



**SOCCER
CAPE BRETON
COMPETITIONS HANDBOOK**

Important Dates

March 1st	Summer Registration Begins
April 21st	All team submissions are due to SCB
May 5th	Summer season schedule released
May 12th	Deadline for game reschedule requests
1st Week of June	Summer season begins
June 30th	Last day for player registration
June 30th	League fees 75% due
Weekend in July	Cape Breton Cup Tournament
July 31st	Last day to transfer a player
2nd week of August	Summer season ends
October 31st	Remaining league fees due

2026 Summer League Summary

	U9	U11	U13	U15	U18	Senior
Birth Years	2017/2018	2015/2016	2013/2014	2011/2012	2008/2009/2010	2008+
Format	5v5	7v7	9v9	11v11	11v11	11v11
Min. Players on Roster	8	10	14	14	14	14
Max. Players on Roster	12	14	18	25	25	25
Game Duration	3 x 25 min halves	2 x 30 min halves	2 x 35 min halves	2 x 40 min halves	2 x 45 min halves	2 x 45 min halves
Ball Size	4	4	5	5	5	5
Field Measurements (LxW)	30m x 25m 36m x 30m	40m x 30m 55m x 36m	65m x 45m 75m x 55m	90m x 45m 120m x 90m	90m x 45m 120m x 90m	90m x 45m 120m x 90m
Max Goal Size (HxW)	5ft x 8ft	6ft x 16ft	6ft x 18ft	8ft x 24ft	8ft x 24ft	8ft x 24ft
Restart from Sideline	Pass In (no dribble in)	Pass In (no dribble in)	Throw In	Throw In	Throw In	Throw In
Retreat Line	Half Line	1/3 of the Field	N/A	N/A	N/A	N/A
Offside	No	No	Yes	Yes	Yes	Yes
Goalkeeper Drop Kick/Punt	No	Yes	Yes	Yes	Yes	Yes

Rules and Regulations

These rules and regulations are established by the authority of Soccer Cape Breton (SCB). The following rules may be added to or amended as per the SCB bylaws, but changes shall not occur after the start of the season unless agreed upon by the SCB Executive Board.

Where any omission should arise, the applicable rules and regulations for Soccer Nova Scotia (SNS) shall prevail. If an omission still exists, the Canada Soccer Association (CSA) rules shall apply, and if the omission still exists, the rules of the Federation International Football Association shall apply.

Once a team member is assigned to a team and placed on that team's roster, it is deemed that said person has accepted and agreed to the SCB League Handbook as stated in this book and will abide by any interpretation explained by SCB.

Team and Player Registration

Club Team Entries

- Clubs must register annually with SCB and appoint a liaison person and contact information.
- All clubs must be certified Quality Soccer Providers through SNS and Canada Soccer.
- Team entries must be emailed to competitions@soccercapebreton.com and properly entered in to RAMP by April 21st
- Late entries will not be accepted as they disrupt scheduling.
- Teams withdrawing after scheduling begins will be charged an \$300 administration fee.

Player & Official Registration

- All players and team officials must register annually through their club in accordance with SCB/SNS rules.
- No player may participate until properly registered in RAMP.
- A player may only be registered to one team unless properly transferred or approved.
- Clubs must ensure all RAMP information is accurate and proof of age is verified and uploaded.
- Players remain bound to their club for the season unless released per SNS rules.

Officials Screening Requirements

- Team officials must have a valid E-PIC and Vulnerable Sector Check (VSC).

- Checks are valid for 36 months and must be uploaded to RAMP.
- Clubs determine suitability of flagged checks and may consult SCB/SNS.
- Two fully screened team officials are required for Provincials eligibility.

Registration Validity & Discipline

- Registration concerns must be raised within 24 hours of a game; clubs have 48 hours to provide documentation.
- Falsified documents or RAMP data will be reported to SNS.
- Illegal players (unregistered or over-age) results in a defaulted game and a \$75 fine per game.

Deadlines & Fees

- Team registration deadline is April 21st.
- Player registration deadline is June 30th.
- Clubs are billed 75% of prior-year registration/referee fees by June 30th (due within 30 days) and the balance by October 31st.

