

All Team Stacking refers to the HIGHEST team in which a player participates in, across the weekend. Request for exemption can be made, ahead of the matches via email only, to emma.brown@footballtasmania.com.au, all requests for exemption from team stacking rules must be emailed no later than 4pm Fridays for weekends matches, where the match is played during the week, the request must be made by 12pm the day of the scheduled match.

National Premier League

Starting 11 - Any Starting 11 player in the National Premier League is ineligible to play in any other match during the same weekend.

NPL Bench – All National Premier League bench players are eligible to play in either NPL U21s or Championship during the same weekend.

Championship Men

Starting 11 – Any starting 11 player cannot drop back to Championship 1 in the same weekend.

Starting 11 – A maximum of TWO (2) Starting 11 Championship players are eligible to play in the NPL U21s in the same weekend. These two players cannot be overage players.

Championship Bench – Eligible to play in either NPL Under 21s or Championship 1 during the same weekend (regardless of which game is played first)

National Premier League Under 21s

All NPL Under 21s players are eligible to play in either NPL or Under 18 leagues during the same weekend. No player playing in NPL Under 21's can appear in Under 16's competitions during the same weekend.

Championship 1 Men

Free to play in any age-appropriate youth competition during the same weekend.

Finals Series – Player Eligibility

For clubs whom NPL teams do not make the NPL finals series, or are knocked out of rounds, players who have **started** in 4 or more NPL matches during the 2026 home & away season will be ineligible to drop into any other league during the remainder of the season.

For avoidance of doubt, once a team has been knocked out of the NPL finals' series or does not qualify, these players are ineligible to play in NPL 21s finals series or Northern/Southern Championship.

Starting 11 refers to the first 11 players to take the field for any team are deemed the 'Starting 11' Regardless of whether they start on the pitch or come onto the pitch after kick off.

For avoidance of doubt, if a team kicks off with 10 players on the pitch and an 11th is brought onto the field in the 3rd minute, that player will be deemed the 11th 'Starting 11' player'

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Women’s Super League

Starting 11 – Any Starting 11 player in the Women’s Super League is ineligible to play in any other match during the same weekend.

WSL Bench – All Women’s Super League bench players are eligible to play in either Women’s Championship or YPL Under 18s during the same weekend.

Championship Women

Women’s Championship players are eligible to play in the YPL Under 18s.

Starting 11 – All Women’s Championship Starting 11 players are ineligible to play in Social League 1 during the same weekend.

SYPL Under 18 Girls

All YPL Under 18s players are eligible to play in any age-appropriate league during the same weekend.

If your WSL team has a bye, those who started the previous weeks’ game, are ineligible to play down in the week in which the bye is in. (for example, WSL Bye round 21 – those who started Round 20 WSL match are ineligible to play in Women’s Championship in round 21)

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Social Leagues - Men & Women

A social side may borrow up to a maximum of three (3) non-regular players from a higher division social side in any one game.

Where three (3) players are borrowed from a higher division social side, the maximum number of players allowed on the match-day team sheet is 13 players.

Where one (1) or two (2) players are borrowed from a higher division social side, the maximum number of players allowed on a match-day team sheet is 16 players.

A social side can borrow players from lower division social sides without limitation. To be clear, there is no limit on the number of players a team can borrow from lower social divisions.

Social League Men

A player who has started in NPL or taken to the field in Championship cannot play in any social league competition in the same season.

A social side in SL1 or SL2 may play a maximum of four players (in any one game) who have taken the field in Southern Championship 1 in that season.

A player who has taken the field in SC1 in a season must not take the field in SL3 or SL4, in the same season, unless by special and reasonable emergency exemption granted by the competition coordinator.

Teams in the O35 competition cannot borrow any players under 35 years old, a player must have already turned 35, to be eligible for the O35 competition (not turning 35).

Social League Women

No player who has started in WSL can play in any social league competition in the same season.

A player who starts in Southern Championship Women cannot take the field in a social league game in the same weekend.

A player who has taken the field in Championship Women in a season may not take the field in SL2 or SL3, in the same season, unless by special and reasonable emergency exemption by the competition coordinator.

The penalty for breaching these rules is a 3-0 forfeit in the game involved + applicable fine from Football Tasmania's Competition & Disciplinary Regulations, Schedule 4- Penalty Matrix.