

Citadel Women's 7-Aside Soccer League Rules and Regulations

Last updated January 2026

Citadel 7-Aside Soccer League is committed to promoting women's soccer in a way that balances good sportsmanship with healthy, enjoyable competition. We encourage—and expect—all players, coaches, officials, and league members to uphold these values through their conduct both on and off the field.

Rule 1

Team Registration

- a. Teams are to be registered for this League by a time communicated each season by the executive board
- b. The number of teams in the league shall be determined by the executive each season dependent on field availability.
- c. A new team must declare in writing to a member of the Executive its intention to join the League prior to the registration date of the upcoming season. New teams will be placed in the lowest division available for their initial season
- d. Divisional placement for the following season will be decided by the executive, based on the team's performance in the evaluation season.
- e. A new team may petition the League to be placed in a higher division for their initial season. The League executive will make the final decision.
- f. Team registration fees must be paid in accordance with the procedure as set out in Article 7 of the League constitution. Teams applying for membership to the League must submit annually \$100.00 with each application for team registration. This fee is non-refundable and shall be applied to each team's registration fees
- g. The League's Executive shall grant membership in a Division upon approval and acceptance of the application for team registration.
- h. Changes to the official roster (additions/deletions) must be completed by the posted player registration deadline set by Soccer Nova Scotia.
- i. Any team that withdraws from the League after the season has started will not be entitled to any refund of fees. If they want to reenter the league in future seasons they will have to pay a \$500.00 bond, refundable at the end of a successful season.

Rule 2

Registration - Players and Team Officials

- a. All players and officials of teams participating in the League, regardless of the season, shall register each year “through a sanctioned club” with Soccer Nova Scotia.
- b. No player shall be deemed registered for participation nor shall they compete in any game of the League unless they are registered with Soccer Nova Scotia and in their IT Registration System 24 hours prior to the scheduled game as per Soccer Nova Scotia Player Registration Policy.
- c. Each team participating in the League must register not less than twelve (12) players and no more than twenty-two (22) players.
- d. All players who register on a team participating in the League are bound to that team, unless transferred or released as per Rule 3.
- e. For greater certainty in the application and interpretation of this rule, *“acknowledge as received by Soccer Nova Scotia”* shall mean they are registered in the SNS IT Registration and are visible on the online gamesheet.
- f. Only players who have reached their thirty-fifth (35th) birthday on or before Dec. 31 of the preceding year are eligible to play in the League.
 - a. Exceptions:
 - i. Over 35 teams may register up to 2 players between the ages of 30 and 35, having reached their 30th birthday on or before Dec 31 of the preceding year.
 - ii. Over 45 teams may register up to 2 players between the ages of 40 and 45 , having reached their 40th birthday on or before Dec 31 of the preceding year.
- g. Players may only be registered to play on one League team per season.
- h. 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.
- i. Team managers are responsible for ensuring that each player meets the registration rules as outlined in Rule 2 F.
- j. If a player is discovered to have been ineligible to play, all games in the season up to that date in which they participated will be defaulted.

Rule 3

Transfer/Movement of Players

- a. Applications for transfers shall be based on published rules, which have been established by Soccer Nova Scotia.
- b. Transfer will not be permitted after July 15th in each year.
- c. A player registered with any club or team that ceases to operate and which has been declared defunct by the League shall be deemed released by that team or club and may transfer to any other team or club willing to accept them, prior to July 31 or after July 31st with league approval
- d. A team may call-up players from a team in any division of Citadel 7aside Soccer league **lower** than the one they play in, subject to the following rules:
 - i. A team may use a maximum of 3 called-up players in any league game.
 - ii. Team officials must add called-up players' names to online game sheets, in the APP.
 - iii. Teams in the lowest division in a season may "call-up" players from that same division or in the case of the bottom division, the division directly above them.
 - iv. Teams designated 45+ may only "call-up" players who meet the criteria in Rule 2 and are 40 and over.
 - v. A player may be called-up for regular season league play up to 5 times in and indoor (winter) season and 5 times in an outdoor(summer) (total games played).
 - i. It is the team's responsibility to ensure that the called-up players have not already played the maximum number of called-up games for the season,
 - 1. Teams playing a player who has exceeded their limit of games will forfeit the game in which the player has played
 - 2. Failure of a team to add the called-up players to the game sheets may result in that team forfeiting the game
 - ii. It is the called-up player's responsibility to monitor the number of games they play as a call-up,
 - 1. players exceeding the maximum games may be suspended from playing their regular league games for up to 2 games
 - vi. Call-ups are not permitted in Provincials.

