



UNITED PREMIER SOCCER LEAGUE

2026 SPRING HANDBOOK



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1. GOVERNANCE

- 1.1 The operation of the United Premier Soccer League ('UPSL') is conducted by the Board of Directors (hereafter 'Executive Committee') of UPSL LLC, a Florida limited liability company.
- 1.2 The UPSL, as a member of the United States Soccer Federation (the 'Federation'), to the extent applicable to the UPSL, complies with all the bylaws, policies and requirements of the Federation, and all the statutes, regulations, directives and decisions of FIFA and CONCACAF, each as they may be amended or modified from time to time.
- 1.3 These Rules and Regulations govern all matters relating to the operation of the UPSL, but should any rule be found to be in conflict with those of the Federation then the Articles of Incorporation of the Federation, its rules and policies and its bylaws shall take precedence and supersede these rules and regulations.
- 1.4 In becoming a member club (Club') of the UPSL (see section 5: annual fees and entries), that Club is required to comply with the bylaws, rules and policies of FIFA and of the Federation, including but not limited to Bylaw 706 reprinted here:

Bylaw 706 | LITIGATION

Section 1

No Organization Member, member of an Organization Member, official, league, club, team, player, coach, administrator or referee may invoke the aid of the courts in the United States or of any State if any potential remedy is or was available through any hearing, appeal, or grievances process of any Organization Member or the Federation. This Bylaw does not apply to the commencement of an arbitration proceeding under these Bylaws, the USOPC bylaws or court action taken to enforce a decision of the Federation, USOPC, CAS, or FIFA.

Section 2

For a violation of this Bylaw, the offending party shall be subject to suspension and fines, and shall be liable to the Federation or the responding party for all expenses incurred by the Federation or the responding party and their officers in defending each court action, including but not limited to the following:

- (1) court costs,*
- (2) attorneys' fees,*
- (3) reasonable compensation for time spent by officials and employees in defending the action,*
- including the preparation of responses to discovery and court appearances,*
- (4) travel expenses, and*
- (5) expenses for holding special meetings necessitated by the court action.*



- 1.5 For acceptance as a member and in order to participate in the UPSL a Club representative is required to sign a Certification that their Club (owners, officials and players) will abide by all the Rules and Regulations found in this document, including the payment responsibilities, and are capable and willing to meet the UPSL Minimum Standards.
- 1.6 The UPSL Executive Committee will conduct a meeting once a year, with notice of the meeting and its agenda provided at least 15 days in advance, to which all member Clubs are invited to send a representative, or attend virtually, with the purpose of appraising the membership of the actions and policies of the Executive Board regarding the operations of the UPSL.

Confidential Information

- 1.7 This Rules and Regulations Handbook, and any other documentation provided to Club officials by the UPSL, including but not limited to minimum standard documents, application forms, waivers, and presentations, are UPSL Confidential Information and are for the use of Club officials only. Under no circumstances should they be forwarded to other parties. Upon signing the non-disclosure agreement at the time of applying for membership of the UPSL, and/or the certification document for abiding by the Rules, the Club agrees that no Club official, at any time or in any manner, either directly or indirectly, will divulge, disclose, or communicate any UPSL Confidential Information to any third party without the prior written consent of the UPSL and that they will protect the information and treat it as strictly confidential.

2. PARTICIPANTS SAFETY, RESPECT, ELIGIBILITY

Emotional, physical and sexual misconduct

- 2.1 The UPSL has a zero tolerance of the abuse and/or molestation of any minor participating in any UPSL sanctioned activity, and prohibits misconduct including bullying, hazing, harassment (including sexual harassment), emotional misconduct, physical misconduct and sexual misconduct of any kind. The policies for implementation of training, screening, reporting and one-one-one interactions can be found in the Code of Conduct section.



Concussions

- 2.2 In the event of a participant in a UPSL sanctioned activity incurring a head injury the Club officials present at the activity must ensure that the concussion protocol is followed. Any participant who is suspected of suffering concussion must immediately cease participation and is not authorized to return to play until obtaining clearance from an authorized physician. The concussion protocol can be found in Appendix C.

Discrimination

- 2.3 The UPSL prohibits any form of discrimination or discriminatory remarks towards any person involved in a UPSL game or sanctioned activity including offending the dignity or integrity of a country, a person or group of people through contemptuous, discriminatory or derogatory words or actions on account of race, skin color, ethnic, national or social origin, gender, disability or sexual orientation (also see 14.15).

Eligibility

- 2.4 The UPSL is open and welcomes any athlete, coach, trainer, manager, administrator or official active in soccer who is not subject to suspension or disciplinary action of the Federation or a Federation member. Any amateur soccer club/organization is eligible to apply for membership and acceptance is determined by the ability of that club to meet the standards and the financial commitments described in these Rules and Regulations.

3. LAWS OF THE GAME

- 3.1 All UPSL games will be played according to the current FIFA Laws of the Game except for any exception that may be listed in these rules.
- 3.2 All UPSL games will be officiated by currently registered USSF and/or FIFA Referees and Assistant Referees who will be assigned by a registered Referee Assignor (also see 10.5).
- 3.3 Substitutions will be allowed up to a maximum of seven (7) players per team during all UPSL games; however, no re-entry will be allowed.



- 3.4 No Club will be allowed to play any UPSL game without a registered Club coach or official present in the bench or technical area. If the registered club coach or official is delayed, the Club can appoint a rostered player to act as coach temporarily under these conditions; he is identified to the match referees, can produce a team roster, and the opponent is willing (but not obligated) to accept this solution in the interest of playing the game. If all Club coaches are suspended, the Club must appoint and register another individual as coach in order to fulfill the requirements herein (also see 10.15.2).
- 3.5 If the head coach is red carded during a game, and there is no assistant coach present, the head coach or the team captain must identify to the officials a bench player who will act as head coach for the remainder of the game.
- 3.6 No Club will be allowed to play any UPSL game without nine (9) players available to start the game and at least 7 players available for the game to continue once started. If less than 7 players can continue as a result of injury or red cards, the game will be stopped and the referee will include that in his/her referee report. The Club with less than the minimum number of players to start, will forfeit the game as per 10.15.2. The Club with less than 7 players to continue a game will lose the game either 0-3 or the score at the time of the game being stopped, whichever is more favorable to the opposition.

4. DEFINITION OF THE SEASON

- 4.1 All playing seasons will have a designated period within which all UPSL games are to be played. All UPSL Clubs will be notified about the Official start date of the season at least four weeks in advance in order for Clubs to prepare their teams.
- 4.2 Each season will comprise of a 'regular season' of league play, which will determine regular season division winners across multiple conferences covering much of the USA followed by Division Playoffs which will determine the respective Division Champions. For the Premier Division this will be followed by a National Bracket playoff structure of 32 qualifying teams, organized on a regional basis and progressing to a National Finals weekend of four teams playing the national semi-finals, national final and 3rd place game. For the 2nd tier (Division I), and the A League, a playoff structure will follow the regular season and be organized within the respective conferences.



- 4.3 The UPSL conducts two seasons within one 12-month period, namely Spring and Fall.

The first allowed opening date for the Spring Season is the 3rd weekend in February. The last allowed date for the regular season is the weekend prior to the National Playoffs.

The National Finals will be held the first or second weekend in August. The National Playoffs will begin no later than 4 weekends prior to the Finals, which normally falls on the second or third weekend of July.

The first allowed opening date for the Fall Season is the 2nd weekend in August. The last allowed date for the regular season is the weekend prior to the National Playoffs.

The National Finals will normally be held the first or second weekend in February. The National Playoffs will begin no later than 4 weekends prior to the Finals, which normally is the first weekend of January.

For areas where weather is a factor, that section of the National Playoffs will have an earlier start. The last allowed date for the regular season is the weekend prior to the National Playoffs in the divisions' specific area.

- 4.4 Teams having registered to participate or already participating in any UPSL season agree to play the *ENTIRE* season. All teams must play each scheduled game from beginning to end. Teams withdrawing or not finishing will be subject to a \$1000 fine (see 6.8 for the only exception).

5. ANNUAL FEES AND ENTRIES

- 5.1 In order to participate in a season, a Club is required to have paid the annual membership fee, performance bond and the season dues before the final due date. The current level of dues can be found in the **UPSL Costs & Payments** section.
- 5.2 The annual membership fee to the UPSL provides the Club with the status of being a member of the UPSL for that particular calendar year. Provided with membership the club benefits from General Liability insurance, can take advantage of being issued COIs for their facility rentals free of further charge, can register their players and in doing so obtain player insurance coverage, and will be issued 5 UPSL



match balls along with 42 shirt patches. The club is also allowed to use the UPSL name in marketing their own team on social media. The membership fee is non-refundable under any circumstances.

- 5.3 There is an obligation with membership to participate in a UPSL season. Failure to do so, or withdrawal during a season, will cause membership to immediately lapse. All insurance coverages that extend to clubs and players are valid for UPSL sanctioned activities only.
- 5.4 There is an obligation with participation for the players to be wearing the UPSL patch on the left sleeve of the club uniform during UPSL matches. The patch may include the name of a league commercial sponsor. Only in the case where a Club can demonstrate a contractual obligation that would prevent wearing such a patch, can the Club be granted the right to wear the standard non-commercial patch.
- 5.5 By joining the UPSL as a member club, each club acknowledges and agrees that the club, its players and the staff may be featured on the official UPSL website including in league standings, match results and other relevant content for the competition. Members clubs also consent to the use of their name, logo, and the likeness of their players and staff in UPSL social media, marketing, and promotional materials. Each club acknowledges and agrees that the league retains the right to use the club's name, logo, and likeness for both league-related promotional purposes and commercial initiatives, including but not limited to official league merchandise, apparel, digital content, and sponsorship programs.
- 5.6 The season dues are charged for participation in one of the playing seasons of the UPSL, whether that is Spring or Fall. Teams are expected to participate in both seasons except where the particular Division does not hold a Fall Season on account of inclement weather or in a circumstance where a team can demonstrate that their club is predominantly using college-based players and hence is unable to compete in the Fall season.



- 5.7 Clubs are responsible for their home facility rental payments and the referee fees, including playoff games, except for and only in the case of (a) any National Bracket playoff game that is held at a neutral venue in which case the UPSL covers the facility, and (b) the National Finals for which the UPSL covers the facility and referee fees. Clubs will incur and be responsible for travel costs particularly in the Premier Division where competition will extend beyond their local area.
- 5.8 For participation in the Premier Division, Division 1, and the A League it is required for each club to post a \$500 performance bond. This deposit can be used by the UPSL to settle any reimbursements assessed as a result of forfeits, any unpaid disciplinary fines, and any minimum standard violation fines. In the absence of any of the above, the performance bond is refundable. If fully depleted in season, the bond must be topped-up back to \$500 within 14 days. If the bond amount is used up as a result of a fine imposed after a referee assault, it must be topped-up within 7 days of that disciplinary action. The performance bond is increased to \$750 for any club who committed a forfeit in the prior two seasons. (see also 10.20)

6. LEAGUE COMPOSITION AND STRUCTURE

- 6.1 The League is organized as 4 regions, with conferences within each region, and divisions within each conference. The top tier of competition in each conference is named Premier Division. The next tier is named Division I. Approval to participate in the Premier Division requires an ability, willingness and commitment to meet and adhere to a set of Minimum Standards. Clubs requiring less strict standards and less travel can participate in Division 1 or the A League. Clubs entering multiple teams will have only one team allowed in the Premier Division except in exceptional circumstances as determined by the UPSL Executive Committee. A Club that operates multiple geographical locations is eligible to have more than one participating team in the Premier Division so long as each is from a unique location.
- 6.2 For the Premier Division the minimum number of teams is 5 and the maximum is 14. All Clubs within the Conferences and/or Divisions will



play a minimum of 10 regular season games and a maximum of 14 regular season games on a home and away basis, if possible, with three (3) points being awarded for a win, one (1) for a draw, zero (0) for a loss.

