



Virginia Premier Soccer League ECNL Regional League 2025-26 Game Day Procedures



Age Group	Roster Max.	Duration	Half-Time	Format	Substitutions	Referees
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 (2011)	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 ECNL Regional League divisional play. They do not apply to playoffs or state cup. ECNL rules and regulations are in effect, except as stated below.

Official Schedules. The posted schedule in Athlete One/TGS (Regional League) and is the official schedule.

Coaches. Referee shall check all coaching credentials. A maximum of 3 coaches are permitted in or around the technical area and must have a US Club Soccer card (digital is acceptable). **NO EXCEPTIONS.** Coaches arriving after check-in shall present credential to assistant referee at next stoppage.

Roster/Game Card. All players participating in the Regional League must be registered in Athlete One and be available for selection via the app with the guest player exception noted below. Each team shall present their game day roster digitally via the ECNL app. Teams are encouraged to have a copy (e.g. printed or photo) of the official roster available to present. No more than 18 players may be available for any match regardless of technological issues or guest players.

Note to referees – if there is an issue (e.g. technology outage, etc..), **please play the game** and report the issue to admin@vapremierleague.com.

Guest Players. Follows ECNL rules & regulations.

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

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.

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 are allowed. Video equipment **MUST** be weighted down.

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 game report in TGS/GotSport within 24 hours. (Gotsport pin: 2025)