



SSNL GENERAL TECH STANDARD RULES AND REGULATIONS

The following regulations will apply to ALL qualification and provincial tournaments under the jurisdiction of School Sports Newfoundland and Labrador (SSNL). Please consult the technical standards, which follow the specific sport rules.

1. All SSNL sports have some sport specific rules that differ from Provincial Sport Organization or National Governing body playing rules so make sure you and the Officials review these in the tech standards that follow. They **MUST** be followed.
2. No player will be permitted to play wearing a cast made of plaster, fibreglass or any other material considered dangerous by the official.
3. All school teams **MUST DECLARE AND REGISTER** through the [SSNL HUB](#) by the designated dates. Any school teams not declared and registered through the HUB by the designated dates will not be permitted to participate in SSNL Events (Foundation, Qualifier, or Provincial).
4. SSNL has instituted a maximum point spread to be used in tie breaking situations and to promote SSNL ideals of sportsmanship. All games should be recorded on the SSNL tournament page website and at the playing venue(s) and reported to media using only the maximum point spread as set out in the technical standards of each sport. In the tie-breaking procedure, the goal/point spread must credit all the points for the losing team only (eg. If sport has a max 7-point reporting spread and score was 12-2 then report/post as 9-2, not 7-0).
5. There is a no fighting policy in all SSNL events. Any violation will result in an immediate expulsion from the tournament and a possible multi-year suspension from all SSNL activities.
6. Players and fans are not permitted to engage in behaviour where they are intentionally trying to distract players or are impeding on the playing surface. Failure to comply could result in in-game penalties, expulsion from the playing venue, and further discipline from SSNL.
7. SSNL has banned the use of **electronic and mechanical noise makers** (Air horns, mega phones, **[NEW 26-27]** Stadium Horns, and Loud Cups) during SSNL events. SSNL will provide signage to all schools.
8. SSNL will follow the Schools/District policy regarding the requirements for a Teacher Sponsor.
9. Members of the coaching staff must complete the CAC Safe Sport Training.
 - **"Making Headway"** - To be completed by minimum of one member of the coaching staff
 - **"Safe Sport" Training** - To be completed by all Coaches and Teacher-Sponsors



- "Rule of Two" - To be completed by all Coaches and Teacher-Sponsors
10. Players who are not dressing for a game are permitted to still sit in the bench area, but are still subject to all rules governing appropriate team behaviour.
 11. Team composition is at the discretion of the coach and can change from the Qualifier to the Provincial Tournament. SSNL does encourage, however, that coaches consider rewarding those players that helped win a Provincial berth with a place on the team for that tournament as well.
 12. SSNL game referees are to be instructed to remain on the floor after the game to sign the score sheet and participate/oversee the shaking of hands by teams.
 13. In-Game Protests: It is expected that all tournament game related protests be made in-game when the issue arises. Teams wishing to protest must do so in game by telling the Referee (or in sports where self-refereeing is used, stop and tell the convenor or other designated official) at the next available stoppage in play. The Tournament Protest Committee shall review and rule on the issue within a reasonable time before the game will re-commence. For Provincials, the SSNL Rep may be used to help with the ruling. You CANNOT protest discretionary calls by the referee. **Protests must still be accompanied in game by a \$50 protest fee or they will not be considered.** See "Protest, Disciplinary Infractions, and Appeals" section in the SSNL Varsity Manual for more details.
 14. Coaches are not permitted to change any SSNL rules at the coaches meeting or at any other time by consensus vote. Any change in rules in this situation could result in a loss of points by infringing teams, potential school fines and sanctions, and/or the entire tournament being voided.
 15. The use of unauthorized video replays is banned from SSNL events as a measure of officiating.
 16. No cell phones or any person who is not a minor official are permitted at scorer's tables.
 17. Game officials **MUST** provide written reports to the convenor for all major rule infractions.
 18. SSNL philosophy values team accomplishments and sportsmanship. Aside from SSNL sports with an individual component, the Sportsmanship and MVP medals will be the only individual awards presented at SSNL tournaments. There are to be no other individual awards (i.e. Player of the Game or All-Star Team) to be awarded at our tournaments. Failure to comply with this will result in a \$100 fine and possible further sanctions.
 19. Fines:
 - a. Schools who have qualified (through winning their Qualifier or a receiving a bye) for a Provincial tournament and who (AFTER REGISTERING their team) do not attend



the tournament, will be fined \$300 if the reason for pulling out is not deemed valid by the Varsity Council.