Number of Teams	5	6	7	8	9	10	11	12	13	14
Number of Regular Season Games	10 or 12	10	10 or 12	10--14	10 or 12	10--13	10 or 12	11 or 12	12	13
Number of Play-Off Spots	3	4	4	4 or 5	4 or 5	6	6	6 or 7	7	8

The table above indicates the number of regular season games and the number of playoff spots, based on the number of teams in the division. The variations are dependent primarily on the time available to complete the season and division playoffs. The UPSL can allow modification to this structure for a Division if there is a time constraint on completion or in other exceptional circumstances. *E.g. In the fall season if time is limited, 8 or 9 game regular seasons can be allowed.*

- 6.3 For all Divisions, the Club which has accumulated the highest number of points at the end of the regular season will be declared the Regular Season Winners of that Division.
- 6.4 If two Clubs obtain the same number of points at the end of the regular season, their rankings will be determined as follows in the stated order:
 - (a) Head-to-head points
 - (b) Head-to-head goal difference
 - (c) Total goal difference
 - (d) Total goals scored
 - (e) Greatest away goals scored

Except in the following circumstance:

- (f) In the event of a three-way tie (or more): a mini table involving games between those three or more respective teams will be used to determine the rankings based on all and just the games from that mini table using 6.4(a),(b),(d)and (e) in aggregate. *In the unusual situation where the number of mini-table games would be unequal because 2 teams played each other*



twice, but not all teams did so, the average score will be used for the duplicate games.

Playoffs

- 6.5 Within each conference at the end of the regular season, there will be a seeded playoff structure involving 3 to 8 teams (depending on the size of the Division/s). The highest seed will be the home team. These play-offs will determine the Conference Champion. The playoff games must be played on the originally scheduled dates unless modified by the UPSL Executive Committee.
- 6.6 The number of Clubs eligible to qualify for the National Playoffs (National Bracket) from each Conference will be determined based on the configuration of the League Conferences and Divisions across the entire nation. When the UPSL gets to a consistent 32 Premier Division structure, only the Conference Champions will progress to the National Bracket.
- 6.7 In the National Playoffs the highest seed will be the home team except that (1) the Regional Finals (R8) will normally be played at a neutral venue, and (2) in circumstances where the league determines travel to be excessive, or a venue not suitable, a neutral venue will be selected conditional upon one being available. The National Playoff seeding will be determined using the points per game methodology from the regular season, then if necessary, goal difference.
- 6.8 All teams are expected to fulfill their playoff games if they qualify. Only in exceptional circumstances will a team be allowed to withdraw from the playoffs and the acceptance of such a withdrawal request is entirely at the discretion of the UPSL Executive Committee. If a team is granted withdrawal, or if a team illegally withdraws, the playoff berth can be passed to the next qualifying team, if feasible, at the discretion of the UPSL Executive Committee. In the case of National Playoffs, the 'next qualifying team' would first be the Conference playoff final runner-up, second is the regular season champion, then 3rd would be the beaten semi-finalist with the better regular season record. Any 'next qualifying team' given a playoff berth would automatically be the low seed for any subsequent game. For illegal withdrawal, rule 4.4 applies.



- 6.9 For playoffs, Clubs will be required to fulfill travel requirements that will likely be beyond their local area, and incur the costs involved to do so.
- 6.10 In the rare likelihood that a regular season is disrupted on account of persistent weather or another unforeseen circumstance, the UPSL in consultation with the teams from the particular division can allow the regular season champion to advance to the National Playoffs.
- 6.11 The National Finals will consist of 4 qualifying teams, one from each region.
- 6.12 Registration of all new players is frozen 18 days before the end of the regular season (see 13.7) and therefore it is not possible to register new players for the climax of the season and the playoffs, except for the small exceptions (see 13.8 and 13.13 part 4).
- 6.13 For Division I, there will be a separate play off structure that will determine a D1 Conference Champion, and, depending on the composition of the Division I map, possibly a State Champion.
- 6.14 Each Conference is encouraged, but not required, to set up a playoff travel fund to be awarded to teams qualifying for the Playoffs. If a vote is held and at least two-thirds (2/3) of the teams in a Conference vote in favor of establishing a Playoff Travel Fund, then all teams within that Conference shall be required to contribute to the fund, regardless of their individual vote.
- The contribution amount, payment schedule, and administration process of the Playoff Travel Fund shall be determined collectively by the Conference/Division representatives and approved by the UPSL League Office. Once approved, participation and contribution are mandatory for all teams in that Conference or Division.
- 6.15 The UPSL is willing to administer any such fund accordingly.
- 6.16 The UPSL retains the right to modify the structure of the competition, if necessary, before or during any particular season.



7. TROPHIES AND AWARDS

- 7.1 A trophy and medals will be presented to Premier Division Playoff Champions from each conference and a trophy will be presented to all Premier Division regular season winners.
- 7.2 A trophy will be presented to the four (4) Regional Playoff Champions.
- 7.3 A trophy and medals will be awarded to the National Champions, medals to the Runners-up and a trophy and medals to the 3rd place team.
- 7.4 A Cash Prize will be awarded to the National Champion, Runner-Up, as well as the National 3rd and 4th place teams. A cash prize will be awarded to each of the Premier Division Playoff Conference Champions. The Spring Season 2026 prize pool is \$155,000 with the details to be found in Appendix A.
- 7.5 Trophies and a \$500 credit will be presented to all Division 1 regular season winners and a trophy and medals to all Division 1 Playoff Conference Champions.

8. PROMOTION AND RELEGATION

- 8.1 Promotion and relegation will be in effect for those Conferences with multiple Divisions. As the UPSL grows the rules of promotion and relegation will be updated. Prior to the start of any season, the participating teams will be informed of what promotion and relegation rules are in effect for their Conference.
- 8.2 The number of teams promoted will be determined by the composition of each Conference. The Division I regular season Champion will normally be eligible for promotion to the Premier Division, and in some instances a second qualifying team can be promoted, both subject to the clubs being able to meet Premier Division Minimum Standards. Additionally, the following rules will apply:
 - (i) A 2nd or reserve team of a current Premier Division team cannot be promoted because one Club can only have one Premier Division participant.



- (ii) In some instances, but not all, the Division 1 playoff system will be utilized to determine a second promotion place, and if so, this will be declared prior to the season start date.
 - (iii) In Conferences with two or more Division 1s below the Premier Division, and a Premier Division considered to be at full capacity, the D1 regular season champions will playoff against each other for a promotion place, and the runners-up in that Championship Playoff will enter a further playoff competition with other qualifying teams that will decide a second promotion place.
 - (iv) In the event of an A League forming within a Conference, any related promotion and relegation rules will be indicated to participating clubs prior to the season commencement.
- 8.3 Relegation will be determined by the composition of each Division. If a Premier Division is considered to be operating at the maximum number of teams/capacity, and there is a Division I below in that Conference, the two teams finishing in last place and next to last at the end of the regular season will be relegated.
- 8.4 If a Premier Division is considered to be at maximum capacity, and the Division 1 Champion is not eligible for promotion (because of them being the 2nd team of an existing Premier Division team, or because they cannot meet the minimum standards), then the following procedures will apply:
- (1) In Conferences with more than one Division 1, the promotion will first pass to the next eligible regular season champion (see 8.2 (iii) above), or
 - (2) The relegated team can be replaced by a new team if that team meets the criteria of having already played at a superior standard elsewhere (as determined by the UPSL, see also 18.3), or
 - (3) The second placed team in Division 1, if eligible, will have a single playoff game versus the second last place team in the Premier Division to determine who takes the Premier Division spot.
 - (4) If neither of the criteria in (1), (2) or (3) above can be met then no team need be relegated.



- 8.5 If a Premier Division is not at maximum capacity, it is feasible that more than one Division 1 team could be promoted, if such teams have demonstrated their ability to meet Minimum Standards and have achieved at least a winning record. Promotion in this case would be subject to the approval of the UPSL Executive Committee.
- 8.6 If a Premier Division is not at maximum capacity, and there is a Division 1 below in that Conference, the team finishing in last place will normally be relegated. However, that team's Premier Division status could be maintained at the full discretion of the UPSL Executive Committee.

9. SEASON SCHEDULE

- 9.1 All Conference Managers are directed to submit the number of committed and paid-up teams to the Scheduling Committee no later than 30 days prior to the proposed season start date. The Committee in consultation with the Conference Manager will compose the initial draft schedule.
- 9.2 It is intended that a draft schedule, in spreadsheet format, will be provided to teams by the Division Manager no later than 28 days prior to the start date of the season for that Division. The teams then have the responsibility to add their venues and exact times, and a small window of opportunity to request adjustments before the schedule is published. Any delay in schedule issuance does not dilute any of the rules, standards and requirements herein.
- 9.3 It is intended that the final schedule will be published on the website no later than 14 days prior to the start of the season for that Division. However, clubs should be aware that detailing the schedule in the initial stage is an ongoing process and they are responsible for observing their away dates and times and required to complete the input of their home dates. Any delay in publication of the schedule does not dilute any of the rules, standards and requirements herein.
- 9.4 The master schedule to be used for the season will be published on the UPSL website. Any subsequent changes must be updated on the website schedule.
- 9.5 Games are not to be scheduled on Sundays earlier than 1:00PM unless approved by the league. The earliest kick off time on



Saturdays should be 2:00PM unless approved by the league. Earliest kick off time on weekdays should be at 7:30PM unless agreed by both teams and approved by the league.

- 9.6 The home team is responsible for scheduling the venue and the start time for all the home games, including obtaining a valid lease or permit when required, and providing the information to the Division Manager for inclusion in the published schedule. For playoff games, use of the facility must be secured for sufficient time to account for possible extra time and penalties. Scheduling a game without a right to utilize the facility will result in a forfeit (See 10.15.11, 10.15.12, 10.16)
- 9.7 When scheduling game times it is the responsibility of the home team to take into consideration the travel time for the opponent to return home. When an opponent believes that they will be unable to get home before 1am after a Saturday game, or before 12 midnight after a Sunday or midweek game, they have the right to request the kickoff time be changed. For regular season games this request must be made after the draft schedule is published but before the final schedule is published. For playoff games the request must be made upon learning the location of the game. The cooperation of teams is encouraged and expected.
- 9.8 All UPSL games must commence on the dates and times, and at the venues as stated on the published schedule on the website, except when otherwise agreed by the UPSL based on uncontrollable circumstances. Exceptions must have an emailed Game Change Approval accepted by representatives of both teams and the respective Division Manager and/or Conference Manager (also see 10.8).
- 9.9 Participation in the UPSL season grants eligibility for Clubs to enter the Lamar Hunt U.S. Open Cup. When a Club does enter the Open Cup, the UPSL will consider a request for postponement and rescheduling of a UPSL game so as to compete in the Open Cup but does not guarantee approval. Once a Club is given an Open Cup date, or advances, which creates a schedule conflict (UPSL game or potential playoff game and Open Cup game on the same weekend) it is the responsibility of the Club to inform the Conference Manager within 48 hours and to immediately seek arrangements for the rescheduling of the conflicted UPSL game. The clearance to play the Open Cup game will be conditional



upon confirmation that the UPSL game has been officially rescheduled.

10. POSTPONEMENT, WITHDRAWAL, REFUSAL TO PLAY, FORFEITURE

Postponement of Matches

- 10.1 The UPSL has the right to postpone any league game in the event of *unforeseen circumstances*.
- 10.2 The attending Referee or the UPSL will postpone any game where the on-field temperature is 105F or higher or prior to the game if expected to be higher than 105F.
- 10.3 If a game is called off by the Referee due to lightning or any other unforeseeable circumstances, the following rules shown in the table will apply (unless both teams and the UPSL Executive Committee agree to accept a prevailing score without a replay):

10.3.1	1-45 minutes played	Replay from start
10.3.2	One half, or 46-69 minutes played	Replay second half with the same score line when the game was called off
10.3.3	70 minutes or more	Game is considered official, score stands.

For a weather delay before or during the game, teams are obliged to wait at least 60 minutes for the weather to clear before the referee can call off the game. This is subject to the availability of the facility booking.

- 10.4 In the event of lighting failure, or lights not coming on, the visiting team is obliged to wait at least thirty (30) minutes to see if the problem can be rectified. Thereafter, the game will be a forfeit against the home team, as per rule 10.15.11 UNLESS the home team can produce evidence that they were not at fault in which case Rule 10.3 applies. Such evidence must be provided within 48 hours of the incident.
- 10.5 Registered referees must be present at any UPSL sanctioned match or said match will be postponed for a later date. No matches will be



played without an official referee crew assigned by the respective UPSL appointed Assignor, unless the UPSL National Director of Game Officials invokes USSF policy in an emergency situation allowing use of an unregistered referee.