- vii. For Play-offs, Citadel Challenge Cup or other tournaments refer to the rules for the respective competitions

Rule 4

Uniforms

- a. Each team participating in the League shall have one set of uniforms in a distinct combination of colors.
 - a. Teams should also have another set of uniforms in a different colour or set of pinnies with numbers or material where the uniform numbers can be seen. One combination of colors shall be designated “home” colors.
- b. In the event of a clash in colors, the away team shall change into its alternate color uniform or pinnie.
- c. All players on a team, with the exception of the goalkeeper, shall wear the same color jersey (or pinnies), shorts and socks. Each jersey shall have a different number on the back including the goalkeeper.
 - a. Skirts and/or skorts may be worn as long as they do not pose any danger
- d. A player wearing a brace with any exposed hard surface must ensure the the brace is covered in order to play.

Rule 5

Games

- a. 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.
- b. Five (5) minutes before the commencement of kick - off, the home team shall provide the referee with a suitable game ball (SIZE #5).
- c. Each team may dress a maximum of 22 players per game.
- d. Default of a game will be caused by:
 - i. A team having fewer than five (5) players at the beginning of any schedule game.
 - ii. A team using ineligible or unregistered player(s).
- e. Where a team has been found to have played an ineligible player, the game shall be forfeited and awarded to their opponents with a score of 3-0 (refer to Rule 6 protest process if applicable).
- f. If a team fails to show up for a scheduled game within 5 minutes of the official game start time or fails to field a minimum of 5 players, the game is defaulted and the opposing team is deemed to win 3-0

- i. The defaulting team will be responsible to pay the entire referee fee (if less than 24hours notice) and the field rental fees (amount set each year by the executive to reflect current years costs) for the opposing team.
 - ii. For a second default to the same team in a season, the defaulting team pays a fine of \$100 in addition to the fees listed in 5fi.
 - iii. Exception: In winter when the driving conditions are questionable, the majority of 3 executive table officers may agree that "forfeit fee forgiveness" applies. This decision is made 2 hours prior to the kickoff of the first scheduled game on gameday. In this situation, if a team chooses not to play, the game is scored as a forfeit and the defaulting team pays the full referee fee. However, no penalty fee is charged, and it is not included in the count of defaults. Additionally, the opposing team does not receive reimbursement of the field fee. If a team notifies the league and opposition with over 24 hours notice of the default of the game they may not have to pay the referee fee.
 - iv. All fees and fines, payable by a defaulting team, must be paid to the league by the end of the playing season in which they are incurred. Any team with outstanding / unpaid fees or fines will not be able to register for the next season.
- g. Rescheduling will be considered by the league executive based on field and referee availability
- h. FIFA Laws of the Game (17 Laws) apply to Women's 7-Aside Soccer outdoor rules with the following modifications:
 - i. **Field of Play** The field of play shall be Length: 65m to 75m Width:45m to 55m **The net size shall be 8 feet high by 24 Feet wide**
 - ii. **The Number of Players** Not more than 7 players per team on the field. A match may not start if either team consists of fewer than 5 players.
 - iii. There is no limit to the number of substitutes. Unlimited substitution is permitted on any stoppage of play *at the discretion of the referee.*
 - iv. **The Duration of the Match**
The game is divided into 2 halves of 30 minutes each. There will be 5-minute break at half time.
 - v. **The Start and Restart of Play** Opponents shall be 5 meters from the ball
 - vi. 8 second rule - Goalkeepers are not permitted to hold the ball for longer than 8 seconds or a corner kick will be awarded to the opposing team.
 - vii. **Offside** There is no offside rule in 7-Aside Soccer.
 - viii. **Fouls and Misconducts**
Sliding is allowed.
Slide tackling is a foul and may be sanctioned