- b. If said team pulls out of the Provincials after Wednesday 5pm of the registration week they will also be required to pay the full Provincial Tournament registration.
- c. Any school that withdraws from a Provincial tournament after the schedule has been approved/released will receive a two-year ban on hosting in that sport and gender.
- d. Aside from the fines, teams will still be responsible for any expenses they incurred regarding the Provincial tournament (e.g. t-shirts, meals).
- e. Any school that fails to pay the assessed fines by June 30 of the current year, will be suspended until the fine has been paid.

2026-27 SSNL INDOOR SOCCER TECHNICAL STANDARDS

REGISTRATION FEES

A maximum of \$100 per team,

A Participation fee of \$7 per athlete for the qualification tournament and \$10 for provincials.

EVENTS

Unless there is a competition between at least two teams/individuals in any SSNL tournament, there will be no medals or banners awarded.

Provincial Champions will be declared in:

1. 2A Boys & Girls
2. 3A Boys & Girls
3. 4A Boys & Girls **[NEW 26-27]** (Schools outside of the St. John's Metro Region will not be assigned into 4A but can declare as 4A)

OVERALL RULES

The rules listed in the Indoor Soccer Tech Standards that are specific to SSNL tournaments. **It is the responsibility of the tournament Convenor to make sure all Officials are aware of these rules.**

NOTE: Since the game of indoor soccer is quite different from outdoor soccer, the vast majority of the SSNL Indoor Soccer Tech Standards have been revised and updated as we move away from FIFA outdoor rules and towards our own set of Indoor Soccer rules. Please make sure you familiarize yourselves with the entire tech standards.

TEAM COMPOSITION

1. Teams will be allowed to register and dress 15 players.
2. Teams on the court will consist of 3 out players and a designated goalie.



FACILITIES AND EQUIPMENT

1. The Official Ball for Indoor Soccer is the Size 5 Sportek Arena Low Bounce.
2. Games will be played in a gymnasium.
3. Playing area must be at least the size of an official basketball court with no major obstructions protruding from the walls.
4. Players' benches, penalty box, viewing area and scorers' table must not be part of the playing surface.
5. All venues must have a clearly marked goalkeeper's crease measuring 10 feet from the goal line and 6 feet out from each goalpost.
6. Nets must be a minimum of 5 feet high and 8 feet wide to a maximum of 7ft high and 10 feet wide measuring from inside of the posts.
7. No water bottles are permitted to be stored on top of the nets at any time.
8. Shin guards are mandatory and have to be covered by soccer socks.
9. Goalkeepers are permitted to wear pants, kneepads and elbow pads.

GAME RULES

1. Yellow and Red Cards
 - a. Any players receiving 2 yellow cards in 1 game will be ejected for that game only.
 - b. Any player receiving a red card will be ejected for that game and the next and receive a 2-minute penalty of which the coach can choose any player to serve.
 - c. After receiving a straight red card, every subsequent yellow card in the following games will mean an automatic game suspension for the next game.
 - d. When a player has received a yellow card, he/she must sit off for 2 minutes and their team must play short-handed for those 2 minutes. If the team short-handed has a player that receives another yellow card while short-handed that player must sit off for 2 minutes, but the shorthanded team never retains 2 out players on the court until both penalties are up.
 - e. Officials are permitted to give "Team Penalties" for delay of game violations and too many players on the floor violations. The team's bench will be shown a yellow card, giving that team a 2-minute penalty. Any player on the team can serve the 2-minute penalty, and the team must play shorthanded unless the opposing team scores. The number of bench yellows are unlimited and do not result in a red card.
 - f. There will be no slide tackling in indoor soccer, this will result in an automatic yellow card and a 2-minute penalty for the offending player.
 - g. If a goalkeeper receives a yellow card, a player on the floor (chosen by the coach) at the time of the infraction must serve the penalty for the goalkeeper.
 - h. All cards reset after the Round Robin portion of play, but red cards have to be served moving from the Round Robin into Playoffs i.e. a player that receives a red in their last game of the round robin must sit out their first game of the playoffs.
 - i. Any deliberate attempt to injure will result in expulsion from the tournament.