- 10.6 Clubs seeking approval for a fixture change must first submit via email an Approval Request to the UPSL Regional Director and/or the Conference Manager at least ten (10) days prior to the match in question accompanied by all supporting information required. The UPSL officials have the discretion to grant or deny the request. In instances when approval is granted, the teams have 5 days to agree on a new date otherwise the UPSL will schedule the game and both teams must comply. In the case of playoff matches where there is often less than 10 days available prior to a game, any game change request will be considered by the UPSL officials who have full discretion to grant or deny the request. In all cases of game changes, the **requesting team must pay a game change fee**, and no change is final unless the fee is paid.

The Game Change Fee structure is as follows:

- Changes requested 11 or more days prior to the match: \$25
 - Changes requested 8–10 days prior to the match: \$50
((request may not be approved))
 - Changes requested 7 days prior to the match: \$75 *(request may not be approved)*
- 10.7 All Game Change Requests submitted within ten (10) days of the scheduled match are subject to UPSL approval and must include valid supporting evidence (e.g., documented facility issues or other extenuating circumstances). The opposing team is under no obligation to accept such late changes, and no change shall be considered final until the applicable change fee is paid by the requesting team.

Game Change Requests inside the ten-day window are not normally allowed. However, the league may approve a request if:

1. Extenuating circumstances are clearly demonstrated and supported by required documentation;



2. The request is acceptable to both teams, unless the league determines that overriding competitive or operational considerations require a different outcome;
3. The proposed change complies with referee-assignment procedures and does not create conflicts that cannot reasonably be resolved.

Claims that a home facility is unavailable must be substantiated with clear evidence.

Facility-Only Exception:

A late change from grass to turf due solely to unplayable field conditions may be approved directly by the Conference Manager, provided referees can still be assigned and the change does not materially affect match operations.

The league reserves the right to make the final decision on all Game Change Requests submitted within the ten-day period.

- 10.8** Game Change requests within 10 days of the scheduled date and time are not normally allowed and the opposing team is under no obligation to accept such changes. Game Change Requests may be accepted within the ten (10) day period if there are extenuating circumstances, but should be accompanied by required supporting evidence, be acceptable to both teams, and must comply or be compatible with any procedures and rules relating to referee assignment. Any claim that the home facility has been rendered unavailable must be demonstrated with evidence. Notwithstanding the above, any late facility only change from grass to turf on account of unplayable conditions can be approved by the conference manager independently. **No change is final until the change fee is paid by the requesting team.**
- 10.9 Games postponed within 24 hours of kickoff owing to inclement weather or unplayable fields should be promptly rescheduled via consultation between representatives of the respective teams along with the Conference Manager. The Conference Manager is responsible for ensuring the published schedule is updated. If agreement is not reached within 5 days, the rescheduling of the



postponed game will be determined by the Conference Manager and Regional Director and must be accepted by both teams.

- 10.10 Games postponed for any reason must be rearranged by the participating teams within 5 days of the postponement. After such time the UPSL will schedule the game and both teams will be required to fulfill the game on the newly scheduled date.
- 10.11 If the last game or penultimate game of a regular season, or a playoff game, is postponed, delayed or interrupted for any reason, or called off by the referee as per 10.3, and the calendar does not have time available for the rescheduling of the game, the UPSL Executive Committee will make an unbiased decision as to the appropriate solution or outcome.

Withdrawal of Clubs from League or Games

- 10.12 It is strictly prohibited for any team to withdraw from the league once placed on the league fixture list. After the fixture list is published, **no refund of season dues can be issued under any circumstances.** A Club withdrawing after being placed on the league fixture list will be subject to an additional fine of \$1000 and marked as in bad standings with the league.
- 10.13 Any Club failing to honor a game, will forfeit the match 3-0, be fined \$1000 and, for regular season games, three (3) points deducted from its standings, except in the case of unforeseen and unavoidable circumstances that are accepted by the UPSL Executive Committee as justifying a rearrangement of the game. The fine for D1 and the A League is \$500.
- 10.13.1 Individual cases of positive Covid tests are not by themselves sufficient to justify a game rearrangement. Evidence of multiple cases which cause a significant roster depletion will be required in order for rearrangement of a game to be considered.
- 10.14 Any Club failing to honor three (3) league games during the season will constitute a withdrawal and will be subject to the fine designated in 4.4.



10.14.1 If a Club withdraws, and/or is expelled from the League, the following rule will take effect:

All matches that were played prior to the expulsion or withdrawal of the team will remain as is. Any game pending will be given a 3-0 win for the opposing Club.

Forfeiture of Matches and Refusal to Play

10.15 A Club will forfeit a game in the following circumstances:

10.15.1 Refusing to continue a game for a period of greater than ten (10) minutes, walking off the field, or engaging in tactics to abort the game, such that the match officials end the game.

10.15.2 Appearing at a game with less than nine (9) eligible players or without a printed, unique, game-specific roster (unless digital is accepted per 11.2), or without a registered coach or club official (unless a temporary player coach is accepted per 3.4). If the game is played, this rule cannot be applied.

10.15.3 If a Club's supporters, player/s or officials initiate an act responsible for the abrupt end to the game.

10.15.4 The team arrives so late that the game cannot start within fifteen (15) minutes of the scheduled kick-off time, unless the referee and opposing team reach agreement that there exists a legitimate reason to delay the kick-off or reschedule. If the game is played, this rule cannot be applied.

10.15.5 Fielding an illegal player or coach, that being one who is not properly registered (including a non-matching ID), impersonating another player, not properly transferred, is currently suspended or a player who arrives after the 2nd half kicks-off. Also see 11.11, 13.16, 13.17, and 13.18.

10.15.6 Failing to honor a scheduled game or canceling a game within 10 days of kick off without a good reason that is acceptable to the opponent and the Division Manager (inclement weather is considered acceptable).

10.15.7 Failure to pay the referee fees ahead of the game and on time resulting in a cancellation of the game (See 12.10)



- 10.15.8 When a Club plays a game, which has been declared non-competitive or the results are found to be pre-determined or fixed.
- 10.15.9 When a player or club official refuses to leave the field of play and team area after a red card or returns after initially leaving (see 14.1) causing the match official to end the game.
- 10.15.10 When unauthorized personnel without credentials refuse to leave the bench area for a period of greater than ten minutes (also see 11.12) causing the match official to end the game.
- 10.15.11 If a field that is booked for the game, in the opinion of the referee, does not meet the minimum standards for field size and condition, or is lacking appropriate and safe equipment, unless the home team has received a waiver for the field in question, or, both the visiting team, and the referee, agree to play the game regardless.
- 10.15.12 If the home team does not have a valid permit or lease for the facility and for the required amount of time to complete a scheduled game, including use of lights if necessary.
- 10.15.13 Failure to put in place the security requirements that have been instructed for a game (see 14.12, 14.18, 14.19).
- 10.15.14 If a Club is delinquent on payments prior to a playoff game (see 10.21) or if a Club fails to pay a fine or other monies owed in a timely manner (see 10.20) resulting in the league canceling the game on account of delinquency.
- 10.16 Where a team is subject to a forfeit the following penalties will apply:
- Loss of game 0-3 (or score prevailing if in game and preferable to opponent)
 - Deduction of 3 additional points (regular season games)
 - Fine of up to \$1000 in Premier, \$500 in Division 1 or A League
 - Reimbursement of home team facility cost
 - Reimbursement of Referee fees if applicable
 - Reimbursement of Athletic Trainer fees if applicable
 - Reimbursement of Gate Fee or Travel Fee if applicable



- 10.17 Any Club forfeiting a game where the game is not played will be charged with any referee expenses incurred by the opposing Club, and any athletic trainer expense incurred.
- 10.18 Any visiting club forfeiting a game that is not played will be charged a 'Facility Fee' of AT LEAST \$300 and up to \$850, to be passed on to the home club, to reimburse the facility cost and, if requested with evidence, other related and relevant expenses including cost of loss of ticket sales.
- 10.19 Any home team forfeiting a game that is not played, when the opposing team has already travelled, will be charged a 'Travel Fee' of up to \$500, if requested with evidence, to cover reimbursement of related and relevant travel expenses incurred.
- 10.20 Fines for any reason are normally due and payable to the UPSL within 7 days of notification and subject to a late fee of \$30, although the time to make payment can be reduced to as little as one day if deemed appropriate by the UPSL. The UPSL also retains the right to cancel forthcoming games and impose a further forfeit for failure to pay fines, failure to replenish a depleted performance bond, or any other monies owed in a timely manner. (Also see 10.21).
- 10.21 Any fines or other monies owed to the UPSL must be paid prior to the deadline for submission of the Home Team Travel Sheet for a playoff game otherwise the UPSL will eliminate the delinquent team and award a victory by forfeit, or if feasible, for the first playoff round, award the place to the next team in the standings.
- 10.22 Any reimbursement payments due to opposing clubs as a result of forfeits (see 10.16-10.19) will be paid once monies are collected from the offending club.

11. TEAM ARRIVAL, MATCH DURATION, TEAM SHEETS

Arrival at the Venue



- 11.1 All Clubs are requested to report to the match Officials at least one (1) hour prior to kick-off for pre-match formalities. Breakdown of vehicles and traffic delays will not be considered as unforeseeable circumstances.
- 11.2 All Clubs must be in possession of a printed roster in order to complete the player check-in otherwise the game will not be played and the team without the roster will endure a forfeit*. The roster should be in color. *Unless the opponent (without obligation) agrees to allow a digital roster, and the roster is complete in the opinion of the referee including shirt numbers and has been forwarded to the referee's phone device, and approval is obtained from the UPSL Conference Manager or member of the Executive Committee. A club playing a game despite the existence of a violation of this rule by their opponent automatically nullifies this rule.
- 11.3 Clubs which report so late that the match cannot start within fifteen (15) minutes of the scheduled kick-off time will forfeit said match in question unless the referee and opposing team reach agreement that there exists a legitimate reason to delay the kick-off or reschedule (see also 10.15.4). Once a game kicks off, this rule cannot be applied.
- 11.4 On the day of its game, a Club will be allowed into the stadium and the perimeter of the field with a maximum delegation of twenty-five (25) people, which will include twenty (20) players and five (5) technical staff.

Game Day Rosters

- 11.5 Clubs will submit completed game rosters to the referee and the opponent at least forty-five (45) minutes prior to the start of the match.
- 11.6 The Game Rosters will include full names of the eleven (11) starters, subs and team Officials. Game day roster must also include the players' photos and jersey numbers. The roster must be unique to the game about to be played (old rosters are not allowed).
- 11.7 Handwritten player entries on the roster are discouraged by way of an automatic \$50 fine per match occurrence. For the avoidance of doubt, the \$50 fine applies for every player handwritten on the roster. In order to play, any player whose name is handwritten must be able



to show to the officials an ID for name verification and **must be already properly registered with the UPSL**. A violation of the latter would deem the player an illegal player causing the club to incur a forfeit.

- 11.8 For Clubs that have a 1st team competing in the Premier Division and a 2nd team participating in Division 1 or the A League of the UPSL, they can utilize players from both rosters for check-in, but only up until the date of the roster freeze for either division (roster freeze see 13.7). For example, 15 players could be checked in from the Premier team roster and 5 from the D1 team roster. After the roster freeze, only the roster pertaining to the correct division is allowed to be used. Also, after the roster freeze, any player movement between the two rosters must comply with the player transfer rules (see 13.8 and 13.13 part4).
- 11.9 A club that is fielding a men's Premier, D1, or A League team, in addition to an Academy team, is allowed to use Academy players in the men's team. In order to do so the Academy player must also complete a new registration as a men's player and join the adult team roster whilst also remaining on the Academy roster. The adult team registration will require use of a 2nd email address to create the additional profile.

Player Check-in

- 11.10 Inspection of players commences forty-five (45) minutes before kick-off.
- 11.11 In the Regional Finals and the National Finals all players will be required to show a photo ID to the officials during the player check-in.
- 11.12 Any player arriving late is not allowed to start the game once the teams have commenced the walkout to center field. In such an instance, the player can be roster checked by the 4th official and can be subbed in no earlier than 10 minutes after kick-off. A player arriving after the second half has kicked off is not allowed to play. This rule must be applied by the referee crew and adhered to by the clubs. Failure to check in properly up until the end of half time is a minimum standard violation. Any player checking into a game who arrives after the second half has kicked off will be deemed an illegal player.



