



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 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 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 VARSITY OUTDOOR SOCCER TECHNICAL STANDARDS

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. **[NEW 26-27]** Boys and Girls 1A (7-a-side)
- 2. Boys and Girls 2A (7-a-side)
- 3. Boys and Girls 3A
- 4. Boys and Girls 4A

RULES

There are rules listed in the Outdoor 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.** SSNL defers to the FIFA rulebook for all other rules not listed in these technical standards.

TEAM COMPOSITION

- 1. A maximum of 25 players can be registered for SSNL 3A and 4A Outdoor Soccer tournaments. All 25 players may dress and be available to play given they appear on the game sheet. All 25 are subject to all conduct rules
- 2. A maximum of 14 players can be registered for SSNL 1A and 2A Outdoor Soccer tournaments, All 14 players may dress and be available to play given they appear on the game sheet. All 14 are subject to all conduct rules



FACILITIES AND EQUIPMENT

1. The host school must provide a suitable playing field and equipment which shall meet FIFA standards of acceptable size, markings etc. The playing field must contain proper corner flags and goal posts with nets.
2. Change rooms and showers in the area of the playing facilities must be provided.
3. The SSNL Official Ball must be used for all match games which is the NIKE ACADEMY Team Ball. SSNL will provide Provincial tournaments with the Officials game balls and Qualifier Tournament whenever possible. In any case where SSNL does not provide tournament balls, it shall be the responsibility of the host school to provide match balls. Balls must be the official size 5 and there should be a minimum of one for each field used, but 3 is strongly recommended. As with any new Official Equipment Change-over there will be a phase out period so as not to put undue pressure on schools to change equipment considering costs. The previous official ball (Adidas Tango Glider) will be permitted to be used by host schools for 1 more year. This is for any tournament where SSNL does not supply the game ball directly.

SAFETY STANDARDS

1. The playing surface must be free of glass, large stones, protrusions, holes, and other hazards, which may be deemed dangerous to players and officials.
2. The referee, assisted by his/her linesmen, will inspect players' studs prior to each game.
3. The host school is responsible for providing emergency medical services at each facility.
4. Teams have a limit to how many games can be played in one day. See scheduling guidelines below for exceptions.

FIELD LIST

1. Dimensions of field: minimum 90 x 45, maximum 120 x 90
2. Corner flags: non-pointed top, not less than 1.5 metres high, flag on top of post and placed at each corner.
3. All fields to be marked in accordance with FIFA regulations.
4. Goal posts and crossbars with nets attached must be in accordance with FIFA regulations and should be checked by officials before each match.
5. There should be an unobstructed area of at least 2 metres beyond all touchlines and goal lines around the full perimeter of the field. This area should be free of railings, fencing obstructions and other obstacles.
6. Spectator seating should be provided if possible or you must make provision for some form of crowd control.



TOURNAMENT PROCEDURES

1. Except in a 2-team tournament, all games shall consist of 2 halves of 40 minutes each. A 2-team tournament can revert to 2-45 minute halves if only playing 1 game, however, it is recommended that a 2-team tournament uses a 2-game aggregate goal format at the minimum.
2. If at any point after the first half, there is a goal differential of 5 or more goals, the game can be called at the discretion of the coach of the trailing team.
3. No overtime will be played in regular round robin play.
4. If overtime is necessary, in the playoffs, 2 periods of 10 minutes each must be played. Silver Goal will be in effect. Silver Goal rules for SSNL are:
 - a. If teams are tied after regulation 2, 10-minute halves will be played.
 - b. One full overtime half will be played at the minimum even if a goal is scored.
 - c. Whichever team leads at the end of the first overtime half wins the game.
 - d. If the teams are still tied after the first overtime half ends then the second overtime half is played. In this scenario the second overtime half is played to its conclusion no matter how many goals are scored by either team in that half.
 - e. If the game has not been decided after 2 halves of overtime, it shall be decided by kicks from the penalty spot in accordance with FIFA regulations.
 - f. In a 2-team total goal tournament, overtime rules listed in #3 above (including Silver Goal being in effect) are used if both teams have an equal number of points after playing the 2 games or the aggregate score is tied. In the case of the aggregate format, the overtime is played at the conclusion of the 2nd game.
5. Substitutions are unlimited and are permitted at any time at the discretion of the referee.
6. Any player receiving 2 cautions (yellow cards) during the course of the tournament will receive an automatic one game suspension, to be served during his/her team's next game of the tournament. The sitting of a game after the second yellow is for the tournament they are playing in only i.e. if the 2nd yellow received in the last game of a Qualifier the player does NOT sit out the 1st game of the Provincials should they move on.
7. A player ejected from the game (red card) is suspended for a minimum of his/her team's next game.
 - a. The referee who issued the red card must submit a written report to the Tournament Disciplinary Committee.
 - b. The Tournament Disciplinary Committee must meet and rule if an additional suspension is necessary.
 - c. Any additional suspension may include the referral to both SSNL and NLSA Disciplinary Committees for further review.
8. Cards will be reset after the Round Robin portion of the tournament, but red cards still have to be served moving from Round Robin play into the playoffs i.e. if a



players receives a red card in their last game of the round robin they must sit out, at least, the next tournament game that their team plays.

