

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

Stage	Playing Standards	Retreat Line	Offsides	Ball Size	Game Length	Substitutions	Provincial Championships	National Championships	League Host
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.								