Club Officials Check-in

11.13 The Coaches and any other technical staff or Club Officials present in the bench area must be listed on the Game Day Roster, checked by the referee, and must be displaying their Club credentials in the form of a printed UPSL Official ID.

Duration of Matches

11.14 Each game will last for ninety (90) minutes with two (2) periods of forty-five (45) minutes each plus referee's optional added time. Interval between halves is fifteen (15) minutes.

11.15 During playoffs, two periods of fifteen (15) minutes of extra time will be played if the score is tied at the end of regulation time. If the score is still tied after extra time, the game will be decided by penalty kicks. Teams may go straight to penalty kicks if both teams agree in the case of facility time restrictions.

12. REFEREES, FEES & ASSIGNORS

12.1 The UPSL will appoint and designate each Conference Referee Assignor, who in turn will assign all match officials for Division and play-off matches.

12.2 For Premier Division matches a 4th Official is mandatory. For Division I matches a 4th Official is optional (determined by division) except in Conference or State play-off finals.

12.3 All Match Officials (Referees, Assistant Referees, and Fourth Officials) will be USSF or FIFA-certified Referees.

12.4 The Referee will have the authority to all decisions pertaining to the game. He/she will follow FIFA Laws of the Game, *except* where there have been modifications made by the UPSL in these Rules and Regulations.

12.5 The Referee will inspect the playing pitch before the commencement of the match. If he/she decides that a field is unsafe for the players, the game will be abandoned and both teams notified.

12.6 The referee fees will be set by the Assignors and the UPSL in consultation with each other and communicated to the Clubs prior



to the start of each season. The referee fees, the method of payment and the timing of payment may vary from conference to conference. The procedures will be communicated to the teams prior to the start of the season and must be adhered to. No cash payments are allowed. No payments via Division Managers are allowed. Normally, Clubs will split the fees equally and must submit them several days before the day of the game. Late payment fees will apply (See 12.10). The Referees fees for the 2026 Seasons are expected to be in the following ranges:

12.6.1 Match Official Fees for Premier Division and Division 1:

Premier Division games: range \$175- \$220 per team, per game.

Division I & A games: \$150- \$195 per team, per game (unless 4 officials are used by the division in which case same cost as Premier)

- 12.7 The UPSL will provide the appointed Referee Assignors a copy of the UPSL Handbook. The assignors will in turn provide it to all Match Officials of UPSL games.
- 12.8 A Club may request that a referee shouldn't be assigned to its games; however, said Club must submit a written explanation via e-mail to the Club's conference or division manager. The UPSL appointed referee assignor will review and consider the request and will make the final decision as to whether the request can be allowed.
- 12.9 Registered referees must be present at all UPSL sanctioned matches. No matches should be played without a referee crew assigned by the UPSL appointed Referee Assignor. This includes pre-season games that should be handled the same as in season games (see Rule 10.5 for emergency circumstances). **Please note that if a friendly is played without the use of a UPSL appointed referee crew, the game is de-facto not sanctioned by the UPSL and any insurances, including player registration medical insurance will not be valid.**
- 12.10 Referee Payment for Weather-Related Cancellations: In the event a match is cancelled or postponed due to inclement weather, referee compensation shall be handled as follows:



- If the match is cancelled prior to referee arrival at the field: No payment will be due to the assigned referee crew.
- If the referees arrive at the field but the match is cancelled without play: The referees will receive 50% of their scheduled match fee.
- If referees arrive and wait at least 90 minutes and make efforts to play the match before cancellation: The referees will receive their full scheduled match fee

This policy applies to all divisions and competitions under the UPSL, unless a regional referee assignor or local association has an existing pre-approved policy superseding this one.

The intent of this policy is to ensure fair compensation for referees' time and travel while recognizing circumstances beyond the control of the teams or league.

12.11 **Further Details for Referee Payments:**

Please create a Venmo account if you don't already have one and inform your Division Manager of the Venmo account name. Otherwise please register your bank account for Zelle payments.

Some Conferences may require full payment of the referee fees in advance to cover the regular season. The decision to require full payment is made by the Conference Manager in consultation with the UPSL League Office. The League has the final decision on this matter.

For weekend games, referee fees are due on Tuesday before 8pm. For games played midweek, the fee must be received by 8pm the previous Friday.

The final opportunity to make the referee payment, including late fee, will be on Thursday by 8pm for a weekend game, otherwise the referees will be cancelled, the offending team will forfeit the match, and *will be fined according to UPSL Rules*. Late fees are \$30.



Please note that the referees are paid once they have submitted the required game report.

If the referees arrive at the field, or are in transit, they will be paid in accordance with rule 1210 above, even if the game is cancelled or interrupted UNLESS

- (i) If a game is cancelled for non-weather-related reasons more than 48 hours before scheduled kick off. Once the 48-hour deadline is passed, this is not allowed.

In the event that a game is cancelled on account of weather, but the referee fees are paid, the referee payments for the rescheduled game will be split 50/50 by the participating teams.

The referee scheduling is compiled in advance, so any **proposed changes from the original schedule** to the details (venue, date, time) of a match must be brought to the attention of the Division Manager and/or the Conference Manager.

No changes* to the date, kick-off time, or venue of the game are allowed within 10 days of the scheduled game. For games on Sundays, this means no changes after close of business Monday prior.

**Emergency exceptions will be considered by contacting the Conference Manager or Division Manager, and the Referee Assignor.*

13. REGISTRATION and PLAYER TRANSFER POLICY

13.1 All players and coaches must be properly registered with the league, in their legal name, in order to be eligible to play or coach in a UPSL game, and in order to have insurance coverage for designated practice and matches. Registration requires a photo ID displaying date of birth and a head and shoulders photo to be uploaded into the registration system, and payment must be completed.

- (i) Player's must register through the league's online Registration System. The Player Registration fee is forty-seven dollars (\$47) per player per year. One year covers the spring and fall seasons, and



after the fall season the registration lapses. The fee includes UPSL's secondary player's insurance.

(ii) Professional Players- Any player who is under a professional contract is allowed to participate in the UPSL so long as the following conditions are met: (a) UPSL professional club release of liability is signed by the pro club, (b) the professional club is providing insurance coverage for the player since UPSL policies do not apply, (c) in any case of a professional player being loaned to a UPSL club, a copy of the loan agreement is provided to the UPSL, (d) the player is designated as professional in the registration system and signs the professional player waiver. Failure to meet these conditions will render player not properly registered and subject the club to rule 10.15.5.

(iii) International Transfer Clearance (ITC)- Any player registering with the UPSL for the first time who was born outside of the USA, and any player whose previous registration was with a club/team/league outside the USA, will be required to complete the appropriate ITC form as provided by the Federation and to obtain clearance.

(iv) All coaches and other Club Officials who have regular contact with players must register through the league's online Registration System. Coaches and officials' registration fee is \$20. A credentials badge and lanyard is provided which must be worn at all matches in the bench area.

(v) SafeSport- When a Club registers a player or players who are under the age of 18, the coaches, officials and any other adults in regular contact must complete the SafeSport certification as provided by the U.S. Center for SafeSport and complete a background check.

- 13.2 All players must sign the UPSL Player Participation Waiver. All coaches must sign the UPSL Coach Participation Waiver
- 13.3 The minimum number of players a Club must register is 25. There is no maximum limit on the number of players a Club can register;



however, the maximum allowed to be present in the bench area and participate on game day is 20. Teams are encouraged to register enough players so that they do not encounter player shortages once rosters are frozen (see 13.7)

- 13.4 There is no limit on the number of coaches and administrators that a club can register; however, the maximum allowed in the bench area on game day is 5, and, for clubs with two teams in the league, the minimum number of registered coaches is two (one for each team).

13.4.1 Any coach or administrator wishing to play in a game must also register as a player and be listed on the game day roster as a player (registration requires use of a 2nd email address). To enter a game a coach must have an assistant coach present to take over the requirement for a coach to be present in the bench area.

- 13.5 All member clubs must register their players through the UPSL website using the UPSL Registration System or the team or player may not participate in the League. Even if a club or player has their own insurance, the player must be registered through the League's registration system.

- 13.6 A player may only be registered with one club at any given time. In addition, a player can only be registered with a maximum of two (2) clubs during one season. Player transfer rules apply. Any player who is found to have registered with a second club rather than follow transfer rules will be suspended for 4 games.

- 13.7 Female Player Eligibility in Men's Divisions: Female players are not permitted to participate on any Premier Division, Division 1, or A League teams within a conference where a UPSL Women's Division is currently being played or is scheduled to be played at any point during that calendar year.

If a UPSL Women's Division is not being played or scheduled in that conference during the applicable year, a female player may request a one-time special exemption from the league to participate on a men's team.

All exemption requests are subject to league approval and may be denied for any reason, including but not limited to:



- Preserving the integrity and competitive balance of the division;
 - Objections or concerns raised by other teams within the conference;
 - Insurance or liability considerations; or
 - Any other reason deemed appropriate by the league administration.
- 13.8 Roster Freeze: Registration of all new players is frozen on a Wednesday, 11:59pm EST (8:59pm PCT), 18 days prior to the weekend of the final regular season scheduled games for that Division.
- 13.9 Any team qualifying for the Playoffs may register up to a total of 3 additional players during the period from the conclusion of the final regular season game, up to the Wednesday 11:59pm EST (8:59 pm PCT) prior to the scheduled R8 National Playoff game, or in the case of Division 1, up to the Thursday (11:59pm PCT) prior to the scheduled semi-finals, so long as those players were not registered with any other UPSL Club during the season.
- 13.10 At the end of the fall season and entering the new calendar year all amateur UPSL players are free from any obligation to continue registration with an existing club.

PLAYER TRANSFER REGISTRATION RULES

- 13.11 A new team entering the UPSL cannot recruit or utilize players from an existing and active team that is located in the same UPSL Conference in their first season of play, without the permission from the existing team to register such player or players. Any request to use such players must be made via the UPSL, who will handle the request to the existing team, otherwise permission will not be valid. If permission is denied that decision is final and will not be re-considered.
- 13.12 A Club entering more than one team in the UPSL must create entirely separate rosters for each of those teams. Temporary use of players for the different teams, from the different rosters, is allowed via a temporary transfer, so long as the teams are not participating in the



same division, but only up to the date of the roster freeze (see also 11.8).

13.13 UPSL Clubs are not allowed to approach a player who is currently registered with another UPSL Club without the other Club's consent. If a player contacts a Club from another UPSL Club, kindly inform the player to speak with his current club coach or owner to get permission for a transfer.

13.14 UPSL Club's must follow the appropriate one of the following four procedures to expedite a player transfer:

TYPES OF PLAYER TRANSFERS:

1. In-Season, Club-to-Club Transfer
2. Post-Season, Club-to-Club Transfer (In between Spring and Fall seasons Transfer Window)
3. Intra-Club Transfer
4. Post Roster Freeze Intra-Club Exemption

1. IN-SEASON, CLUB-TO-CLUB TRANSFER

General Policy:

Players can transfer from one Club to another during the course of the spring and fall seasons with approval from Current Club. Players may only transfer clubs one time during the season. Players cannot be transferred and available to play inside of 72 hours of a game without approval of Current Club via the Registration System.

Player Transfer Deadline:

The transfer request and payment must be received by 11.59pm EST (8.59 pm PCT) on the Wednesday that falls 18 days prior to the weekend of the final regular season scheduled games for that division (see 13.7).

Player Transfer Process:

1. New Club, or the Player, must submit a transfer request using the UPSL Player Registration System including payment of \$50 transfer fee.
2. Current Club will receive an immediate notification that a transfer request has been submitted for one of their players.



3. Current Club must either approve or reject the transfer within 72 hours upon notification of the transfer request. Failure to respond within 72 hours will result in an automatic approval of the transfer. An active approval of the transfer will generate a \$25 credit to Current Club.
4. Upon approval by Current Club, or expiration of the 72 hours, the League will notify New Club of the outcome.

2. POST-SEASON, CLUB-TO-CLUB TRANSFER (In between Spring and Fall seasons using Summer Transfer Window)

Players are allowed to transfer from one Club to another after the end of the spring season without needing permission from their current club so long as the transfer is executed during the Summer Transfer Window, and so long as the new club is not playing its first season in the conference (*in latter case, see 13.10*).

Player Summer Transfer Window:

Players will be allowed to transfer during the transfer window which commences at 7am EST on July 25th and closes at 11.59pm EST on August 25th.

