NSSSAA Soccer Playing Regulations ~ June 2025

1. All participating schools must be members of NSSSAA and subsequently NWOSSAA. All participants must meet the eligibility rules for their league.

2. The rules of soccer as they appear in the F.I.F.A. handbook shall govern play in NSSSAA and NWOSSAA with the following exceptions:

    i) Each team may dress an unlimited number of players

    ii) There is unlimited substitution. Substitution may occur at goal kicks, goals scored, half time and at a throw in. (see attached explanation of throw in) During NSSSAA Soccer Semi/Finals, a team is allowed to substitute a player(s) into the game during their own throw in. At that point, the opposing team may also put in a substitution(s). If the team throwing in the ball does not substitute, then the opposing team may not make a substitution.

    iii) In case of an injury, substitution is permissible at the referee's discretion.

3. Soccer conveners would like all teams to bring pinnies to tournaments as similar colours have become a problem.

4. Both boys and girls soccer games will be played in 35 minute halves.

5. Certified referees will be used for the semi finals and finals.

6. Those rules governing NSSSAA soccer finals should govern the semi-finals.

7. Soccer divisions for NSSSAA semi finals will be based firstly on balancing East & West at the discretion of the convenor and based on geography. Should one division only have one or two teams, a semi-final may not be played and the top two teams will advance to the finals (Motion 16, 2025). The teams in each division will be determined annually no later than the NSSSAA Annual General Meeting. Geography will be used to divide teams into two equal divisions. Girls and boys teams from a given school will be kept together except in cases where NSSSAA uses a single finals format at one venue. (2019)

8. A. Semi-final league soccer tournament game schedules shall be set up at the discretion of the convenor (schedule dependent upon the number of teams playing). If there are more than ten teams the convenor in consultation and agreement with the coaches, allow those in close proximity to play NSSSAA sanctioned games a day prior to the tournament dates provided we have the certified officials.
    B. In the event that the convenor organizes a double round robin, the head-to-head results of those two teams are used to break a tie. Should those results not yield a clear winner, the procedure reverts to the two teams tied procedure outlined in #10 of these playing regulations. (2017)

9. Only the top two male and female teams from the east and west go on to the NSSSAA finals, but in the event that there are insufficient teams in the east division and/or west division for semi-finals play (only one or two teams in one division) all teams will advance to the finals and use the following format:

   Two pools of three teams in a round robin. The first-place team from pool A plays the second-place team from pool B in one semi-final and the second-place team from pool A plays the first place from pool B. The winners play in the championship game.

   NSSSAA soccer finals shall use the following format when five teams are involved: A single round robin. The top two teams play in the championship game.

   NSSSAA soccer finals shall use the following format when four teams are involved: A single round robin. The top two teams play in the championship game.

10. In round robin play at the NSSSAA finals, ties will not be broken, and each team will be awarded a point.

11. To determine NSSSAA Semi-final and Final winners, NSSSAA soccer adopts the NWOSSAA tie breaking procedures:

    Two teams tied:
    a) Play two 10 minute halves
    b) If still tied, each team will select five players from those on the field at the conclusion of the overtime. These five players will take penalty kicks alternately, the first team to kick being decided by a coin toss. The winner will be the team scoring the most penalty kicks.
    c) If still tied, the remaining players shall take penalty kicks, one from each team alternately; the winner will be the team which is ahead after any pair of penalty kicks.

    Three teams tied:
    a) Each team provides five strikers. Team A in goal, B and C kick alternately; Team B in goal, A and C kick alternately; team C in goal, A and B kick alternately, until winner is declared.
    If ties continue, different single kickers will follow similar format, until winner is declared.

    Four Teams tied:
    In order to resolve a 4-way tie in NSSSAA soccer play, the following format shall be followed:
    a) The convener will put 4 numbers in a hat and will ask each coach to pick a number from a hat with the understanding that Team 1 plays Team 2 and Team 3 plays Team 4. Two play-off games will ensue. Each game will be two 10-minute halves in length. If there is no winner, the winner will be determined by virtue of our shoot-out procedure. (5 players from each team shoot alternately, and if necessary, alternate shooters, until a winner has been determined). The 2 winning teams will advance to the championship game.

b) If there is a two-way tie for second place after round robin results, there will be a two 10-minute half games followed by a five-player shootout if the teams are still tied after the twenty minute game. This tie breaking procedure is to be used only in the case of the condensed finals format.

12. If a first or second place team is unable to attend the NSSSAA soccer finals, the third-place team will be able to participate. If a team is unable to attend, that team must notify the convener immediately.

13. All teams are required to follow the FIFA dress regulations except where inclement weather conditions warrant the wearing of additional clothing. Such dress changes may include the use of sweatpants, spandex pants, and long-sleeved sweaters or tops underneath the regulation jerseys. Players in NSSSAA soccer competitions are required to wear soccer cleats (non-metal). (Motion #17 2015)

14. The convener or his/her designate has full authority to eject a participant prior to contravention of the Code of Behaviour for participants.

15. When a player receives a yellow card for an infraction involving excessive force or conduct injurious to the tone of the game, the coach will be given the option of substituting that player out of game play immediately.

16. Red cards assigned to players for flagrant unsportsmanlike, or deliberately dangerous behaviour will result in that player being ejected for the remainder of that game, and the following game. The player's team will play shorthanded for the remainder of the game from which the player was ejected but may play with a full team on the field for the subsequent game.

17. Anyone who is not participating in the current game, must stay on the opposite side of the field from the team benches.

From the 2025 meeting:

NB: -Vulgar language from athletes, both on and off the field has become an issue. Please remind students to be respectful. Coaches need to address this issue before competition.

-Verbal abuse from coaches is unacceptable: coaches should be reminded that they are models for the athletes.

-Inconsistent reinforcement of screening the goalie from both officials and coaches has become an issue. Convenors are asked to remind both officials and coaches prior to the finals.