



South West District Soccer League

League Rules

June 1, 2026

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Section 1: Laws of the Game

All games are to be played using the current IFAB Laws of the Game, being used in Canada unless otherwise outlined in this document.

Section 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 Procedures, or any other Soccer Nova Scotia documents that govern the sport of Soccer in Nova Scotia

Section 3: League Structure

3.1 Start Date: will be no sooner than the last Sunday in May.

3.2 End Date: The regular season and league play-offs will conclude no later than one week prior to the start of the provincial championships for each division.

3.3 Game Days: Each division will be assigned two (2) game nights on which regular season games will be played. Best efforts will be made to ensure regular season games remain on these nights. Alternative dates may be required in the case of games rescheduled to weather related cancellations and league play-offs.

3.4 Game Times: Weeknight games will be scheduled to kick off no earlier than 6:00 PM. Weekend game times will be scheduled to kick off no earlier than 8:00 AM.

3.5 League Play-offs: For divisions with play-offs, the dates can be found in the current season, list of important dates.

Section 4: Schedules

4.1 All schedules will be posted no later than one week prior to the first game in the schedule.

4.2 “Black-out dates” will be accepted prior to date specified in the list of important dates, as follows:

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

4.2.2 Subject to 4.2, All A and B divisions may request no more than two black-out dates or date ranges.

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



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4.4 All 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.

Section 5: Rescheduling

5.1 Rescheduling games to be played on a different date and/or time:

5.1.1 Teams looking to reschedule a game as noted in section 5.1 may do so by submitting a rescheduling request form (found on the league website), no later than seven (7) days prior to the date of the originally scheduled game.

5.1.2 The date of the rescheduled game must be no sooner than seven days from the date the completed rescheduling request was made.

5.1.3 Teams requesting a reschedule are responsible for securing a date, time and location for the make-up game. This must be agreed upon by their opponent.

5.1.3.1 Rescheduling requests must be accompanied by all information noted in 5.1.3 or the game will not be rescheduled.

5.1.3.2 Rescheduling requests must be submitted by a club representative or a registered member of the team staff with the approval of the club representative.

5.1.3.3 Rescheduling requests must be submitted using the rescheduling request form (found on the league website).

5.2 Rescheduling during play-offs is not permitted

5.3 Any rescheduled game must be played, failure to complete the game will result in a fine to the team requesting the reschedule as well as the game being forfeited.

5.4 Games will be automatically be rescheduled by the league in cases where:

5.4.1 The centre official does not appear for the match and there is no assigned assistant referee available to work as the centre official;

5.4.2 The game official(s) judges the field to be unfit to play;

5.4.3 Weather factors such as an electrical storm which in the opinion of the referee, warrant not playing the game or its abandonment.

5.4.3.1 In accordance with the Soccer Nova Scotia [Lightening Policy](#)

5.4.4 Other unforeseen circumstances, such as an act of god.

5.5 The date of games rescheduled by the league per section 5.4 will stand.



Section 6: Standings

6.1 There will be no scores and standings kept for U13 divisions and younger.

6.2 U13 divisions will have scores and standings during play-offs only.

6.3 Standings will be calculated as follows:

6.3.1 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.

6.3.2 Determination of standings: standings will be determined by the following criteria in the order listed:

- a) Most Points
- b) Head-to-head record (not applicable in a three (3) or more team tie).
 - i) Match results between teams tied
 - ii) Goal difference in games between teams tied (a max goal differential of five (5) goals per match will be used).
- c) Goal difference in all games (a max goal differential of five (5) goals per match will be used).
- d) Fewest goals against in all games (a max goal differential of five (5) goals per match will be used).
- e) Fair Play Record (the team with the better fair play point record as defined by 6.6)
- f) Coin Toss

6.4 In cases where more than two (2) teams are tied, once a team is eliminated from the tie, the remaining teams shall restart the tie-breaking process beginning with 6.3.2. a)

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

6.5.1 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

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

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

6.6.2 Teams will be deducted three (3) points from their fair play record for each yellow card its players or team officials are shown.



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6.6.3 If a player or team official is dismissed as a result of being shown two (2) yellow cards, three (3) points are deducted for the dismissal, none for the initial yellow card.

6.6.4 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).

Section 7: Registration

7.1 Club Registration - in order for a club to register team (s) in the league they must:

7.1.1 Be registered and in good standing with Soccer Nova Scotia and their respective district association.

7.1.2 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 current season's important dates document. On this date, the club's declaration form must be filled in and synced to the league season structure within the Soccer Nova Scotia Registration System. A minimum of two (2) team contacts must be provided and registered at this time including their full contact information (Phone number(s) and e-mail address).

7.3 Team Staff (coach) Registration - All team staff must register in the Soccer Nova Scotia registration system and be assigned to their respective teams.

7.3.1 Team staff are not permitted in the teams technical area (team bench area) during a game unless they are properly registered on the team and appeal on the electronic gamesheet record.

