



Virginia Premier Soccer League National Premier League 2025-26 Game Day Procedures



Age Group	Roster Max.	Duration	Half-Time	Format	Substitutions	Referees
U-10 (2016)	12	2 x 30 min.	10 min.	7v7	Unlimited	1
U-11 (2015)	16	2 x 35 min.	10 min.	9v9	Unlimited	3
U-12 (2014)	16	2 x 35 min.	10 min.	9v9	Unlimited	3
U-13 (2013)	18	2 x 35 min.	10 min.	11v11	Unlimited	3
U-14 (2012)	18	2 x 40 min.	10 min.	11v11	Unlimited	3
U-15 (201)	18	2 x 40 min.	10 min.	11v11	Unlimited	3
U-16 (2010)	18	2 x 40 min.	10 min.	11v11	Unlimited	3
U-17 (2009)	18	2 x 45 min.	10 min.	11v11	Unlimited	3
U-19 (2008/07)	18	2 x 45 min.	10 min.	11v11	Unlimited	3

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

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.

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.

Player Cards. US Club Soccer player cards are required for every player and shall be checked by the referee prior to kickoff. (Digital cards are acceptable.) Disputes shall be reported to the league within 24 hours.

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) The check box on the guest player form **MUST** be checked and DOC to DOC communication must happen. Teams can add US Club Soccer carded players to their roster, handwritten, if their roster drops below 14 players in the NPL. (11v11) (12 9v9) The DOC of the team adding guest players **MUST** enter the guest player/players by the VPSL NPL guest form by COB Friday. If the guest player is not entered by COB Friday, the DOC **MUST** contact the opposing DOC via Cell for approval. If the guest player is NOT entered on the guest player form, they are NOT eligible to lay. There is no limit on the number of games per day for players.

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

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). 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 home team shall change. Managers **MUST** contact each other before the match to confirm uniform colors. Contact information is available on the league schedule website.

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. **PIN CODE = 2025.** ENTER RED CARDS; make sure referee lists infraction. **Red Card Reporting.** In addition to entering red cards in the post-match, both team directors shall complete the red card form on the website for their club.