Team Rosters

- Teams must meet the minimum roster size in order to participate.
- Teams must meet the max roster size first before proceeding to enter a second team within the same division.
- Mixed-gender teams must play in the boys division.

Team Officials

- Each team must have at least two team officials, one of whom must be an adult.
- Contact information for each team's staff must be uploaded to RAMP.
- Only one head coach is permitted.
- Coaches/assistant coaches must be registered in SNS' Coach Centre.

Play-Up Rules

- A player may play up for one team (higher age group) for unlimited league games but cannot play up for a second team once used.
- Play-up must be marked on the game sheet.
- No play-ups are allowed in playoffs or provincials.
- Cross-club play-ups require approval from the player's club president.
- U9/U11 rosters are fluid; within-club roster mixing is permitted.
- Girls may be called up to boys' teams; boys may not play on girls' teams.
- Ineligible play-ups will result in forfeiture and penalties.

Transfers & Club Changes

- All transfers require SCB approval once the season has started and must be

- completed by July 31st.
- If a team folds before July 31st, players may move to another team within the same age group.
 - Between seasons, players may move clubs unless the former club files an objection (e.g., unpaid fees, unreturned equipment)
 - New residents to Nova Scotia must complete the appropriate transfer/release process before playing.
 - Team officials may transfer clubs if they are leaving in good standing; disputes will be reviewed by SCB.
 - The SCB VP of Competitions has final say on special declaration cases.

League Divisions and Schedules

Division Structure

- Once all clubs submit their team entries, SCB will determine the competition format for each age group based on the number of teams entered.
- Divisions will consist of no fewer than 3 teams and no more than 12 teams.
- SCB reserves the right to combine or split divisions depending on registration numbers.

CAPERS Academy & NSSL

- All teams participating in the NSSL compete under CAPERS Academy. These teams follow NSSL rules first; the SCB League Handbook applies only where NSSL rules are silent.
- CAPERS Academy has first right of entry into the top two divisions of each age group. If CAPERS Academy only declares in the top division, the second division becomes available to other clubs.
- CAPERS Academy teams cannot claim provincial spots in A divisions.

Schedule Release

- SCB will post all league schedules on its website.
- All schedules will be published no later than May 5th.
- All games must be played as scheduled unless changed through the SCB rescheduling policy or cancelled/postponed by SCB.

Game Days

- SCB league games are assigned Sunday to Thursday for each age group
- SCB may need to schedule games on Friday and Saturday based on conflicts or limited field availability.

Tournaments

Cape Breton Cup

- Cape Breton Cup is hosted annually, for further information look to the Cape Breton Cup tab on our website.

SNS Provincial Championships

- SCB may submit one team in each Provincial division where there are four (4) or more teams competing in the league.
- The team selected to attend Provincials will be the top team in the regular season standings for that division.
- In situations where SCB is invited to send a second team to a Provincial Championship, the second-place regular season team will be offered the opportunity. If that team declines, the invitation will be extended to the third-place team, and so on.
- SNS may require SCB's provincial representatives to participate in a provincial playdown to qualify for the Provincial Championships.
- Teams are responsible for ensuring all required documentation is completed and submitted in accordance with SNS Provincial Championship rules. SCB will provide assistance upon request (e.g., printing SNS Player ID cards).

Out of Province Travel Permits

- All teams travelling outside of Nova Scotia, to compete in a tournament or attend any type of training camp, must complete and submit a travel permit application prior to travel.
- Any team that travels outside of Nova Scotia without an approved permit will be subject to Soccer Nova Scotia discipline sanctions.

Game Rescheduling

Game Start & Field Procedures

- Games must start at the scheduled kick-off time.
- The maximum wait time to start a game is 10 minutes. If one team does not have the minimum number of players ready within 10 minutes, the game is a forfeit.
- If another game is scheduled afterward, teams must clear the field and technical areas immediately. Teams may not enter the field or technical areas until the prior group has fully exited.

Weather Policy

- SCB will make a decision regarding weather related postponements by 12:00 noon. If no announcement is made, teams are expected to attend as scheduled,

and the referee will determine whether the match proceeds. Once teams and match officials have arrived, only the referee has the authority to delay, suspend, or abandon the match.

