



2026 Match Duration and Substitution Guidelines

League Competitions:

Match Lengths and Ball Requirements:

| Competition | Ball Size | Half Length | Half Time Break | Substitution/Interchange | Match Managers | Must have Captain |
|---|-----------|-------------|-----------------|---|-------------------------|-------------------|
| NPL | 5 | 45 minutes | 15 Minutes | 5 Players Named. 5 Players can be used, at 3 opportunities. | Home Team and Away Team | Yes |
| NPL U21s | 5 | 45 minutes | 15 Minutes | Interchange | Home Team Only | Yes |
| WSL | 5 | 45 minutes | 15 Minutes | 5 Players Named. 5 Players can be used, at 3 opportunities. | Home Team and Away Team | Yes |
| Men's Northern and Southern Championship | 5 | 45 minutes | 15 Minutes | 5 Players Named. 5 Players can be used, at 3 opportunities. | Home Team Only | Yes |
| Women's Northern and Southern Championship | 5 | 45 minutes | 15 Minutes | Interchange | Home Team Only | Yes |
| Men's Northern and Southern Championship 1/Reserves | 5 | 45 minutes | 15 Minutes | Interchange | Home Team Only | Yes |
| Social Leagues | 5 | 45 minutes | 15 Minutes | Interchange | No | Yes |
| Under 18s | 5 | 45 minutes | 15 Minutes | Interchange | No | No |
| Under 16s | 5 | 40 minutes | 10 Minutes | Interchange | No | No |
| NYPL Youth Girls | 5 | 40 minutes | 10 Minutes | Interchange | No | No |
| Combined U15/16 | 5 | 35 minutes | 5 Minutes | Interchange | No | No |
| Combined U14/15 | 5 | 35 minutes | 5 Minutes | Interchange | No | No |
| Under 14s | 5 | 35 minutes | 5 Minutes | Interchange | No | No |
| Combined U13/14 | 4 | 30 minutes | 5 Minutes | Interchange | No | No |
| Under 13s | 4 | 30 minutes | 5 Minutes | Interchange | No | No |
| Under 12s | 4 | 30 minutes | 5 Minutes | Interchange | No | No |
| Under 10s | 4 | 25 minutes | 5 Minutes | Interchange | No | No |

2026 Match Duration and Substitution Guidelines

Substitution:

- A maximum of Sixteen (16) players can be named on the team sheet five (5) players may be named as substitutes. All five players may be used as substitutes in matches.
- Each competing Team may name a maximum of 5 substitute Players on the Official Team Sheet and at its discretion use 5 substitutes during a Match, 1 of whom may be the Goalkeeper.
- To reduce disruption to the Match, each Team will have a maximum of three (3) opportunities to make substitutions during the Match; substitutions may also be made at half time (and will not count as one (1) of the three (3));
- If the Teams make a substitution at the same time, this will count as one (1) of the three (3) opportunities for both Teams.
- For Matches where Extra Time is required (Rule 4.1) each Team will have 1 additional opportunity to make a substitution.

Interchange:

- Each Team will have a maximum of 3 opportunities to make interchanges each half; interchanges may also be made at half-time. If both teams make an interchange at the same time, this will count as 1 of the 3 opportunities for each team.
- All interchanges shall take place at the half-way line and players to be interchanged must leave the field of play before the replacement player can enter the field of play.
- No interchange is permitted within two (2) minutes of play remaining in either half of the match.

Injury Interchange in the Second Half:

If a Team has already used its three (3) interchange opportunities during the second half, an additional interchange is permitted in the case of an injured player, provided that more than two (2) minutes of player remain in the match. The injured player who is replaced may not take any further part in the match. *Note, this clause only applies for competitions using Interchange

2026 Match Duration and Substitution Guidelines

Cup Competitions:

Match Lengths and Ball Requirements:

| | Ball Size | Half Length | Half Time Break | Substitution/Interchange | Extra Time/Penalties | Match Managers | Must have Captain |
|--------------------------|------------------|--------------------|------------------------|--|--|-------------------------|--------------------------|
| Lakoseljac Cup | 5 | 45 minutes | 15 Minutes | 6 Players Named (One must be a goalkeeper). 5 Players can be used, at 3 opportunities. | Extra Time and Penalties as outlined below | Home Team and Away Team | Yes |
| Women's State-wide Cup | 5 | 45 minutes | 15 Minutes | 6 Players Named (One must be a goalkeeper). 5 Players can be used, at 3 opportunities. | Extra Time and Penalties as outlined below | Home Team and Away Team | Yes |
| U21s State-wide Cup | 5 | 45 minutes | 15 Minutes | 6 Players Named (One must be a goalkeeper). 5 Players can be used, at 3 opportunities. | Extra Time and Penalties as outlined below | Home Team Only | Yes |
| U18 Girls State-wide Cup | 5 | 40 minutes | 10 Minutes | Interchange | Extra Time and Penalties as outlined below | Home Team Only | Yes |

Extra time and Penalties:

In the event a Lakoseljac Cup, Women's State-wide Cup or U21's state-wide cup match is drawn at the conclusion of normal playing time, the game will go to extra time. Extra time will consist in 2 equal periods of 15 minutes.



2026 Match Duration and Substitution Guidelines

Match Balls:

For all matches, the home team is responsible for providing the Match Official with the required number of match balls no later than 30 minutes prior to kick off.

NPL & WSL Matches: The home team must provide four (4) match balls to the Match Official.

All Other Competitions: The home team must provide three (3) match balls to the Match Official.

| Competition | Ball Model |
|----------------------|--------------------------------|
| Women's Super League | Nike Flight |
| Men's NPL | Nike Flight |
| Men's NPL U21's | Nike Club Elite or Nike Flight |
| Championship Women | Nike Club Elite or Nike Flight |
| Championship Men | Nike Club Elite or Nike Flight |

All other competitions may use a match ball that meets IFAB Laws of the Game requirements.

All Leagues shall use size 5 match balls except for the U13 Youth competitions, which use Size 4 match balls.

Any breach of the match ball arrangements must be reported to FT by the Match Official.