



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.

National Academy League (NAL)

Summary of Important Rules

1. **Game-Day Rosters:** Although a team may carry up to 28 players, only **18 players may be selected for each match-day roster.**
2. **High School Soccer:** NAL players are permitted to participate in high school soccer.
3. **Playing Up:** Eligible players may be given opportunities to play with an older NAL age group when appropriate for their development and when league requirements are met.
4. **Training Expectations:** U13–U19 NAL teams are expected to train a minimum of **three times per week**, while providing players with at least one rest day per week.
5. **Recovery Between Match Days:** NAL requires at least **18 hours between matches played on consecutive days.** Players should not participate on more than two consecutive match days.
6. **Spectator Areas:** Parents and spectators are not permitted on the team sideline or inside the technical area and should remain in the designated spectator area.
7. **Parent Conduct:** Families are expected to maintain positive and respectful behavior toward referees, opponents, coaches, players, and other spectators.
8. **Red Cards & Suspensions:** A player or coach receiving a red card must miss the remaining applicable games in that day's fixture as well as the next game-day fixture. More serious misconduct may result in additional suspensions.
9. **Player Safety:** Suspected head injuries and concussions must be taken seriously. Players must be appropriately evaluated and medically cleared when required before returning.
10. **Official Scheduling:** Match changes require league approval. Families should rely on official club communication for confirmed dates, kickoff times, and locations.

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

1. **Unlimited Substitutions:** NAL permits unlimited substitutions for U13–U19.
2. **3 Substitution Moments Per Half:** Each team receives 3 substitution moments during each half. Multiple players may be substituted during the same moment.
3. **Halftime:** Substitutions made during halftime do not use one of the team’s substitution moments.
4. **Re-Entry:** Players who have been substituted out are permitted to re-enter the match.
5. **Concussion Exception:** A substitution for a possible concussion or head injury does not count as one of the team’s regular substitution moments. A medically cleared player may return according to the applicable concussion procedure.

Ball Size

Size 5

Daily Minute Restrictions

A field player may participate in **up to two matches in one day but may not exceed 90 total playing minutes between those matches.**

Goalkeepers are exempt from the 90-minute restriction.

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.