- Please refer to the Extreme Weather Policy for more information.

Rescheduling Process

- Rescheduling requests must be submitted by May 12th
- All requests are subject to approval by SCB
- Games postponed or cancelled by SCB or the referee (before 2/3 completion) may be rescheduled by SCB if they are in the U13-Senior divisions. U11 and younger games will not be rescheduled.
- Game changes are not approved until they have been updated on the SCB website.

Rules of Play

A summary of league standards is available on the Summary tab. The rules below apply to all divisions.

Game Ball

- The game ball must be round, undamaged, and properly inflated.
- The home team supplies two (2) game balls.
- The referee may use the visiting team's ball if it is judged to be better.

Player Equipment

- Players may not wear anything dangerous. All visible jewellery (necklaces, rings, bracelets, earrings, bands, piercings, etc.) must be removed.
- Taping over jewellery is not permitted.
- Exception: medical alert bracelets/tags.
- Footwear must be recognized as soccer cleats. Unsafe or non-conforming footwear will result in the player being removed until corrected.
- Shin guards are mandatory for all players and must be fully covered by socks.
- Non-compulsory protective equipment (certified headgear, face masks, braces, padding) is allowed with referee approval.
- Rigid casts or splints, even if padded, are not permitted.
- The referee has final authority on the suitability of all player equipment and may require items to be changed or removed.

Uniforms

- All outfield players on a team must wear matching jerseys, shorts, and socks.
- Jerseys must have a number at least 6 inches high on the back.
- Goalkeepers must wear colours that clearly distinguish them from all players and

the referee.

- Players may wear tights for weather or religious reasons; tights must be black or match the shorts, with shorts worn over top.
- Goalkeepers may wear suitable pants.
- In the event of a jersey colour clash, as determined by the referee, the home team must change jerseys or wear pinnies/bibs.

Point System

- Win: 3 points
- Draw: 1 point
- Loss: 0 points

Determining Standings

- SCB will post all game scores on the SCB website.
- Standings are determined in the following order: 1. Most points 2. Head-to-Head record
- When teams have played an unequal number of games final standings will use a points percentage system (Total Points / Number of Games Played).
- If teams are tied, a tie breaking game will be played.
- If a team identifies an error in the posted results, they must notify SCB within 24 hours of the game by emailing competitions@soccercapbreton.com for review and correction.

Fields and Facilities

Open Hearth and CBU Fields

- SCB is responsible for booking field time at Open Hearth Park and the Cape Breton University Health and Recreation Complex for all SCB games.
- Clubs may choose to use fields at Open Hearth Park or CBU instead of their home field, subject to availability and need. Any costs incurred by SCB for the use of these facilities will be billed back to the respective club.

Community Fields

- Clubs must submit any changes to their team's designated home field(s) to SCB prior to the start of the season.
- Clubs are strongly discouraged from using their submitted home field(s) for mini programs, as this can create scheduling challenges and reduce overall scheduling efficiency.
- If a team's designated home field is unavailable, SCB reserves the right to schedule that team's home game at an alternate field.
- Clubs are responsible for ensuring their home fields meet required standards throughout the season. This includes proper field dimensions, appropriate goal

sizes and nets, corner flags, and maintaining fields (mowing and lining) according to the specific game format being played. Clubs are responsible for all costs associated with their home fields.

- SCB encourages all games to be played on appropriately sized fields with regulation goal nets. However, some community fields may not meet exact regulation standards (e.g., slight size variations, uneven surfaces, etc). In such cases the game may proceed unless the conditions are deemed significantly unsuitable. The referee will make the final decision regarding field playability. If a field presents ongoing issues, SCB reserves the right to intervene and address the matter as deemed appropriate.

Below is a list of the ideal field and goal net sizes based on game format:

Game Format	Field Measurements (L x W)	Goal Measurements (H x W)
5 v 5 (U9)	30m x 25m 36m x 30m	5ft x 8ft
7 v 7 (U11)	40m x 30m 55m x 36m	6ft x 16ft
9 v 9 (U13)	65m x 45m 75m x 55m	6ft x 18ft
11 v 11 (U15+)	90m x 45m 120m x 90m	8ft x 24ft

Coaching Staff and Team Management

Team Officials

- All team officials who will be on the team bench/technical area must be listed on the game sheet.
- Teams must list a minimum of two (2) team officials on the game sheet, one of whom must be an adult.
- Teams may list up to four (4) team officials.
- Any team official who appears on the game sheet but is not present on the bench/technical area must have their name crossed off.
- All games should be played with a minimum of two (2) team officials. If only one team official is present a Bench Parent may step in to assist.