Transfers of players from inactive Clubs (not currently participating) will be considered Post-Season Transfers even if conducted In-Season

Player Transfer Process:

1. The Player must submit a transfer request using the UPSL Player Registration System including payment of \$25 transfer fee.
2. The New Club will receive notification and is required to accept the transfer if desired (and pay the fee if player has not done so).
3. The Current Club will receive a notification that one of their players is being transferred to a New Club.
4. The transfer is automatic as it is conducted in between the spring and fall seasons.

3. INTRA-CLUB TRANSFER (Same Club)



General Policy: Players can be transferred from one team to another within their Club during the regular season, up until the roster freeze.

In the instance of a Club having a 1st team in Premier, and a 2nd team in D1 or A League, players can be temporarily moved up and down between those two rosters without the payment of a transfer fee. However, this option is only available up until the Premier Division roster freeze time and date. Hence, any required transfers to place a player on the desired roster for the end of the season and playoffs must be made prior to the roster freeze. In other words, by the time of the roster freeze deadline, the Club must have correctly positioned each player on the desired Premier team roster, or their D1 or A League team roster.

To be clear, if both teams are in the same division, a transfer fee will be required for each transfer in order to maintain fairness for all teams in the division.

Player Transfer Deadline: The transfer request and payment must be received by 11:59 pm EST on the Wednesday that falls 18 days prior to the weekend of the final regular season scheduled games for that division.

Player Transfer Process:

1. Club must execute the transfer or transfers using the UPSL Player Registration System under 'Request Transfer' including (if required) payment of the \$25 transfer fee.
2. As this is an Intra-Club transfer, approval is automatic.

4. POST ROSTER FREEZE INTRA-CLUB EXEMPTION

General Policy: Applicable for teams that have 2 UPSL rosters, one in the Premier Division and one in Division 1 or A League.

If the Premier Division team so desires, the Club will be allowed to transfer up to 3 players from the 2nd team roster to the Premier Division team roster after the roster freeze deadline.



Exemption Window: From the day of the roster freeze to 11.59pm EST on the Wednesday prior to a scheduled R8 National Playoff game.

Player Transfer Process:

1. Club must execute the transfer using the UPSL Player Registration System under 'Request Transfer'. There is no transfer fee.
3. As this is an Intra-Club transfer, approval is automatic.

ADDITIONAL CONSIDERATIONS TO PLAYER TRANSFER POLICY

- 13.15 No player transfer (or new registration) will be processed for a Club that has a past due fine, until the fine payment is settled.
- 13.16 A Player has the right to leave any Club, at any time; however, he will not be allowed to re-register with another UPSL Club until after the present season ends, unless he is transferred in accordance with the process described above.
- 13.17 Per Rule 13.7, registration of all new players including player transfers is frozen on a Wednesday 11.59pm EST, 18 days before the end of the regular season. Any player registered after this roster freeze, even if placed on a game roster, will be considered an illegal player, except in the limited cases of exemption described in 13.8 and 13.13 part 4.
- 13.18 A Club which fields an illegal player who is not properly registered, transferred or is currently suspended, including impersonation, in a game, shall forfeit the game in which the player participated, by a 0-3 score (unless the opponent has a greater winning margin in which case the score prevails). The club shall also be deducted an additional 3 points and be fined \$1000 (\$500 in D1 and A League).
- 13.19 It is entirely the responsibility of the Club to ensure that all their registered players have registered or transferred with their proper name that matches their submitted ID, and that no player has registered a second time in the same year by utilizing a different or slightly different name. Failure of a Club to supervise such registrations puts the Club at risk of forfeiting games on account of illegal players.
- 13.20 It is the responsibility of the Club to ensure that a suspended player does not participate in any game for which he is suspended. Whilst



suspended players ought not to be available to be chosen as eligible when printing game day rosters, if, via a glitch or oversight, they are included, that inclusion does not override the suspension.

14. DISCIPLINARY MATTERS

Dismissals

- 14.1 A Player or Club Official sent off by the referee must leave the field immediately (either to locker room or outside facility) and may not return. If Player or Club Official refuses to leave within a 5-minute period, the game will be called and a forfeit will be awarded to the opposing team (see 10.16). Said Player or Official will serve no less than 6 games for the refusal to leave and fined \$200. If a team Player or Official returns to the team sideline or field after an ejection, there will be a further penalty of an additional 6 games and a further \$200 fine.
- 14.2 A Player dismissed by the referee (i.e. "red carded" or sent off, including dismissal because of two (2) yellow cards given in the same game) will be suspended from the Club's next match. If the Officials' report states a reason other than the double caution or 'DOGSO', it will be evaluated, and a suspension report will be sent to the team.
- 14.3 Any number of games suspension or part thereof which remains outstanding at the end of a season must be served at the commencement of the next season. Six-month suspensions apply over in-season months. One year or more suspensions apply over the calendar year/s.
- 14.4 Any dismissal that occurs during a game that is stopped or abandoned before the end of regular time will stand regardless.
- 14.5 Where a Player or Club Official transfers to a new Club during a period of suspension the suspension will transfer to the new Club.
- 14.6 A red card issued to a player or coach carries an automatic and minimum one game suspension which must be served at the next UPSL game whether or not any further suspensions have been decided.
- 14.7 Any player or club official shown a Red Card for the following offenses will be suspended as follows, with the severity depending on specific circumstances:



NOTE: Fines are the responsibility of the Club

Red Card Offence	Suspension	Fine
Offensive Language	1-2 games	
Serious Foul Play	1-3 games	
Violent Conduct: Headbutt, Elbow, Stamping, Biting, Striking, Kicking Opponent	2-4 games	up to \$200
Spitting	4 games	\$200
Fighting	6 month to lifetime ban	up to \$500

Red Card Offences toward Officials (non-physical):

Level 1: Verbal Taunting

- Words or gestures that are: insulting, belittling, insinuating, taunting, undermining authority. **2-Game suspension and \$100 fine**

Level 2&3: Referee Abuse-Harassment, Intimidation, Aggression, Threats

- Language or behavior that are deemed: harassment, intimidation, retaliation, abuse, aggression, bullying, threatening. **6-Games and/or 6 to 12 month suspension and \$200 fine. In case of a repeat offender suspension is increased to 12-24 months.** (see also 14.9)

Level 4: Discriminatory Words or Actions

- Discriminatory or derogatory words or actions based on race, skin color, ethnicity, nationality, gender, disability, sexual orientation, language, religion. **10-Game suspension.** (see also 14.15)

Red Card Offences toward Officials (physical):

Level 1: Minor Touching

- Minor or slight deliberate touching. **3-Game suspension and/or 1-to-6-month suspension**



Level 2&3: **Referee Assault**-Intentional Confrontation and Violent Conduct

- Any physical assault not deemed slight including but not limited to pushing, grabbing, pulling, squeezing, pinching, slapping, hitting, punching, elbowing, kicking, biting, spitting at, choking, tackling, bodychecking, head-butting, throwing an object at with force. **Lifetime ban and Club fined \$500.** (see also 14.10)

Two Cautions and DOGSO

Two cautions given to the same player in one game (red card for 2nd yellow) and a red card for denying an obvious goal-scoring opportunity (DOGSO) are both automatic 1 game suspensions. **In such instances, no disciplinary notice is issued. Clubs must observe the suspension.**

Misconduct of Players & Clubs

- 14.8 A suspended player or coach cannot participate in any UPSL game including pre-game warm-up, and, if present, must be in the spectator section on the opposite side to the bench area. If a suspended player or coach is found to have participated in a game to any extent, besides the forfeiture for the team, the individual will have 3 games added to the existing suspension.
- 14.9 Any player or Club Official who insults, castigates, intimidates or threatens a match Official (referee abuse), league official, opponent, or spectator, or damages their personal property before, during or after the game, will be fined \$200, will be suspended for at least 6 games and up to twelve (12) months for the first offense, and suspended one (1) year to two (2) years for any further offense.
- 14.10 Assault: Any player or Club Official who physically assaults a match official, league official or spectator, before, during, after or away from a game will have a lifetime ban from the UPSL. Assault includes but is not limited to the following acts committed: hitting, kicking, punching, choking, spitting on, body checking, head butting or the act of kicking or throwing any object at with force such that it could inflict injury. Additionally, the Club of the player or official will be fined \$500.
- 14.11 Misconduct towards a match Official/league official/player away from the field of play where that misconduct can be related or



traced to a game, will be dealt with as if it has been committed on the field of play.

- 14.12 The UPSL will hold Clubs responsible for the misconduct of their players, fans, supporters, sympathizers and followers, etc. before, during and after a game, and retains the right to fine and suspend team officials for failure to control their players, officials and supporters, can impose a ban on the presence of spectators and can enforce a requirement for a police presence at future games. Any evidence of fighting, verbal abuse, intimidation or other disturbance that is not captured by the referee's disciplinary action can be treated and disciplined by the UPSL as if it had been reported. (See also 14.18, 14.19).
- 14.13 The UPSL will uphold disciplinary action on any player(s) and Club Official(s) suspended by USSF, and/or FIFA, and will impose disciplinary action resulting from incidents in U.S. Open Cup matches or other USSF competition if required under Federation policies.
- 14.14 Public urination is illegal. The referees have been instructed to issue a red card in instances of such behavior and the offending player or official will be suspended an automatic 4 games.
- 14.15 The UPSL follows FIFA guidelines in regard to any form of discrimination or discriminatory remarks towards any person involved in a UPSL game. Accordingly: any person who offends the dignity or integrity of a country, a person or group of people through contemptuous, discriminatory or derogatory words or actions on account of race, skin color, ethnic, national or social origin, gender, disability or sexual orientation shall be sanctioned with a suspension lasting at least 10 matches or a specific period, or any appropriate disciplinary measure.
- 14.16 No Club or registered player, coach or official will be allowed to post on social media, websites or anywhere else any negative or disparaging comments about the UPSL, its affiliate members and referees. Violation of this rule will result in a fine of up to \$500 and possible game forfeiture, suspension or banishment from the league. Please direct any complaints in writing to your conference manager and you will be certain to receive a response from the league officials.



Qualifying Games for Serving Suspension

14.17 In general, only matches that are actually played count towards fulfillment of a suspension. If a match is abandoned, cancelled or forfeited, a suspension is only considered to have been served if the team to which the suspended player belongs is not responsible for the circumstances that led to the abandonment, cancellation or forfeit of the match (as per FIFA Disciplinary Code 62.5).

Misconduct of Fans

14.18 Teams are fully responsible for the behavior of their fans. This includes, but is not limited to fighting, threatening behavior and verbal abuse. A team's failure to control their fans will result in a possible fine, game forfeit, suspension or even removal from the league without refund, as determined appropriate by the UPSL.

- A. The home team's responsibility is to make sure all fans are on the opposite side of the players. If your facility is a stadium that has a fence separating the fans from the players, then that would be permitted.
- B. The home team is responsible for providing a safe and secure environment for all fans in attendance. When required, the home team should have police officers on site to provide adequate security. Home games should be designed to create a positive, fun experience that can be enjoyed by both adults and youth.

14.19 Fan involvement in fights on or off the field will not be tolerated by the League. The League will hold a strong position on the penalties for a team that does not control its fans.

The penalties for fan(s) misconduct are as follows:

1) For the first fight that involves fans:

- A. Team fined \$500 dollars
- B. Mandatory Police (not security guards) will be required on-site at every future home game.
- C. Team will be put on 12-month probation

2) For the second violation that involves fans:



- A. Team will be fined \$1,000 dollars
- B. Team will be banned from having any fans at all future home games until further notice.

3) For additional violations, the team will be immediately removed from the schedule and the League. No refund of any fees or dues will be given.

Persistent/Damaging Rule Breaches

14.20 Any Club, Club Official or player which/who commits persistent rule violations, or which, in the opinion of the UPSL Executive Committee, is acting in a manner that is seriously damaging to the UPSL, can be removed, suspended or prohibited from the UPSL without a notice period or refund. This includes but is not limited to the following:

- Violating the UPSL Code of Conduct
- Threatening or harassing a League Official
- Failing to comply with the signed Rules Certification
- Attempting to recruit UPSL clubs for other leagues

Other Competition Suspensions

14.21 The UPSL reserves the right to enforce disciplinary action against players and coaches who are guilty of referee abuse, referee assault or fighting in other competitions under the sanctioning of USSF and/or FIFA and unsanctioned matches.