7.3.2 All team staff must meet the Safe Sport Roster and minimum coaching requirements as outlined in section 15.4 of the Soccer Nova Scotia Policies and Procedures.

7.4 Player Registration - Teams must have their rosters set in the Soccer Nova Scotia Registration System by the roster deadline specified in the important dates calendar.

7.4.1 No player shall be deemed registered for participation nor shall a player compete in the league unless they are registered with Soccer Nova Scotia and properly rostered to a team within the club.

7.4.2 Rosters shall become locked on July 31st. After which time no player may be added to a team's roster.

7.4.2.1 section 7.4.2 does not apply to U11 and below divisions.

7.5 Rosters - Roster sizes for the summer season must fall within the minimum and maximum set out in section 18 of the Soccer Nova Scotia Policies and Procedures



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7.5.1 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.

7.5.1.1 Teams who do not meet the minimum roster requirements by this date will be removed from the schedule.

7.5.2 Only players listed on the teams electronic game sheet are permitted to participate in the match.

7.5.3 A player may only appear on one roster.

7.5.4 Teams may dress up to a total of three (3) more players than the number of registered players on their roster, up to the maximum roster size as defined in section 18 of the Soccer Nova Scotia Policies and Procedures.

Section 8: Competition Rules

8.1 Game Durations

Division	Duration
U13	2 x 35 Minute Halves

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.

8.3.3 Play-off games that end in a tie will be decided by penalty kicks from the mark, 5 kickers as per the laws of the game. In all elimination games or as otherwise noted in play-off format specific rules.

8.4 Ball Size

Ball Size	Applicable Divisions
Size 5	U13



8.5 Substitutions

8.5.1 Substitutions during the game are permitted during a stoppage of play at the referee's discretion

8.5.2 Unlimited substitutions at half time are permitted

8.5.3 Youth A and B divisions may have unlimited substitutions, however a maximum of five (5) players may be substituted at the same time (per team).

8.5.4 Re-entry is permitted

8.5.5 The use of a concussion substitute is permitted in accordance with the Soccer Nova Scotia Concussion Substitution Policy.

8.5.5.1 Any player removed from a game via a concussion substitute is subject to the return to play protocols as defined by the Soccer Nova Scotia Concussion Substitute Policy.

8.6 Player Movement

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

8.6.2 Call-up players are not permitted during play-offs.

8.6.2.1 During play-offs only those players registered on the team and on the roster are permitted to play.

8.6.3 Playing "across" is permitted during regular season play only in U13 and below divisions.

8.6.4 Players being called up or across need to follow the proper registration procedures to be placed on a game sheet of the game they are being called up for.

Section 9: Team Responsibilities

9.1 The home team is required to provide two quality match game balls to the game officials.

9.2 In games played on a field with no mesh affixed to the goals, the home team is responsible for providing goal mesh for the game. Should no mesh be available the game shall still be played and recorded.

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

9.3.1 This must be completed prior to the start of the game. The game will not begin until this has been completed.



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9.3.1.1 In cases where one or both teams have not completed the gamesheet prior to kick off, the officials will begin the game clock (shortening actual playing time in the match).

Section 10: Game Reporting

10.1 All final game reporting will be completed by the assigned game officials.

Section 11: Defaults

11.1 Teams must have seven (7) players ready and available to play within 15 minutes of the scheduled start time for an 11 a-side game

11.1.1 Teams must have seven (7) players ready and available to play within 15 minutes of the scheduled start time for an 9 a-side game

11.2 Any team defaulting or forfeiting for any reason will be termed the losing team; the score, in any game where scores are kept, will be recorded as 3-0; and a win will be awarded to the winning team.

11.3 A fine per section 15 will be applied to the forfeiting/defaulting team and must be paid prior to the team's next game.

Section 12: Uniforms and Equipment

12.1 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 gamesheet and league website.

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 stripe or numbered pinnies.

12.4 Goalkeepers shall wear colours which plainly distinguish them from all other players and game officials.

12.5 Team uniforms must be consistent with the club the team is registered with.

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

Section 13 Discipline

13.1 The league manager shall be responsible for all league discipline matters and will administer discipline according to the Soccer Nova Scotia Discipline Policies and/or the Soccer Nova Scotia Standard Penalties, both found [here](#).



Section 14 Appeals & Protests

14.1 The leagues Discipline Committee (ad-hoc) shall deal with all protests and appeals in accordance with the Soccer Nova Scotia Discipline Policy.

14.2 All appeals shall be submitted in writing to the league manager accompanied by the fee outlined in the Soccer Nova Scotia Discipline Policy.

14.3 Should the appeal be successful the fee will be returned in full.

14.4 Appeals involving exemptions to the Soccer Nova Scotia Policies and Procedures are the jurisdiction of the Soccer Nova Scotia Discipline and Appeals Committee.

Section 15: Fines

15.1 Failure to show up for a game shall result in the following fine;

15.1.1 \$250.00 for the first occurrence

15.1.2 \$250.00 for the second occurrence

15.1.3 \$500.00 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 excluded from the league standings.