9. If a player receives a red card in their last Qualifier game and that player moves on to play in the Provincial Tournament they must sit out at least their team's first round robin game of the Provincial Tournament.
10. Officials must provide written reports to the convenors for all cautions and ejections.
11. For infractions of the rules for which a player and/or coach has been ejected, the Tournament Disciplinary Committee will meet after receiving the report of the referee and will make a ruling on any subsequent punishment before that team's next match.

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.

TOURNAMENT STANDINGS TIE BREAKING PROCEDURES

1. 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 5 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 FIFA regulations.

OFFICIALS

1. The convenor is responsible for obtaining referees and linesmen for the tournament.
2. Please Contact the Varsity Coordinator for assistance in acquiring a Referee.
3. It is recommended that rated officials be obtained where available, otherwise the convenor should obtain the best possible non-rated officials available.
4. Officials must provide written reports to the convenors for all cautions and ejections.



5. Students from the host school cannot be the match referee for games played by the host school even if they are a rated official. They can, however, be a linesperson if there are limitations obtaining officials.
6. Wherever possible, 1 official and 2 linesmen should be used for every game.

NOTE: 3A and 4A Soccer have the option of using a 3 person (one referee and 2 Assistant Referee (AR) or 2 person (two on-field referees) referee system.

TEAM COLORS

1. Where the home team's colors are similar to the colors of the visiting team, the home team **MUST** change into colors that are distinct from those of the visiting team.
2. The team whose name appears second on the tournament schedule shall be the home team, except that the host team shall always be the home team.
3. In determining whether or not a team needs to change its colors, the referee's decision is final.

MODIFICATIONS FOR 1A and 2A, 7-A-SIDE SOCCER

1. Team size: Minimum of 7 players. Maximum of 14, but only 14 dress per game.
2. Game length: 60 minutes. 2, 30-minute halves.
3. Officials: 1 referee is required. No Assistant Referees (AR)
4. Offside: Attacking players **ARE** offside on goal kicks if they are across the center line and beyond the second last defender when their team takes a goal kick. They are **NOT** offside if they are in front of the second last defender when their team takes a goal kick **AND** when they are on their own half of the field. Regular FIFA offside rules apply for all other offside infractions.
5. Net size: Net dimensions shall be 6 feet from the ground to the bottom of the crossbar and 16 feet from each post. These measurements are from the inside of the frame. Nets are **NOT** to be fixed to the ground.
6. Field: Approximately 60 x 40 yards. Creating a 7-a-side field within the half of a standard field is acceptable if it meets the yardage expectations above or you can create a 7-a-side field from within one 18-yard box to the other in a standard field.
7. The center circle shall be 5 yards in circumference.
8. Penalty area: will be 12 yards out from the net end line and 19 total yards wide (9.5 yards each way from the center of the net).
9. The goal area inside the penalty area shall be a dashed line 6 yards out from the net end line and 12 total yards wide (6 yards each way from the center of the net). A goal kick can be taken anywhere inside this box.
10. A penalty kick must be taken at the center middle of the penalty area, which is 12 yards out.



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)
4. Team Sportsmanship Banner
5. Provincial Championship Banner.

REGISTRATION FEES

A maximum of \$200 per team.

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

SCHEDULING	4A & 3A	1A & 2A
Type of tournament allowed:	round robin, 2, 4 division	round robin, 2, 4 division
Maximum # of teams in round robin:	5	5
Maximum # of teams in one venue:	6	6
Number of games per day allowed:	2 Round Robin. 3 is permitted ONLY if a playoff game is included and due to schedule constraints.	3 Round Robin. 4 is permitted ONLY if a playoff game is included and due to schedule constraints.
Games schedules every:	2 hours	1.5 hours
Earliest a game should be scheduled:	Starts at 9am	Starts at 9am
Round Robin back-to-back (B2B) games permitted:	No	1 with 30 minute break
Time between last round robin game and first playoff game if B2B	1 hour	30 minutes
Time between last round robin game that leads straight to a final (if B2B)	1.5 hours	45 minutes



Time between back to back playoff games including the final:	1.5 hours	1 hour
--	-----------	--------

NOTE: If 2 fields are used, semi-finals must be played at the same time.