



Provincial Sport Organization Sport Guidelines FAQ

This document is to answer frequently asked questions about the Nova Scotia COVID-19 sport regulations that will come into effect January 29.

What does this mean for team sports? Can I still play in my soccer league?

If your soccer league is in its typical season of play for your team, your league is able to operate as normal. We encourage consistency in schedules whenever possible.

My league usually starts in December, so we haven't started yet because of COVID-19. Are we now ok to start this league?

If your league is in its typical season of play for your team, then yes, your league is able to operate as normal. We encourage consistency in schedules whenever possible.

My hockey league has teams from different parts of the province, is this still allowed?

If this league regularly has teams from different parts of the province, then yes, those games are still allowed. If your league's teams are from a certain area, then your games are limited to that area. We encourage consistency in schedules whenever possible.

Every year, my league has a provincial championship that brings together the winners from each league. Am I able to have that this year?

No, not under these current regulations. You can still have your regular league championships but bringing together league winners that would typically not be playing against each other are not allowed.

Provincial championships are part of my sports regular competitive schedule. At this point, why are they not allowed to happen?

Provincial championships that bring together teams or individuals that do not compete regularly throughout their competitive season would bring together different groups, so, under the current regulations they would not be able to take place. The goal is to maintain as much consistency as possible within groups while allowing competition or league play to occur.

Can my team play in a tournament?

Teams can only play in a tournament against teams they regularly compete against and are part of their league. They cannot play in tournaments against teams outside their league, as this would bring together different groups and is not allowed under current regulations.

What does this mean for individual sports? Are they allowed to happen?

If the competition is part of the regular competitive schedule, then it can happen. Please remember the current number allowed for sport is 60.

Can an individual in an individual sport compete in a tournament?

If the tournament is part of the regular competitive schedule for the individual sport, then yes. Please remember the current number allowed for sport is 60.



Are we able to have any spectators?

No spectators are currently allowed in facilities, including for both practices and games. This applies to indoor and outdoor activities.

Who defines what our regular competitive schedule is?

The governing body or organization, in conjunction with the league organizer manages the competitive or league schedule.

What does this mean for private sport?

Private sport operators should follow the guidelines put in place by their respective provincial sport organizations. If the activity is part of a regular league or competitive schedule, it is allowed. Bringing together teams that typically do not play each other is not allowed.

My child plays multiple sports – what does this mean for them?

Your child is able to participate with each of their teams, the key is maintaining consistency.

What about officials or coaches?

Officials and coaches should maintain as much consistency as possible in the competitors, teams or leagues they interact with.

Can my team play exhibition games?

If the exhibition game is against a team that you regularly play against as part of your league schedule, then an exhibition game is fine. If the game is against a team outside of your regular league, you are not able to play an exhibition game against them.