Minimum Standard Violations

14.22 All Clubs must adhere to the UPSL minimum standards as defined in Section II of this handbook. Violations of minimum standards will result in mandatory fines. Reporting of occurrences of the following minimum standard violations are the responsibility of the match officials:

Field condition, lines, nets, corner flags

Presence of certified athletic trainer

Use of UPSL match balls



Roster presentation and player check-in commencing on time

Handwritten player names on roster

Bench players wearing pinnies

Unregistered personnel needing to be removed from bench area

Coaches & Club staff on bench displaying UPSL credentials

Spectators needing to be removed from vicinity of team benches

Table and chair for 4th official at midfield.

The reporting of *late home travel sheets* and live streams is the responsibility of the respective conference manager.

Attending UPSL officials may also report standard violations.

The deadline to report minimum standard violations is three days from the conclusion of a game.

Unforeseen Incidents

14.23 Any incident or occurrence which is not adequately covered by the rules, regulations, standards and code of conduct herein (including the interpretation of language) will be adjudicated by the UPSL Executive Committee utilizing the rules of FIFA and the US Soccer Federation, and common sense. The UPSL Executive Committee has the full authority to apply this rule to resolve any such unforeseen circumstance.

15. PROTESTS, APPEALS, HEARINGS, DISCIPLINARY COMMITTEE

Protests of Game Outcome

15.1 Protests emanating from a game must be registered on the referee's game report by informing the referee immediately after the game in question or registered by a formal letter by e mail within three days of the game's conclusion to the relevant conference or division manager.

15.2 In order for the formal protest letter to be reviewed by the League, the Club must pay a \$250 filing fee. **The filing fee will be refunded if the protest is successful, less a \$50 administration fee.** Please reference sections 15.3 to 15.6 before filing a protest.



- 15.2.1 If a protest fee is unpaid after 10 days the protest will be cancelled.
- 15.3 The formal protest letter submitted to the League should be detailed and must specify the reasons for the protest. There is only two valid reasons to protest a game:
- (i) Where there is belief that a team has fielded an illegal player or coach.
 - (ii) Where there is a belief and evidence that the referee has failed to administer the Laws of the Game or the UPSL Rules and that has impacted the outcome of the game. (See 15.5)
- 15.4 The burden of proof is on the protesting Club.
- 15.5 A protest will not be allowed if it relates to a decision of the referee or assistant referee made during play of the match, as these decisions are final. This includes claims of bad calls such as red cards, offside, whether a ball was over the line, mistaken identity, etc.
- 15.6 A game can be played 'under protest' in situations of doubt as to the presence of an illegal player. However, where teams agree to play a game despite other potential rule violations (such as kick off time, and field size) the outcome of those games will stand and cannot be protested after the fact.

Appeals against disciplinary action

- 15.7 An appeal is allowed against any disciplinary action against a Club, player, coach, trainer, manager or Club administrator or against a minimum standard violation fine. Those wishing to appeal any ruling, suspension or fine must submit the Appeal in writing by email, including supporting evidence, to the conference or division manager and must pay a \$250 filing fee. **The filing fee will be refunded if the Club wins the appeal, less a \$50 administration fee.**
- 15.7.1 In the event of an appeal, the suspension and/or fine will remain in place until a final decision is made by the Appeals Committee. If found against the player, coach or club, the suspension will be served, even if carried over into the next season. No appeals are allowed for double yellow cards



which require a one game suspension, except if mistaken identity can be unequivocally demonstrated.

15.7.2 For an appeal to be allowed it must be requested within 7 days of receipt of a disciplinary report, or minimum standards fine.

15.7.3 If an appeal fee is unpaid after 5 business days of delivery the appeal will be cancelled.

15.7.4 Those wishing to appeal a minimum standard violation fine must submit the Appeal, along with supporting evidence, to the League along with a \$80 filing fee. The fee will be refunded if the appeal is successful, less a \$30 administration fee.

15.8 No club will have a right to a protest or an appeal if they are delinquent on payments with the UPSL.

Disciplinary Committee

15.9 All appeals and cases of misconduct will be reviewed by the UPSL Appeals Committee. This committee is comprised of an independent group of individuals that are not part of the UPSL's Executive or Administrative team.

15.10 The decision of the Appeals Committee will be based on the written reports from the Referees and other evidence provided by the parties concerned.

Hearings

15.11 Any Club, player, coach, trainer, manager, or Club administrator who is the subject of a ruling, a suspension or banned from participation in the UPSL may further request a hearing which can be conducted in person or via a video call. The administrative fee to receive a hearing is \$500. Except in instances of referee assault, an appeal must be requested and heard before a hearing request is made.

15.12 In a hearing, the party being heard will be accorded:

(i) notice of the specific charges, claims, or alleged violations in writing and possible consequences if the charges, claims, or allegations are not overturned;



- (ii) reasonable time between receipt of the notice of suspension and the hearing within which to prepare a defense;
- (iii) the right to have the hearing conducted at a time and place so as to make it practicable for the respondent to attend;
- (iv) a hearing before a disinterested and impartial panel;
- (v) the right to be assisted (including by counsel) in the presentation of one's case at the hearing;
- (vi) the right to call witnesses and present oral and written evidence and argument;
- (vii) the right to confront witnesses, including the right to be provided the identity of witnesses in advance of the hearing;
- (viii) the right to have a record made of the hearing if desired;
- (ix) a timely written decision containing findings of fact and with reasons for the decision, based solely on the evidence of record; and
- (x) notice of any substantive and material action of the hearing panel in the course of the proceedings.

15.12.1 Upon any hearing request the UPSL Board of Directors will appoint an independent panel within 30 days and will schedule the hearing within 45 days of receipt of the request, payment and settlement of any outstanding invoices.

Complaints and Suggestions

15.13 Any complaints or suggestions that do not relate to an appeal, hearing or a protest should be submitted in writing to the respective Club's division manager or conference manager.

15.14 A response to the complaint or suggestion will be provided within 14 days of receipt.

16. ADHERENCE, GOOD STANDING

16.1 The UPSL reserves the right to review all Clubs' adherence to League's rules, minimum standards and financial commitments after every season. Based on this, the UPSL will make a decision on whether or not to accept the Club into the League for the following season.



- 16.2 Any Club that is not in good standing with the League at any time gives up all benefits of its membership to the UPSL, including the general liability insurance. Note: Teams put in bad standing with the league could also affect their eligibility to participate in the Lamar Hunt U.S. Open Cup.
- 16.3 Any Club suspended from the league will have its roster released to allow players to pursue other Clubs, *UNLESS* the suspension involves the player(s) who could be suspended as well.

17. RULE REVIEWS, VARIATIONS, AMENDMENTS AND/OR CHANGES

- 17.1 These UPSL Rules and Regulations may be reviewed, varied, amended and/or changed by the UPSL Executive Committee from time to time either to change existing Rules and Regulations, or to add new ones or to incorporate changes ordered by FIFA, and/or USSF.
- 17.2 Any changes, variations and/or amendments made will take immediate effect. The League will ensure that any changes are adequately communicated to all UPSL Clubs.

18. APPLICATION TO JOIN THE UPSL

- 18.1 New team applications will be considered by the Application Committee for each UPSL Division which comprises the Conference Manager, plus 2 members of the UPSL Executive Committee.
- 18.2 Applying teams will be required to provide all the required data featured on the UPSL online Application Form.
- 18.3 New teams entering the UPSL must enter at the Division I level unless the UPSL Application Committee determines that the new team qualifies for immediate entry to the Premier Division, and, the relevant Division is not already operating at maximum size. Qualification for entry to the Premier Division can include, but is not limited to the following:
 - 18.3.1 Team comes with previous experience in a National League such as NPSL, USL league 2, or higher.
 - 18.3.2 Team has participated in the Lamar Hunt Open Cup and advanced beyond the first qualifying round not via a forfeit or bye.



- 18.3.3 Team has participated in National Amateur Cup competition and advanced to the National Finals.
- 18.3.4 Team is the U19 age group of an existing MLS Next member club.
- 18.3.5 Club can demonstrate that UPSL Premier Division Minimum Standards can be met.
- 18.4 New teams joining as a result of newly originated Clubs may be required to pre-pay season dues covering 2 seasons in order to demonstrate the financial capability to operate.
- 18.5 Once the application is approved and payment made, the new club will be provided with an official UPSL press announcement.
- 18.6 A request from a UPSL Member Club for a name change must be approved by the UPSL Executive Committee and may require the submission of a new application, depending on the circumstances.

II. LEAGUE MINIMUM STANDARDS

Match Venue

Only League approved venues will be used to play Official UPSL games. The UPSL reserves the right to deny any Club from using a specific stadium if the League deems it unfit to host UPSL games. Club requesting to use a home venue must be able to meet the following criteria:

- Home stadium must seat at least 300 fans (optional for Division 1 & A).
- Turf Field or Quality Grass Field (7 or better). Field dimensions should be 110-120 yards long and 70-80 yards wide. NOTE: The absolute minimum allowed is 105 yards long v 65 yards wide (105 v 63 for D1 & A League). (Violation can result in forfeit, see 10.15.11)
- Facility must be accessible no later than 1 hour before kick-off and the field must be available for the teams no later than 30 minutes before kick-off.



- Home Team to ensure no fans are around or behind the bench area but are on the opposite side of the field, unless the facility has stadium bleachers behind the team benches.
- Facility must have accessible bathrooms.
- The U.S. National Anthem must be played at the stadium via the facilities' sound system or a suitable speaker system, once the players and referees have walked out and lined up at center field. This is required for all Premier Division and Division 1 matches. The playing of the national anthem is optional for A League matches.
 - The international walkout is required for all divisions.

GAME CONFIRMATION REQUIREMENTS

- An accurate Home Team Travel Sheet must be submitted to away opponent and Conference Manager Tuesday by 5:00pm. For a midweek game, travel sheet must be submitted the prior Friday by 12pm.
- **Final Game Confirmation-** The day before a game, the Away team must call the Home team coach to confirm the game details, namely, kick off time, location, home team colors (as provided in home team travel sheet), **and that the game is on, followed by a text saying 'thank you for confirming'**.
- If the away team cannot reach the home team verbally, they must send a text requesting the same information.
- If no verbal contact is made, and there is no text response with confirmation of game details, by 6pm local time, the Away team must contact their respective Conference Manager in writing via email or text message.
- Similarly, if the home team has not heard from the away team by 6pm the day before the game, they must contact their respective Conference Manager in writing via email or text message.

GAME DAY REQUIREMENTS – Teams must provide the following



- Home Team must livestream and record each home game (including playoffs) via YouTube (or any platform partner designated by the UPSL). The stream must begin 10 mins. prior to kick off, must continue through the half time, and must continue until at least 5 minutes after the final whistle (optional for Division 1 & A League).
 - Failure to comply with this live streaming requirement will result in the following fines:
 - First occurrence: \$300 fine
 - Second occurrence: \$400 fine
 - Third and each subsequent occurrence: \$500 fine per match

These fines apply only to Premier Division clubs. Division 1 and A League livestreaming remains optional.

- Home team responsible to ensure that the game kicks-off at the exact scheduled time as advertised on the UPSL website.
- Home Team must provide a Certified Athletic Trainer for each Premier Division and Division 1 match. Home team must also provide ice for the Certified Athletic Trainer. The trainer must be onsite and ready by the scheduled kick-off time.
 - Failure to comply with requirement of having a Certified Athletic Trainer will result in the following fines:
 - First occurrence: \$300 fine
 - Second occurrence: \$400 fine
 - Third and each subsequent occurrence: \$500 fine per match

For matches in the A League, clubs in each conference to vote on whether or on to implement the requirement.

- UPSL Patches (worn on left sleeve) of the uniforms for both Home and Away teams.
- Bibs & Vests for Players sitting on the Bench for both Home and Away teams.



- Coaches & Club Officials on bench displaying UPSL credentials for both Home and Away teams.
- (4) UPSL Match Soccer Balls to be provided by the home team.
- (4) Corner Flags to be provided by the home team.
- (2) Benches per Team to be provided by the home team.
- Home Team to provide Eight (8) bottles of water or a cooler with clean drinking water for the referees.
- Referee Table & Chair to be provided by the home team.

GAME DAY BEST PRACTICES - The following best practices are encouraged by the league but are NOT required.

