



# 2026–27 League Rules & Match-Day Guidelines

The following is a parent-friendly overview of important rules and match-day guidelines for each of our participating platforms. Families should familiarize themselves with the rules specific to their player's league.

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## Girls Academy (GA)

### Summary of Important Rules

1. **Game-Day Rosters:** A maximum of **18 players may dress and participate in each GA match**. Being on the full team roster does not guarantee selection for every game-day roster. NO handwritten additions or write-ins are permitted on game-day rosters.
2. **One Match Per Day:** Players may participate in only **one GA or Aspire match per day**, including eligible players playing up or utilizing Club Pass.
3. **Substitution Structure:** Teams receive **5 substitution moments per match**, with no more than 3 moments occurring in either half.
4. **Player Eligibility:** Players must be properly registered, approved, and listed on the official game-day roster before participating.
5. **Red Cards & Suspensions:** A player receiving a red card is removed for the remainder of the match and will be suspended for the next applicable GA match day. Additional discipline may apply depending on the incident.
6. **Parent & Spectator Areas:** Parents and spectators must remain in designated spectator areas and away from team benches and technical areas.
7. **Parent & Spectator Conduct:** Families are expected to demonstrate positive and respectful behavior toward players, coaches, referees, opponents, and other spectators.
8. **Player Safety:** Player health and safety always take priority, particularly in situations involving suspected head injuries or concussions.

## Uniform Requirements

|      | Saturday  | Sunday    |
|------|-----------|-----------|
| Home | Light Kit | Dark Kit  |
| Away | Dark Kit  | Light Kit |

**IMPORTANT:** Players must bring BOTH complete uniform kits (jerseys, shorts, and socks) to every match. Uniform changes may be required to avoid conflicts with the opposing team.

## Substitution Rules

- **5 Substitution Moments:** Each team receives 5 substitution moments for the entire match, with a maximum of **3 moments in either half**.
- **Multiple Players:** Multiple players may enter during the same substitution moment, and it still counts as only one moment.
- **Halftime:** Substitutions made at halftime do not count toward the 5 substitution moments.
- **Stoppages:** Substitutions may be made at an appropriate stoppage in play with the referee's permission.
- **Second-Half Re-Entry:** A player previously substituted out may re-enter during the second half using one of the team's remaining substitution moments.
- **After Re-Entry:** If the player is substituted out again after re-entering, she may not enter the match again.
- **Head Injury Exception:** A player being evaluated for a potential head injury may be temporarily replaced. If cleared to return under the GA concussion procedure, the temporary change does not count as a substitution moment.

## Ball Size

Size 5

## Match Participation Restrictions

### Player Eligibility

- Players may participate in only ONE fixture per day.
- Any playing time, even one minute, counts as a full fixture.
- Players cannot split playing time between two teams on the same day.

**Goalkeeper Exception:** An age-eligible goalkeeper may be permitted to participate in an additional fixture if another team's goalkeeper is injured and medical documentation is provided. The goalkeeper must be officially rostered before the match, and all league eligibility requirements must be met.

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*This document is intended as a simplified parent and player reference. Official league rules, technical standards, competition policies, and club directives take precedence if there is any discrepancy or league rule change.*