Spectator Placement

- Team benches must be on the same side of the field.
- Spectators must be on the opposite side, at least 2 metres from the sideline.
- Spectators may not sit or stand behind the goals.
- Spectators are not permitted on the team side unless separated by a permanent barrier (e.g., fence, railing) and still at least 2 metres from the team benches.
- A spectator is defined as any person not listed on the game sheet.

Dismissal of Players

- A dismissed player must leave the field area with a parent/guardian, if present.
- If no parent is available, the player may remain on the bench.
- If the player interferes with the game in any way, both the player and the head coach may face penalties from SCB/SNS.

Game Sheet Submission

- Game sheets must be submitted electronically via RAMP App prior to each game.
- Game sheets must include: Full names and jersey numbers of all participating players, full names of all team officials on the bench, and full names of any player or team official serving a suspension
- The game cannot start until both teams have submitted their game sheets. Teams failing to provide a proper RAMP game sheet may face a \$200 fine per game, as well as potential forfeit penalties at the discretion of SCB.

After the Game Duties

- The referee will submit the official match details into SCB within 12 hours of the match ending.
- If the referee is having technical difficulties with the RAMP App, they must email competitions@soccercapebreton.com within the 12 hour time frame.
- Teams must review the final game sheet within 24 hours of the match ending.
- Any mistakes on the game sheets must be reported within 24 hours of the match ending. Game sheets are not reviewable after 24 hours.

Referees and Officials

Authority of the Referee

- Decisions made by the referee on all facts related to play, including whether a goal is scored and the final match result, are final.
- All decisions of the referee and other match officials must be respected at all times.

Registration & Conduct

- Game officials must be currently registered with Soccer Nova Scotia (SNS) and be in good standing.
- All referees are subject to the SNS Code of Conduct for Referees.

Match Official Assignments

- SCB's Referee Assignor will attempt to assign three SNS-registered officials (1

referee, 2 assistant referees) for all games U13 and above.

- U11 games will be assigned a single referee when possible, when a referee is not available then the clubs are responsible for assigning a game leader instead.
- Clubs are responsible for assigning a game leader for their U9 home games.

Missing Referees

- If the assigned referee does not show or cannot continue, the assistant referee can take over the role.
- If one of the assistant referees does not show or cannot continue, each team will provide a linesperson to cover one half of the match.
- If no officials attend the match, the home team must notify SCB within 24 hours. SCB will reschedule the game and report the incident to the District Referee-in-Chief for follow-up.

Payment of Officials

- Game official pay rates are set annually by SNS.
- SCB pays officials according to a predetermined schedule and bills clubs after the season.
- Clubs must follow SNS pay rates exactly (no overpayment or underpayment).

Referee Reporting Responsibilities

- The referee must report: the final score, accurate goal scorers, all cautions and dismissals, and any notable or special incidents
- Reports must be submitted within 12 hours of the match ending.
- Any referee issuing a dismissal must file a misconduct report with SNS within 48 hours.

Forfeitures

Forfeited Game

- A game is considered forfeited when one or both teams fail to field the minimum number of players required to start the game, or cannot continue to the two-thirds completion time of a scheduled league match.
- If both teams forfeit the same game, both teams are subject to the applicable penalties listed below and no points will be awarded to either team.
- Any team that accumulates three (3) forfeitures in a single season will face removal from the league for the remainder of the season.

Forfeit Match Result

- A team that forfeits is recorded as the losing team.
- The match score will be recorded as 3–0.

- The opposing team will be awarded three (3) points.

Financial Penalties

Teams that forfeit a match are subject to the following penalties:

- First forfeited game \$150 penalty
- Second forfeited game \$250 penalty
- Third forfeited game \$300 penalty and removal from league for the remainder of the season.