- Home Team provide Locker Rooms or Portable Locker Rooms.
- Home team to provide Complimentary Water for Visiting Team (40 bottles).
- Home team to provide tape for Goal Net.
- Home Team to have two full sets of uniforms (Home & Away) onsite.
- Home to provide an American flag for use during the National Anthem if the facility does not have one onsite.
- Home team announcer to make pre-game announcement of starting line ups.

Game Day Roster

- UPSL Team Roster Sheet, unique for the game about to be played, presented to Referee and opposing head coach. All players, coaches must be fully registered. Any handwritten player names are a minimum standard violation (see rule 11.7).
- Roster presentation and player check-in must commence at least 45 mins. prior to scheduled kick-off time.
- Unregistered players, coaches or club officials cannot occupy the bench area.



The UPSL Registration System requires that the team coach or club official first selects up to 24 players for inclusion on the printed game day roster, before printing the roster. From this printed roster, up to 20 players can be checked in for the actual game and be present in the bench area.

All Clubs must have a game day roster of no less than nine (9) players. Without at least 9 players to start, the game will be called a forfeit and all forfeit fines will apply.

Failure to provide a printed roster to the referees will likely result in a forfeit of the game. A back-up digital roster will only be considered if it is acceptable to the opposition at the time, AND, in the opinion of the referee the roster is complete including shirt numbers, AND, approval is obtained from an official of the UPSL (Division Manager, Conference Manager, or Executive Committee Member).

Game Day Roster Regional & National Finals

The roster and preliminary starting line-ups must be provided to the UPSL attending representative the night before the game to allow for the broadcast preparation.

Score Reporting, goal scorers and assists

The UPSL wants to get the match data published as fast as possible to improve the promotion of the league, its players and teams. It is both Club's responsibility to report the game score and goal scorers within thirty (30) minutes after each game is concluded. This should be done via the link in the UPSL text message that is sent to Club officials on game day. Additionally, if a club identifies an error in scores or missing scores on the UPSL website, please report this to Hoang Nguyen via WhatsApp message: 657.257.9843.

NON-GAME DAY REQUIREMENTS

Summit Meetings

At least one representative from each Club is required to attend at least one UPSL Summit Meeting annually or a \$250 fine will be issued.

Payments



Clubs are required to make their annual membership payment before being allowed to register players, and benefit from any insurances including issuance of COIs for facility rental. Clubs are required to make payment of season dues before being included in the schedule for any season. Clubs will be required to settle payment of any fines or other outstanding invoices before being allowed to compete in any playoff matches. A Club with an outstanding balance due for any reason will not be considered for the following season and will be in bad standing with the UPSL until the balance is paid in full.

Schedule and Travel

Clubs are required to honor all games scheduled, both regular season and play-offs. All Clubs are required to travel to participate in the UPSL. Travel is required to compete at a higher level of competition, to increase the level of competition in the league, and to enhance the development of the players. For regular season play the UPSL does strive to keep travelling time as low as possible. Clubs are required to honor the schedule to the end no matter their ranking in the standings. Any team forfeiting a game for any reason will be fined \$1000 and have three additional points deducted (see 10.13). Fine is \$500 for D1 & A League games. Any team not completing the season will be fined an additional \$1000 (see 4.4).

Roster

All Clubs must carry a roster of no less than twenty-five (25) registered players throughout the season. Be sure to register enough players so that you do not encounter any player shortages as the season progresses. The team Roster will be frozen 18 days before the end of the regular season.

Registered Colors and Numbering System

Each Club will register Home and Away colors distinct from each other on forms to be supplied by the UPSL. In the event of a clash of colors between the visiting Club's jerseys and the home Club's jersey (as was designated on the home team travel sheet), the visiting Club will change to its alternative colors. If the jersey color clash is because the home team did not abide to their own travel sheet designation, then the home team must change. Every away Club will carry in addition to its away colors, its registered home colors. Where also the clash of colors affects the



goalkeeper colors, the goalkeeper will change to an alternative color. All jerseys must be numbered 1 to 99 with the name or logo of the Club printed on the jersey and the logo of the UPSL on the left sleeves.

EXCEPTIONS TO MINIMUM STANDARDS

If a Club is unable to meet some of the minimum standards, a waiver must be submitted in writing to the UPSL Head Office as soon as possible in order to avoid being subject to fines. If the waiver is approved, the UPSL Head Office will inform the visiting Club immediately. Consideration will be given to new Clubs. Teams are to use the Minimum Standard exception forms. Minimum Standard Violations can be reported to the UPSL by either team, or by a member of the referee crew, or by an attending representative of the UPSL.

Please note: Unless the fine is explicitly defined above, a \$100 fine per occurrence will apply for each minimum standard requirement violation, unless a waiver is obtained from UPSL Head Office at least 5 days prior to the game. To submit a waiver, clubs must email the request to their respective conference manager.

III. GAME DAY OPERATIONS

1. All teams must arrive (75) minutes before each game.
2. Both teams must have their printed color game day rosters ready, with player shirt numbers filled in, forty-five (45) minutes before each game. Teams must have an extra printed copy of their roster available to give to the head coach of the opposing team. (Players not on Official UPSL Game Day Rosters may not play).
3. If a player appears on the Game Day Roster without a photo, he/she will not be allowed to play. Handwritten names require player to show a matching ID.
4. All players must be checked in by the referees with the UPSL Game Day Roster. *In the Regional and National Finals, a photo ID is additionally required for check-in.*



5. Game Day Rosters are limited to 20 players. Only 18 can play: 11 starters, 7 subs. Only seven (7) substitutions are allowed during a game. Any player substituted may not re-enter. If a player re-enters after being substituted, he/she will be considered an illegal player and the game will result in a forfeit.
6. Substitutes must have a filled-in (sub pass) upon entering the field and must present it to the sideline Official. Teams are to bring at least seven (7) sub passes to the game.
7. Starters are to enter the field from the center with subs on the benches. Proceed to the midfield, line up with the Officials in the center for the National Anthem.
8. National Anthem must be played before each Premier Division and Division 1 Match.
9. The home team must provide UPSL Official game balls and a system of retrieving loose balls so not to cause a stoppage in the game play.
10. The home team must provide water for Officials. The home team must also have ice available for injury as well.
11. If a player suffers an injury which could require treatment from medical services ask the referee to include the injury and the player's name on the match report.

VIOLATIONS of game day operations procedures are subject to a \$50 fine per each violation unless the violation is already subject to a greater fine elsewhere in the UPSL rules, in which case the greater fine applies (e.g. game forfeit). The violation can be reported by the Referee crew, either team, or a representative of the UPSL who is present.

IV. CODE OF CONDUCT

1. Abuse and Misconduct

United Premier Soccer League is committed to creating a safe and positive environment for its participants' physical, emotional, and social development and ensuring it promotes an



environment free from abuse and misconduct. As part of this program United Premier Soccer League has implemented policies below addressing certain types of abuse and misconduct, and certain policies intended to reduce, monitor and govern the areas where potential abuse and misconduct might occur.

The Policies below address the following types of abuse and misconduct:

- Sexual Abuse and Misconduct
- Physical Abuse and Misconduct
- Emotional Abuse and Misconduct
- Bullying, Threats and Harassment
- Hazing

Understanding Misconduct

Emotional Abuse/Misconduct Definitions-Repeated or sever non- contact behavior involving (a) Verbal acts, (b) Physical Acts and/or (c) Acts that Deny Attention or Support. Emotional Misconduct is determined by the objective behaviors, not whether harm is intended or results from the behavior.

- Verbal acts-Verbal assaults that repeatedly attacks someone personally (worthless, fat, disgusting) repeatedly and excessively yelling at a particular athlete of other participant in a manner that services no productive training or motivational purpose.
- Physical acts-Physically aggressive behaviors such as throwing sports equipment, water bottles, chairs at or in the presence of others, punching walls, or objects.
- Acts that deny attention-ignoring or isolating an athlete, excluding from practice
- Exclusions
- Criminal conduct-federal or state laws

Physical Abuse/Misconduct Definitions-Any contact or non-contact conduct that causes or reasonably threatens to cause physical harm to another person.

- Contact violations: punching, beating, biting, striking, choking or slapping, intentionally hitting another with objects, encouraging an athlete to return to play prematurely following a serious injury w/o medical clearance.
- Non-contact violations- isolating an athlete to a confined space, forcing an athlete to assume a painful stance or position for no athletic purpose, denying adequate hydration, nutrition, medical attention, or sleep, providing alcohol, illegal drugs, or non-prescription medications to another.



Sexual Abuse/Misconduct Definitions-sexual touching or non-touching sexual behavior, with a person of any age, that is non-consensual or forced, coerced, or manipulated, or perpetrated in an aggressive, harassing, exploitative or threatening manner. Creates an inappropriate or hostile environment and includes the following behavior:

- Sexual harassment
- Intimate relationship with a person in position of power or power imbalance
- Sexual jokes comments or innuendos to or about an athlete
- Child sexual abuse- any sexual behavior with a minor
- Sexual exploitation-non-contact
 - Voyeurism
 - Exposing genitals or encouraging others to expose themselves
 - Pictures and videos or audio of a sexual act
 - Disseminating to threatening to disseminate pictures, videos, or recordings of another person in a sexual act or private activity
- An intimate relationship between a coach and an athlete or another person is a position of power, trust, and authority

Harassment Definitions - Repeated or severe conduct that, (a) causes fear, humiliation, or annoyance (b) Offends or degrades (c) creates a hostile environment (d) reflects discriminatory bias in an attempt to establish dominance, superiority or power over an individual athlete or group based on age, gender, sexual orientation, gender expression, gender identity, race, ethnicity, culture, religion, national origin, or mental or physical disability (e) Any act or conduct described as harassment under federal or state laws.

- Emotional, physical or Sexual Misconduct as well as:
 - Discriminatory harassment-race, age, sex...
 - Stalking-following a person, frequents phone calls, emails etc...
 - Sexual Harassment-sexual advances, request for sexual favors, verbal or physical behaviors of sexual nature

Threats - written, verbal, physical or electronically transmitted expression or intent to physically injure or harm someone.

Bullying Definitions - Repeated or severe (a) aggressive behavior (b) among minors (c) that is intended or likely to hurt, control, or diminish another person emotionally, physically, or sexually.

Forms:

- Social/Cyberbullying-using rumors or false statements about someone to diminish that person's reputation; using electronic communications, social media, or other technology



to harass, frighten, intimidate or humiliate someone; socially excluding someone and asking other to do the same.

- Physical-hitting, punching, pushing, beating, biting, striking, kicking, choking, spitting, or slapping; throwing objects such as sporting equipment at another person.
- Verbal-teasing, ridicule, taunting, name-calling or intimidating or threatening to cause someone harm.
- Sexual-teasing, ridiculing or taunting based on gender or sexual orientation (real or implied), gender traits or behavior (e.g. taunting someone for being too effeminate), or teasing someone about their looks or behavior as it relates to sexual attractiveness.

(Rude, mean and conflict-distinguished- Conduct may not rise to the level of Bullying Behavior if it is rude (inadvertently saying or doing something hurtful), mean (purposefully saying or doing something hurtful, but not part of a pattern of behavior) or arising from conflict or struggle between persons absent a Power Imbalance, who perceive they have incompatible goals.)

Hazing Definition

Any conduct that subjects another person whether physically, mentally, emotionally or psychologically, to anything that may endanger, abuse, humiliate, degrade, or intimidate the person as a condition of joining a group, team or organization.

- Tying taping or physically restraining another person
- Beating paddling or physical assault
- Forcing consumption of alcohol, illegal drugs, binge drinking or drinking games
- Provocative clothing or public nudity
- Excessive training, sleep deprivation
- Withholding food or water, personal hygiene restrictions
- Actual or stimulated sexual conduct or any nature
- Morally degrading or humiliating games or activities
- Mentally abusive, harassment, threats, chants, songs and yelling or screaming

Position of Power-when a person has direct supervisory, evaluative, or other authority over another.

- Coach

Imbalance of Power

- Coach athlete relationship is an imbalance of power relationship

Prohibit Retaliation

- Make clear with members that any report of retaliation will be fully investigated and those who do retaliate will be held responsible.



Grooming Behaviors

Grooming - Predators are allowed access to an athlete's life by gaining the confidence of the child's parents and organizations. The child's family is led to believe that the special attention the child receives is beneficial and empowering. The predator using grooming; special treatment over time to lower the victim's defenses. The predator uses institutional manipulation, mastering organizational rules to exploit lapses, create opportunities to prey on the victim, and later to keep the victim quiet.