Other Game Rules

1. All penalties are over at the conclusion of the allotted time of the penalty or if the other team scores before the allotted penalty time ends. In the case of a team receiving more



than one penalty a goal must be scored by the other team each time a penalty is to be ended earlier than its allotted time. 1 goal does not release both players from the penalty box.

2. All free kicks shall be considered as “indirect” (i.e. a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing into the goal).
3. Any intent to delay the game will result in a warning to the player, and the team’s bench. Any other attempts to delay will result in a 2-minute, team penalty (to be served by the person delaying the game). If the goalie causes the delay, a player on the floor of the coaches choosing must serve the penalty. The game will restart with the ball in the hands of the opposing goalie.
4. For any penalty breakaways:
 - a. The ball is dead after it touches the keeper or any part of the net and stays out of the net.
 - b. If the ball hits the keeper and/or any part of the net and continues into the net after the initial shot the goal counts.
 - c. The player taking the penalty breakaway can only make an attempt on goal or shoot the ball once (i.e. the penalty taker must always be moving forward once the whistle is blown or can move lateral if being challenged by the goalie. The player or ball cannot move backwards.
 - d. The goalie can move off their goal line and challenge the penalty taker once the whistle is blown, but still can only use their hands in the goal crease. There is no sliding outside the goal crease either.
5. Any ball played back to the keeper by the foot of a teammate may not be handled by the keeper with his/her hands. The keeper can bring the ball from the outside of their crease back into their crease and pick it up with his/her hands as long as it is not on a pass back by their own teammate.
6. It will be at the official’s discretion to determine if a player deliberately passed the ball to the goaltender (whether it be a straight pass or off a wall) before they picked it up.
7. If the goalie touches the ball with their hand outside the goaltender’s crease:
 - a. If there was not a shot towards goal, then a free kick is awarded at the point of the foul (i.e. the goalie walked outside the line with the ball in their hands).
 - b. A penalty breakaway from center is awarded if the goaltender makes a save on a shot while outside the crease or takes away a goal scoring opportunity by using their hands outside the crease.
8. If the ball goes behind a net and stays behind the net then it is the keeper's ball. The ball must be placed in the crease and a goal kick taken. The goalie cannot throw or roll the ball out to a player or to themselves.
 - a. If the ball is played or goes behind the net and on its own comes back out then it is still in play.
 - b. **A goalkeeper or player cannot intentionally play the ball behind the net. This would fall under a delay of game violation.**
9. Players cannot change positions with the goalie until there is a stoppage of play and the officials are notified of the change.



10. Teams are permitted to “pull” their goalie for an extra player, but no player on the floor is allowed the use of their hands as a normal goalie would until the referee is notified, at the next stoppage of play, that a goalie change is taking place.
11. Goalkeepers can slide to make a save or block a shot, but the slide must be made in the crease and only the ball can be the primary point of contact, not the player.
12. Goalkeepers cannot throw the ball directly into the opposing team’s net to score.
13. If any defensive player touches the ball with his hands in the goalkeeper’s area, the offensive team will receive a penalty breakaway taken from center.
14. All areas of the gym are in play except when the ball goes outside the gym or hits the ceiling.
 - a. If the ball hits the ceiling, the free kick will be taken from where the ball was kicked, not from area below where it struck the ceiling.
 - b. If playing areas have any large obstructions attached to the side walls, any ball that comes in contact with those obstructions will result in a free kick for the opposing team. The free kick will take place underneath the obstruction that the ball contacted. (E.g. side-wall basketball nets)
15. A distance of 7 feet must be given for all free kicks. If the goalline is less than 7 ft away, players must stay inline (parallel) with the goalie until the ball is touched.
16. Goal differential max for the purposes of tie-breaking procedures AND for posting scores online, on-site, or sharing with the media is 7 goals. If the score was 11-2 then it is scored as 9-2 and not 7-0, however. The losing team does get credit for the goals they scored.