Discipline

Suspensions

- SCB adheres to the current discipline and appeals processes published by Soccer Nova Scotia. This includes: The Automatic Discipline System for cautions (yellow cards) and dismissals (red cards), and the Enhanced Suspension System which governs acceptance of penalties and the waiving of hearing rights.
- If a player or team official is dismissed for two cautions in a match and one caution is for dissent, one (1) additional game is added to the suspension.
- If both cautions are for dissent, two (2) additional games are added.
- If a player or team official is dismissed for Violent conduct against a game official, or offensive, insulting, or abusive language and/or actions toward a game official then three (3) additional games will be added to the suspension.
- It is the responsibility of team officials to track all cautions, dismissals, and the number of suspension games served by their players and fellow team officials and ensuring those individuals do not participate while suspended.
- Suspended players or team officials are not permitted to play, participate with another team, or take part in any game-related activities until the suspension is fully served with the team they were registered with at the time of the offense.
- Any player, team official, or club official found participating or assisting in participation while under suspension will: be immediately suspended indefinitely from all SCB and club activities, and be reported to the SNS Discipline Committee for further action.

Discipline Notices

- Upon receiving the official SNS Dismissal Report, an SCB executive board member will review the report and issue a discipline notice.
- The notice will be sent to the individual(s) involved, relevant team officials, and the club.
- Notices are issued within three (3) business days of receiving the referee's dismissal report.
- SCB may set deadlines for payment of fines, bonds, or costs and may impose additional penalties for non-compliance.

Appeals

- Any player or team official wishing to appeal a discipline decision must do so through their club representative.
- All timelines and procedures are outlined in the SNS Discipline and Appeals Policy.
- For SCB-level appeals: SCB will appoint an Appeal Committee Chair, the Chair will select two neutral committee members to hear the appeal.
- Any player or team official may appeal SCB Appeal Committee decisions to SNS, following the SNS appeal procedures.

U9 Division

The U9 league operates using a jamboree-style festival format. Teams will participate in three (3) 25-minute games during each weekly game night, held at the designated host club's field. Please refer to the sample schedules below.

When four teams are not available, the schedule will be adjusted to a three-team format. Please refer to the sample three-team schedule below. If a team is designated to sit, they are encouraged to practise during that time on the other available field.

If only two teams are available, the format will consist of a single match played with two (2) 25-minute halves.

Each club will host jamborees throughout the season. The host club is responsible for ensuring fields are properly set up and for providing game leaders for all scheduled matches.

Rules

- The focus of U9 soccer is player development; all teams will be balanced as evenly as possible.
- Players may be moved between rosters as needed to maintain competitive balance.
- All players should receive equal playing time and opportunities to learn.
- All out-of-bounds balls will be restarted with a pass-in.
- The retreat line is at midfield for goal kicks and goalkeeper possession. Opponents must remain behind the line until the ball is put into play. Once the ball is played, they may advance.
- Goalkeepers may not punt or drop-kick the ball.
- Teams trailing by four (4) or more goals may add one extra field player. The extra player is removed once the goal difference drops below four.
- All games must be reported with accurate scores and rosters. Reports will be reviewed to help ensure balanced competition.
- To the coach's discretion, any player may be moved or shared between teams during lopsided games to maintain an appropriate level of competition.

