



# GAME DAY REFERENCE GUIDE 2025-26

## Game Lengths:

- **U11 and U12**
  - 60 minutes (2 x 30-minute halves)
- **U13 and U14**
  - 70 minutes (2 x 35-minute halves)
- **U15, U16, U17, and U18/19**
  - 80 minutes (2 x 40-minute halves)

## Uniforms:

- **STANDARD POLICY**
  - Home team
    - Light shirt, light socks, any shorts
  - Away team team
    - Dark shirt, dark socks, any shorts
- **TWO GAME / TRAVEL WEEKENDS**
  - Game #1
    - Home team
      - Light shirt, light socks, any shorts
    - Away team
      - Dark shirt, dark socks, any shorts
  - Game #2
    - Home team
      - Dark shirt, dark socks, any shorts
    - Away team
      - Light shirt, light socks, any shorts

## Substitutions:

- MAPL allows up to three (3) ECNL-RL players from the same club to drop down and participate on a given competition day
- MAPL allows up to two (2) U15 Trapped Players to participate in U14 NPL Competition **ONLY** during their sanctioned high school season
- Unlimited substitutions at the referees discretion. Please remind coaches to NOT abuse this rule and should be respectful of the game, the opponent, and the referees when completing substitutions

## Red Cards:

- The referee reports all red cards with corresponding documentation immediately following the game to this email [Mid-AtlanticPL@usclubsoccer.org](mailto:Mid-AtlanticPL@usclubsoccer.org). The referee assignor should also be included.
- The report should include age group, teams, player(s) sent off, the offense, and referee's name, email and phone number.
- Referees should return player pass cards to the coach or team manager

## Referee Pay Structure:

AGE GROUP	FEE TOTAL	FEE BREAKDOWN	PLAYING TIME
U11 - U12	\$160	\$80 (CR) - \$40 (AR)	60 min (2 x 30)
U13 - U14	\$180	\$90 (CR) - \$45 (AR)	70 min (2 x 45)
U15 - U18/19	\$200	\$100 (CR) - \$50 (AR)	80 min (2 x 40)