PROTESTS, DISCIPLINARY INFRACTIONS & APPEALS

See the SSNL Varsity Manual or General Tech Standards section at the beginning of the document for policy and procedures on all protests, disciplinary infractions, and appeals.

OFFICIALS

1. The convenor will be responsible for the provision and training of minor officials.
2. **Officials MUST follow the SSNL tech standards only.**
3. No student from the host school is permitted to referee games involving their own school no matter their Official’s rating.
4. 1 referee will be required for all Indoor Soccer games for SSNL tournaments.
5. SSNL will provide a contact for rated officials on the SSNL web site sports page.

GAME DURATION

1. Games will consist of 2, 25-minute halves of running time and 5-minute half time max.
2. There will be one 60-second timeout per team allowed per game.
 - a. The timeout must be called during a stop in play, or when the goalie (of the team that wants a TO) has possession of the ball in their hands.
 - b. Play will resume with an indirect free kick for the team that took the timeout at a chosen location inside their own half. The ball must be passed backwards or parallel to the ball, however.



- c. If the timeout was called when the goalie had the ball in their hands then play will resume after the timeout with the goalie with the ball in their hands again.
 - d. Following a time-out, play is restarted, where it was left. Possession will not change due to the calling of a time-out.
3. Clock will be stopped on injuries only if deemed necessary by the referee.
4. If a game is tied after regulation time, it will be recorded as a tie except in the playoffs where a 5-minute golden-goal overtime will be played.
 - a. A coin toss will determine what side each team has and who will receive the ball to begin overtime.
 - b. If the game is still tied, it will go to penalty breakaways from center.
 - c. Each team will have 3 breakaways. If still tied after 3 breakaways, it will go to sudden death breakaway shootout (players who were part of the first breakaway shootout can shoot again).
5. If the Score is within a 3 goal spread, the last minute of play in each half will be stop time.
6. If at any point after the first half, there is a goal difference of 7 or more goals, the game will end.

TOURNAMENT STANDINGS TIE BREAKING PROCEDURES

If 2 or more teams amass an equal number of points in a tournament the following will be used to determine the final standings. A maximum spread of 7 goals per game will be used.

- a. Head to Head – the winner of each match between the teams concerned will be used to determine the final standings.
- b. Goals for, minus goals against, among the tied teams.
- c. Goals for, minus goals against, among all teams in that division.
- d. Fewest goals against – Total up all goals against for each of the tied teams vs all other teams they played.
- e. Most goals scored – Total up all goals for, for each of the tied teams vs all other teams they played.
- f. Penalty shots – the tournament convenor will schedule a time and place where tied teams will engage in a penalty shot competition in accordance with SSNL penalty shootout rules listed in “Game Duration section, 4 b and c.

AWARDS

For each classification, the following awards are provided:

Qualifier

1. Gold and Silver Medals
2. Individual Sportsmanship Award (1 for entire Tournament)
3. Individual MVP Award (1 for entire Tournament)
4. Qualification Championship Banner

Provincials

1. Gold and Silver Medals



2. Individual Sportsmanship Award (1 per team)
3. Tournament MVP Award (1 award)
4. Team Sportsmanship Banner
5. Provincial Championship Banner.

SCHEDULING

Type of tournament allowed:	Round Robin or 2 division
Maximum # of teams in round robin:	5
Maximum # of teams in one venue:	8
Number of games per day allowed:	4
Games scheduled every:	1 hour
Earliest a game should be scheduled:	Starts at 9am
Latest a game CAN be scheduled:	Starts at 9pm
Back-to-back games permitted:	Yes, but try to limit to 1 per tournament
Time between back-to-back round robin games or last round robin game and first playoff game if back-to-back.	30 minutes
Time between last round robin game that leads straight to a final (if back to back)	30 minutes
Time between back-to-back playoff games	30 minutes