



8.10 Player Movement

8.1.1 Playing Up

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

8.1.1.2 Call-Up Chart

| Division | Can Call Up From |
|----------|---|
| U13 B | U12B |
| U13 A | U13B / U12A / U12B |
| U13 AA | U13A / U13B / U12AA / U12A / U12B |
| U15 B | U13 B |
| U15 A | U15B / U13 A / U13 B |
| U15 AA | U15A / U15B / U13 AA / U13 A / U13 B |
| U15 AAA | U15AA / U15A / U15B / U13 AA / 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 they are being called up to.

** Players 16 and younger are not allowed to be called up to the senior age division for liability and insurance purposes.

8.1.1.3 Playing up is not permitted in any NSSL playoff competition.

8.1.1.4 Players being called up need to follow proper registration procedures through the designated NSSL online platform prior to the competition.

8.1.2 Playing Across

8.1.2.1 Playing across teams at the same age and competition level is not permitted in the NSSL.

8.1.2.2 Guest players for U13 and above are not permitted in the NSSL.

8.1.2.3 Guest players are allowed for age groups U12 and younger.

9. Team Responsibilities

9.1 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.

9.3 In games played on Grass the home team is responsible for providing mesh for the nets. Should mesh not be available the game shall still be played as a regular game.

10. Game Reporting

10.1 Game reporting will be completed by the game official.

10.2 Any disputes of game reporting accuracy must be reported to the league via the verification function of the digital game sheet.

10.2.1 Any unresolved disputes over 14 days old must be reported to the league operations manager and include the game number of the affected game.

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 7 players ready and available to play within 15 minutes of the scheduled

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 players 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.

Soccer Nova Scotia Discipline Policy can be found with the Soccer [Nova Scotia Policies and Procedures](#)

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 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 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. League Expulsion

Where a team is expelled from the league for any reason OR if a team drops out of the league at such a point where the schedule cannot be balanced, all games played up to the date of removal will be erased from the standings.



17. Supplementary Rules for Senior AAA Competition

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

18. 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.

