



To: NSSL U13AA Clubs

From: Matt Holton, Soccer Nova Scotia Director of Performance

U13AA Game Amendments

Greetings,

As we move into the summer season, I wanted to inform all Clubs in the NSSL U13AA divisions of slight changes to the game format in this division.

Beginning this summer, the following changes will occur:

- 2 x 37-minute halves
- Introduction of a 2minute 'break' mid-way through each half (at a natural stoppage)
- Half-time reduced to 5 minutes

During the mid-half break, clubs will be permitted to make unlimited substitutions without the use of sub-slips.

Teams will still be permitted to make 7 subs during open play with the use of sub-slips, however it is hoped that with the opportunity to make subs approximately every 17 minutes these will only be required in the event of injury or severe fatigue.

The 2-minute break is included in the 37-minute half, so if there is a delay in the restart it will take away from playing time. Following the 2-minute break play will restart in the manner that that caused the stoppage (e.g. free kick, throw-in etc.)

Essentially these breaks will replicate the 'cooling breaks' that are often employed in the summer months when the weather is excessively hot. However, the stoppage will give teams the opportunity to better manage playing time without disrupting the flow of the game.

If you have any questions please get in touch,

Sincerely,

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