Example Schedule: 4 Teams

6:30 PM to 7:00 PM - Riverview vs Glace Bay at Coxheath Mini 1

6:30 PM to 7:00 PM - Whitney Pier vs New Waterford at Coxheath Mini 2

7:00 PM to 7:30 PM - Riverview vs Whitney Pier at Coxheath Mini 1

7:00 PM to 7:30 PM - New Waterford vs Glace Bay at Coxheath Mini 2

7:30 PM to 8:00 PM - Riverview vs New Waterford at Coxheath Mini 1

7:30 PM to 8:00 PM - Whitney Pier vs Glace Bay at Coxheath Mini 2

Example Schedule: 3 Teams

6:30 PM to 7:00 PM - Riverview vs Whitney Pier at Coxheath Mini 1

6:30 PM to 7:00 PM - New Waterford sits

7:00 PM to 7:30 PM - New Waterford vs Whitney Pier at Coxheath Mini 1

7:00 PM to 7:30 PM - Riverview sits

7:30 PM to 8:00 PM - Riverview vs New Waterford at Coxheath Mini 1

7:30 PM to 8:00 PM - Whitney Pier sits

Player Code of Conduct

1. Play by the rules of the game.
2. Respect the Referees, and accept their decisions without criticism.
3. Are fair and positive in your interactions with opponents; without them, there is no game.
4. Encourage and respect all your teammates, and help them and the team to succeed.
5. Treat your Coach with respect, and work with the coach for the betterment of the team.
6. Accept coaching decisions as part of the game; speak respectfully, openly and honestly in private with your Coach should a disagreement arise.
7. Avoid the use of profanity, violent behaviour, bullying, and abuse of any kind.
8. Are generous when you win, and gracious when you lose.
9. Demonstrate commitment to the team by attending all practices and games, unless necessary to miss one, and by working hard and cooperatively at all team events.

Team Official Code of Conduct

1. Follow the fair play philosophy of coaching that emphasizes the concept of equal participation for equal commitment; respect both the rules and the spirit of the game.
2. Respect the opposition players and coaches, and actively encourage their players to do the same.
3. Remember that players need a Coach they can respect. Be generous and praise, lead by example, and provide all feedback in a constructive, positive manner.
4. Respect the Referees, and refrain from criticism of their efforts and rulings.
5. Treat all players with respect and dignity, and appreciate that every player is unique.
6. Coaches should be fair to all players in respect to time on the field. Coaches should strive to make sure each player plays at least 40% of each game.
7. Emphasize the importance of active participation and doing one's best over the importance of winning or losing, and focus on the quality of the experience, not just the outcome.
8. Promote positive teammate interaction, and intervene where negative behaviours are demonstrated.
9. Show zero tolerance for profanity, violent behaviour, bullying and abuse of any kind.
10. Communicate openly and clearly with parents and players to ensure all expectations and feedback are understood.

11. Are receptive to ideas and suggestions from players and parents in developing goals and programs for the team.

Parent Code of Conduct

1. Model good sportsmanship for your child in all interactions with their teammates, opponents and Referees
2. Refrain from any criticism of Referees; they, like your children, are learning the game, and need support and encouragement from all.
3. Provide positive feedback to all players from both teams, and offer engagement when they try something creative, or demonstrate good skills.
4. Avoid conflicts with parents from your team, and from the opposing team.
5. Let the Coach do his/her job; avoid yelling instructions to players from the sidelines, as it can be confusing and frustrating for all.
6. Communicate openly with your coach if you have ideas or concerns; choose a time away from a game situation; treat the Coach with respect, and work with them for the betterment of the team
7. Ensure your child is interacting consistent with the player provisions in the Code of Conduct, and is abiding by the Letter of Commitment.

Referee Code of Conduct

1. Shall conduct themselves with dignity both on and off the field of play, and by example endeavour to inspire the true principles of sportsmanship and earn the respect of those whom they serve.
2. Shall not cause the Association to become involved in any controversial matters and shall abide by the rules and regulations of the jurisdiction in which he officiates.
3. Shall adhere to all Provincial standards and directives.
4. Shall follow the SNS and CSA Guidelines for Match Officials' uniforms and maintain an appropriate level of physical and mental fitness.
5. Shall study and enforce the current Laws of the Game and any event specific rules and regulations.
6. Shall perform their designated responsibilities, including attending organized clinics, meetings, lectures, etc., and shall assist their colleagues in upgrading and improving their standards of officiating, instructing and assessing.

7. Shall honour any appointments made for and accepted, unless unable to do so by virtue of illness or personal emergency.
8. Shall not publicly criticize other referees or any soccer association.
9. Shall not make a public statement to or through the media (newspaper, T.V., radio, social etc.) relating to a game in which the referee has officiated, or to the performance of the players or other officials.
10. Shall follow the correct lines of communication, by addressing all questions or concerns to the SNS either through the SNS office or to your district Referee in Chief.
11. When writing reports, set out the true facts and not attempt to justify any decisions.
12. Shall report any approach to fix the result of a match.