

TEAM-BASED RULES

NOTABLE CHANGES FOR 2025-26

SUBSTITUTIONS (6.06)

- The procedure for the **13U-14U age groups** has changed to unlimited substitutions over **three (3) moments* per half + halftime adjustments.**
- The procedure for the **15U-19U age groups** has changed to unlimited substitutions over **four (4) moments* per match + halftime adjustments.**

IMPLEMENTATION OF BANNED WORDS (APPENDIX D)

Use of listed banned words will result in a minimum 4 game suspension.

IMPLEMENTATION OF USSF REFEREE ABUSE PREVENTION POLICY (6.13)

The USSF RAP policy is being utilize to help determine suspension length.

SUSPENSION CARRYOVER (6.12)

Any NL suspension received during any NL game carries into and out of all NL competitions.

TEAM UNIFORMS (6.04)

The home team wears light colors. The away teams wears dark colors. If there is a conflict with colors (referee determination), the offending team changes.

Teams are expected to coordinate uniform colors prior to arriving for matches.

QUALIFICATION TO THE NL CUP OUT OF TEAM P1 (4.01)

The top team from each Team P1 division qualifies into the league's postseason (The NL Cup) in the same seasonal year.

COACHING EDUCATION REQUIREMENT (2.12)

- Coaches must hold a USSF D License (or equivalent).



[VIEW THE FULL RULES](#)

