



Virginia Premier Soccer League National Premier League 2023-24 Game Day Procedures



Age Group	Roster Max.	Duration	Half-Time	Format	Substitutions	Referees
U-10 (2014)	12	2 x 30 min.	10 min.	7v7	Unlimited	1
U-11 (2013)	16	2 x 35 min.	10 min.	9v9	Unlimited	1
U-12 (2012)	16	2 x 35 min.	10 min.	9v9	Unlimited	1
U-13 (2011)	18	2 x 35 min.	10 min.	11v11	Unlimited	3
U-14 (2010)	18	2 x 40 min.	10 min.	11v11	Unlimited	3
U-15 (2009)	18	2 x 40 min.	10 min.	11v11	Unlimited	3
U-16 (2008)	18	2 x 40 min.	10 min.	11v11	Unlimited	3
U-17 (2007)	18	2 x 45 min.	10 min.	11v11	Unlimited	3
U-19 (2005/06)	18	2 x 45 min.	10 min.	11v11	Unlimited	3

General. These procedures are for ECNL Regional League and National Premier League divisional play. They do not apply to league playoffs or state cup competition.

Official Schedules. The posted schedule in GotSport is the official schedule.

Coaches. Referee shall check all coaching credentials prior to kick-off. A maximum of 3 coaches are permitted in or around the technical area and must have a printed US Club Soccer card. **NO EXCEPTIONS.** Coaches arriving after check-in shall present credential to assistant referee at next stoppage. Coaches may be written on to the game day roster. Teams that violate this policy are subject to removal from the league and a hearing by the club for future league eligibility.

Roster. Official game card with roster and jersey numbers shall be printed from GotSport by both teams. The home team shall provide the game card to the referee.

Club Pass. Full-time ECNL players are not eligible for NPL. A maximum of two (2) US Club Soccer carded players from the ECNL Regional League may be written in the game card for regular season games **only** (not eligible in the playoffs). An unlimited number of US Club Soccer carded players from a lower level of competition may be written in the game card provided the opportunity and league administrator is notified in writing at least 72 hours prior to kickoff. There is no limit on the number of games per day for players.

Player Cards. US Club Soccer player cards are required for every player and coach. The referee is only required to check cards of players written on the game card unless there is a dispute. Cards may be requested by league officials in attendance for review. Disputes shall be reported to the league within 24 hours.

Game Balls. The home team is required to provide at least two (2) quality and properly inflated soccer balls.

Athletic Trainer. Strongly encouraged, not required.

Heading Policy. U-11 heading ban. Indirect Free Kick. Infraction occurring inside the penalty area shall be placed outside the area at the nearest point.

Unlimited substitutions for all age groups. Throw-in by team in possession or both teams. Goal kick. Goal, Half-time. Caution and/or Injury (all players, including from the bench).

Substitutions. Upon approval of the referee, substitutes shall enter the field of play mid-field and leave the field of play at the point nearest their location unless otherwise instructed.

Uniforms. Unless otherwise agreed by both teams, that home team shall wear light colored jersey and socks. Away team shall wear dark colored jersey and socks. In the case of a color dispute (e.g. one team's light is the other team's dark), the away team shall change.

Additional Equipment. Players may wear additional equipment if in the determination of the referee it meets the standard of safety for all players. Corrective glasses and properly padded casts allowed.

Score Reporting. Both team reps shall confirm with the referee the score and any yellow or red card(s), including jersey number and reason. The home team is required to submit the score within 24 hours.