

# Soccer Nova Scotia

## Coach and Player Education



| Stage  | Playing Standards               | Retreat Line                              | Offsides | Ball Size    | Game Length   | Substitutions                     | Provincial Championships | National Championships | League Host      |
|--|---------------------------------|---|----------|--------------|---------------|-----------------------------------|--------------------------|------------------------|------------------|
| U6   | 3-aside. No scores or standings | N/A                                       | N/A      | Size 3       | 15 min halves | Unlimited                         | No                       | No                     | Club             |
| U8   | 5-aside. No scores or standings | Half way                                  | N/A      | Size 3       | 15 min halves | Unlimited                         | No                       | No                     | Club             |
| U9   | 7-aside. No scores or standings | Mid-way between penalty area and half way | N/A      | Size 4       | 25 min halves | Unlimited                         | No                       | No                     | Regional leagues |
| U10  | 7-aside. No scores or standings | Mid-way between penalty area and half way | N/A      | Size 4       | 25 min halves | Unlimited                         | No                       | No                     | Regional leagues |
| U11A   | 9-aside. No scores or standings | Mid-way between penalty area and half way | Yes      | Size 4       | 35 min halves | Unlimited                         | No                       | No                     | Regional leagues |
| U12C   | 9-aside. No scores or standings | Mid-way between penalty area and half way | N/A      | Size 4       | 25 min halves | Unlimited                         | No                       | No                     | Regional leagues |
| U12B   | 9-aside. No scores or standings | Mid-way between penalty area and half way | Yes      | Size 4       | 35 min halves | Unlimited                         | No                       | No                     | Regional leagues |
| U12 Academy  | 9-aside. No scores or standings | Mid-way between penalty area and half way | Yes      | Light size 5 | 35 min halves | Unlimited                         | No                       | No                     | SNS              |
| U13B   | 9-aside                         | Mid-way between penalty area and half way | Yes      | Size 4       | 35 min halves | Unlimited                         | Yes                      | No                     | Regional leagues |
| U13A   | 9-aside                         | Mid-way between penalty area and half way | Yes      | Size 4       | 35 min halves | Unlimited                         | Yes                      | No                     | Regional leagues |
| U13AA  | 11-aside                        | Mid-way between penalty area and half way | Yes      | Light size 5 | 35 min halves | 7 during game. Unlimited at half* | Yes                      | No                     | NSSL             |
| U15B   | 11-aside                        | N/A                                       | Yes      | Size 5       | 40 min halves | Unlimited                         | Yes                      | No                     | Regional leagues |
| U15A   | 11-aside                        | N/A                                       | Yes      | Size 5       | 40 min halves | Unlimited                         | Yes                      | No                     | Regional leagues |
| U15AA  | 11-aside                        | N/A                                       | Yes      | Size 5       | 40 min halves | 7 during game. Unlimited at half* | Yes                      | No                     | NSSL             |
| U15AAA   | 11-aside                        | N/A                                       | Yes      | Size 5       | 40 min halves | 7 during game. Unlimited at half* | Yes                      | Yes                    | NSSL             |
| U17B   | 11-aside                        | N/A                                       | Yes      | Size 5       | 45 min halves | Unlimited                         | Yes                      | No                     | Regional leagues |
| U17A   | 11-aside                        | N/A                                       | Yes      | Size 5       | 45 min halves | Unlimited                         | Yes                      | No                     | Regional leagues |
| U17AAA   | 11-aside                        | N/A                                       | Yes      | Size 5       | 45 min halves | 7 during game. Unlimited at half* | Yes                      | Yes                    | NSSL             |
| U21A   | 11-aside                        | N/A                                       | Yes      | Size 5       | 45 min halves | Unlimited                         | Yes                      | No                     | Regional leagues |
| Senior Premier   | 11-aside                        | N/A                                       | Yes      | Size 5       | 45 min halves | 5 during game. Unlimited at half* | Yes                      | Yes                    | NSSL             |
| Senior   | 11-aside                        | N/A                                       | Yes      | Size 5       | 45 min halves | Unlimited                         | Yes                      | Yes                    | Regional leagues |
| Masters  | 11-aside                        | N/A                                       | Yes      | Size 5       | 45 min halves | Unlimited                         | Yes                      | Yes                    | Regional leagues |
| Women Over-30  | 7-aside                         | N/A                                       | No       | Size 5       | 30 min halves | Unlimited                         | Yes                      | No                     | Regional leagues |
| * Substitutions made during play must use 'sub-slips'. These must be handed to Assistant Referee before the player enters the game. Substituted player may re-enter. |                                 |   |          |              |               |                                   |                          |                        |                  |