

# 2025-2026 REFEREE HANDOUT

## ROSTER MANAGEMENT

- Maximum of 28 players on a team
- 18 players on Match Day Rosters
- Field players are eligible to play in an older age group while being rostered in their younger birth year age group, so long as they meet competition standards and play only 90 minutes per day across a maximum of 2 matches.
- A goalkeeper is allowed to play in more than one game per day and exceed the 90 minute rule applied to field players.

## CHECK-IN PROCESS PRE-GAME

- A Match Card for that specific game (Please input uniform #'s into Gotsport)
  - 1 Standard Copy (coaches and referee sign this copy at the end of the game)
  - 2 Photo Copies (1 for referee to check-in players / 1 for opponent)

## SUBSTITUTIONS

- Unlimited over 3 moments per half, plus HT. Re-Entry is allowed
- Exceptions according to Concussion Protocol (See below)

## MATCH LENGTH

- U13 = 2x35 minute halves; 10 minute HT
- U14-U15 = 2x40 minute halves; 15 minute HT
- U16-U19 = 2x45 minute halves; 15 minute HT

## WEATHER

- In the event of a thunderstorm, the match will be stopped, and all players, coaches, referees, and spectators should seek shelter
- The referee can resume the match 30 minutes after the last sound of thunder or flash of lightning. The 30-minute clock restarts every time lightning flashes or thunder sounds.

## CONCUSSION PROTOCOL

- A player who is suspected to have suffered a head injury may be substituted while being evaluated. The substitution for the evaluation of the concussion/head injury will not count against the team's total number of substitution moments in the half.
- If the player is deemed by a QMP to have not suffered a concussion, the player may re-enter the match at any stoppage of play and must replace the original substitute; this head injury evaluation will not count as a substitute moment.
- If the player is not cleared to return to play by a QMP, the replacement player will no longer be considered a temporary substitute.