Rule 6

Protests

- a. The Leagues Discipline Committee shall deal with all protests.
- b. All protests shall be submitted in writing to the League office no later than twenty-four (24) hours after the end of a game being protested.
- c. A protest fee of \$100.00 must accompany protests. In the event that the protest is upheld, the protest fee shall be refunded. If the protest is denied, the protest fee will be forfeited.
- d. Upon receipt of a protest, the League office shall within forty-eight (48) hours send a copy of the protest to the party protested against. Both parties shall have the right to attend a hearing, either may waive the right in writing, in which case the protest will be dealt with in their absence.
- e. Any team directly involved in a protest that is not satisfied with the decision may appeal to the Soccer Nova Scotia Discipline and Appeals Committee.

**Rule 7
Discipline**

Discipline will be administered according to SNS Policies and Procedures Handbook (Discipline and Appeals Section)

- a. The balance of suspensions partially served during the current playing season shall be served at the start of the following playing season. For greater certainty in the application of this Rule, “play season” is defined to include both League regular games and League play off games in both the Summer and Winter seasons.

**Rule 8
League Standings**

- a. For all divisions, a team’s standing within a division shall be determined by a points system based on three (3) points for a win, one (1) for a draw and zero (0) points for a loss.
- b. A game that is canceled or abandoned before half time will result in a nil/nil tie. The score of a game that is abandoned during the second half will be the score that is standing at the time when the game was abandoned.
- c. In the event of a referee not showing up the game may be rescheduled at the discretion of the league.

- d. Where two or more teams are tied in the standings of a division at the conclusion of the season, the higher standing shall be awarded to:
 - i. Previous Match Results – Head to head -- The team with the best record in games involving only the tied teams shall be awarded the higher standing (not applicable if three (3) or more tied).
 - ii. Goal Difference -- The team with the best goal difference (total goals for minus the total goals against) shall be awarded the higher standing. A maximum difference of five (5) goals shall be awarded in each game.
 - iii. Least Goals Against -- The team having the fewest goals against them shall be awarded the higher standing.
 - iv. Goals For -- The team having scored the most goals shall be awarded the higher standing.
 - v. Penalty Kicks -- If two or more teams are still tied under criteria (1)-(4), then the higher standings shall be decided by kicks from the penalty spot.
- e. Game reporting will be completed by the assigned game official. Any disputes regarding the accuracy of the game report must be submitted to vp@citadel7soccer.ca within five (5) days of the match. After this period, all game results including individual game stats will be considered final and will not be modified.

Rule 9

Game Officials

- b. All games shall have a referee who shall be assigned by the Soccer NS referee assignor and registered with Soccer Nova Scotia.
- c. Referees shall use the yellow and red card system to caution or dismiss players or team officials from the game. The yellow or red card system shall be supplemented by the Soccer Nova Scotia automatic discipline system, which shall also govern cautions and ejections during League games.

Rule 10

Administrative Procedures

- a. Minutes of Meetings
 - i. Copies of minutes of League meetings shall be submitted to Soccer Nova Scotia.
- b. Expenses
 - i. All persons appointed to represent the League shall be entitled to claim expenses incurred in their duties, at rates established from time to time by the League.
 - ii. Members of the Executive shall be entitled to a refund of all reasonable expenses incurred during the performance of their duties.

- iii. Committee chairman and committee members shall be entitled to a refund of all reasonable expenses incurred as members of a committee when those expenses have been incurred directly as a result of committee work.
- iv. Claims for reimbursement shall be submitted promptly on forms supplied by the League.
- v. Appropriate receipts must support all expenses.

c. League Communications

- i. All correspondence and communications made with respect to League matters will be made through the office of the appropriate officer of the League. It is expressly recognized that communications between Soccer Nova Scotia and members of the League concerning League matters will be made through the League's Executive Committee.

Rule 11

Citadel Women's 7-Aside Soccer League adopts any amendment or changes of the Rules of Soccer Nova Scotia. and FIFA Laws of the game