Grooming Behaviors and Red Flags:

- Singling youth out for special attention
- Gift giving by coach to individual athlete
- Spending one on one time with minor athletes or separating an individual athlete, or finding ways to be alone with an athlete
- Touching minor athletes in ways not related to training or sport
- Telling youth sexual or inappropriate jokes or stories
- Commenting on child's appearances when not related to sport
- Provides money to families and athletes
- Treats an individual athlete different than others and making that athlete feel special
- The coach creates a dynamic where the athletes "need" him and he "needs" the athlete
- Pushes the limits on physical contact; wrestling, tickling, horseplay
- A coach who has befriended an athlete's parents and socializes outside of the sport
- When an athlete keeps secrets about the team activities, travel, and practices
- A coach making an athlete feel special
- The coach will be "friends" with the athlete, someone to lean on, a good listener
- Showing an athlete obscene or suggestive photo
- Asking an athlete person info such as dating history, sex questions,
- A coach that is "handsy" always touching athletes, hugging, patting butt, and thighs

United Premier Soccer League's Safe Sport Policies

1. Training and Certification

In accordance with the ***Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act of 2017*** all coaches, trainers team administrators and adults on UPSL



teams that have a player under the age of 18 registered on their roster are **required to be SafeSport certified.**

If you have not yet completed the SafeSport training, please follow the instructions below. Here are instructions for accessing the training:

- i. Click on the following link to take you to the training website <http://safesport.org/authentication/register?token=ee57337f-31f9-421d-b095-82fc8c8c4c41>
- ii. Use the following access code YC3E-6P5G-YYIL-CS2M.
- iii. Fill out the requested information and set up an account.
- iv. Check your email and verify your account via the link that will be sent to you so you can access your account.
- v. Go through the step-by-step online training, read the provided material, watch the provided videos and answer the questions.
- vi. Once complete you will have to opportunity to download and save your completion certificate, please do so.
- vii. Once you have completed the training, **please email a copy of your certificate to info@upsl.com.**

2. Screening Policy

All coaches, volunteers or staff that come into regular contact with minor's athletes or hold a position of power, should be properly vetted and screened, prior to contact with minors.

Purposes of a Screening Policy

- Protect US Adult Soccer participants from known offenders so that such known offenders do not have access to US Adult Soccer members.
- Deter offenders that have not been caught from joining US Adult Soccer programs because the program has a known policy against abuse.
- Protect US Adult Soccer's reputation as a sport where participants are safe from abuse.
- Help protect US Adult Soccer, US Adult Soccer Member Programs and their respective employees and volunteers from liability that could arise from allowing a previous offender to have access to minor participants.

3. Interactions Policy

- A. Locker Room: the locker room can be a vulnerable place for athletes and misconduct. All clubs should have clear policies for expectations in this environment. Below are suggestions on ways to keep the LR safe.



- Locker room must be supervised by a screened and approved, appropriate adult. This adult will regularly and frequently enter the locker room to monitor activity.
 - Coaches and adult participants are not to dress, shower or change in the locker room with athletes
 - Coaches and adult participants are not to be alone with an athlete in locker room
 - Any meeting with a coach and minor in the locker room must include another adult
 - Cell phones and other mobile devices with recording capabilities which include voice, still camera and video cameras, are not permitted in the locker room.
 - Separate locker rooms should be available for both genders
 - Athletes are not to bully, abuse or misbehave in the locker room
- B. Social Media: Offenders use social media to gain access to minors and to first introduce them to sexual content. Clubs need to have policy to make clear rules around this concerning dynamic.
- Coaches are not permitted to privately text, email, telephone, or socially engage with individual athletes on any social media site,
 - i. All text should be to the team, pertain to the sport and include parents
 - ii. Text should never include offensive, sexual, or inappropriate language
 - iii. Members of the club and coaches can follow club's Facebook page.
 - iv. Social media sites or other platforms should not be used for bullying, harassment or threats.
- C. Physical Contact Guidelines
- Coaches are not permitted to have bodily contact with athletes outside of the sport and can only have physical contact within the sport with the following conditions:
 - i. Permission is given by athlete and the contact is for correcting physical form or mechanical position
 - ii. Spotting with permission
 - iii. Congratulatory high five, pat on head or back
 - Coaches are not to massage or give back rubs to athletes, wrestle, tickling, or horseplay
 - Coaches are prohibited from kissing, lap sitting, or touching an athlete in the genitals, breast or buttock or thigh area.
 - Physical abuse and sexual abuse are prohibited
- D. One on One
- Coaches are not allowed to be alone with an athlete
 - Coaches are not permitted to drive alone with an athlete in a car



- Coaches are not permitted to be alone with an athlete in a hotel room, athlete's home, locker room, storage room, car, or coaches home, or social setting
 - Coaches are not permitted to socialize, alone outside of the sport with an athlete
 - Intimate, sexual, or romantic relationship with an athlete
- E. Travel Policy
- Coaches are not permitted in an athlete's hotel room to visit or sleep.
 - Coaches are not permitted to travel alone with an athlete
 - Have appropriate chaperones
 - Athletes should travel and stay with parents. If parents are unable to travel they can assign their child to travel with another family (not the coach or coaches family)
- F. Other prohibited behavior
- Commenting on an athlete or employee's bodies or appearances in sexual manner
 - Exchange or give gifts
 - Romantic communications with athletes
 - Show obscene or suggestive photos
 - Video or photograph athletes in revealing or suggestive poses
 - Discuss sexual topics with athletes, jokes, comments, sexually oriented banter
 - Ask an athlete about their dating behavior
 - The coach is prohibited from sharing personal marriage or dating, or sexual behaviors
 - Socialize with parents outside of the sport
 - Holding "closed" practices or practices or events not open to parents or other adults

Reporting

If you have experienced abuse or misconduct or if there is a reasonable suspicion of abuse or misconduct by someone else it should be reported to the U.S. Center for SafeSport. This is a confidential portal and reports can be submitted anonymously.

There are two ways to file a report:

- A. Online: <https://uscenterforsafesport.org/report-a-concern/>
- B. Via Phone: (833) 587-7233, 24 hours a day (Live Operators are available 9-5pm Mon-Friday)

2. Ethical Behavior



The following principles of ethical behavior are to be applied by all members of the United Premier Soccer League (UPSL). This UPSL Code of Conduct provides an overview of best practices and expectations. This is a set of common-sense rules intended to serve as a guide in order to uphold a high standard of integrity for the UPSL and our member clubs. The UPSL will respond to any violations with an appropriate penalty including fines, game forfeiture and suspension or expulsion from the league.

The Ethical Behavior section of the Code of Conduct covers two areas: 1) Participation in the UPSL 2) Engagement in social media and online communities (i.e. blogs and chat rooms).

Participation

The UPSL's Code of Conduct for Participation is based on FIFA's Code of Conduct which encapsulates their sporting, moral and ethical principles.

1. **Play to Win:** Winning is the object of playing any game. Never set out to lose. If you do not play to win, you are cheating your opponents, deceiving those who are watching, and also fooling yourself. Never give up against stronger opponents but never relent against weaker ones. It is an insult to any opponent to play at less than full strength. Play to win, until the final whistle.
2. **Play Fair:** Winning is without value if victory has been achieved unfairly or dishonestly. Cheating is easy, but brings no pleasure. Playing fair requires courage and character. It is also more satisfying. Fair Play always has its reward, even when the game is lost. Playing fair earns you respect, while cheats are detested. Remember: It's only a game. And games are pointless unless played fairly.
3. **Observe the Laws of the Game:** All games need rules to guide them. Without rules, there would be chaos. The rules of football are simple and easy to learn. Make an effort to learn them, so you understand the game better. This makes you a better player. It is just as important to understand the spirit of the rules. They are designed to make the game fun to play and fun to watch. By sticking to the rules, you will enjoy the game more.
4. **Respect Opponents, Teammates, Referees, Officials and Spectators:** Fair Play means respect. Without opponents there can be no game. They have the same rights as you have, including the right to be respected. Your teammates are your colleagues. You form a team in which all members are equal. Referees are there to maintain discipline and Fair Play. Always accept their decisions without arguing, and help them to help you enjoy the game more. Officials are also part of the game and must be respected accordingly. Spectators give the game atmosphere. They want to see the game played fairly, but must also behave fairly themselves.



5. **Accept Defeat with Dignity:** Nobody wins all the time. You win some, you lose some. Learn to lose graciously. Don't seek excuses for defeat. Genuine reasons will always be self-evident. Congratulate the winners with good grace. Don't blame the referee or anyone else. Determine to do better next time. Good losers earn more respect than bad winners.
6. **Promote the Interests of Football:** Football is the world's greatest game. But it always needs your help to keep it as Number One. Think of football's interests before your own. Think how your actions may affect the image of the game. Talk about the positive things in the game. Encourage other people to watch it or play it fairly. Help others to have as much fun from football as you do. Be an ambassador for the game.
7. **Reject Corruption, Drugs, Racism, Violence and other Dangers to our Sport Football's huge popularity sometimes makes it vulnerable to negative outside interests:** Watch out for attempts to tempt you into cheating or using drugs. Drugs have no place in football or any other sport or in our society. Say No to Drugs. Help Kick Racism out of Football. Treat all players and everyone else equally, regardless of their skin color or origin. Show that football does not want violence, even from your own fans. Football is Sport, and Sport is Peace.
8. **Help Others to Resist Corrupting Pressures:** You may hear that teammates or other people you know are being tempted to cheat in some way. They need your help. Don't hesitate to stand by them. Give them the strength to resist. Remind them of their commitment to their teammates and to the game itself. Form a block of solidarity, like a solid defense on the field of play.
9. **Denounce Those who Attempt to Discredit our Sport:** Don't be ashamed to show up anybody who you are sure is trying to make others cheat. It's better to expose them and have them removed before they can do any damage. It often takes more courage to denounce what is wrong, than to go along with a dishonest plan. Your honesty will be admired but your complicity will not. Don't just say No. Denounce the culprits who are trying to spoil our sport before they can persuade somebody else to say Yes.
10. **Honor Those who Defend Football's Good Reputation:** The good name of football has survived because the vast majority of people who love the game are honest and fair. Sometimes somebody does something exceptional that deserves our special recognition. They should be honored and their fine example made public. This encourages others to act in the same way. Help promote football's image by publicizing its good deeds.

Social Media and Online Communities



1. **Be professional:** Always act in a professional and constructive manner. Use sound judgment when posting or commenting.
2. **Be fair and respectful:** Always be polite to all individuals you interact with on social media and online communities (i.e. blogs and chat rooms). Respect other's opinions, especially when discussions become heated. Consider carefully how others might perceive you as club, coach or player. Be careful in posting comments or content that may damage your reputation. Areas to be mindful of are the use of exaggeration, inflammatory language and derogatory remarks
3. **Avoid Conflict:** Do not post content that can be considered obscene, defamatory, threatening or discriminatory to a team or individual. Consider how others will react before you post or comment.
4. **No Disparaging remarks:** Do not make any disparaging remarks about the UPSL, its' member clubs, team administrators, coaches or players.



APPENDIX

- A. UPSL CASH PRIZES AND AWARDS**
- B. REFEREE PROTOCOL**
- C. UPSL SAFETY REQUIREMENTS & GUIDELINES**
- D. UPSL COSTS & PAYMENTS POLICY**
- E. FACILITY CERTIFICATE OF INSURANCE**
- F. UPSL INSURANCE COVERAGES**



A. UPSL CASH PRIZES AND AWARDS

- Premier Division Season Prize Pool of \$155,000 (see below)

REGULAR SEASON & CONFERENCE PLAYOFFS

- Regular Season Division Winner: Trophy
- Conference Playoff Winner: \$2,000 prize (\$1,000 cash, \$1,000 credit)
- Conference Playoff Winner: Trophy and Medals

REGIONAL PLAYOFFS

- Regional Playoff Winner: Trophy
- Regional Playoff Winner: \$2,500 hotel credit for Nat Finals.
- National Finals Travel Pool: \$20,000 to be allocated.

NATIONAL FINALS

- Champion: \$50,000 Prize, Trophy and Medals (\$48,500 cash, \$1,500 credit)
- Runner-up: \$5,000 Prize and medals (\$3,500 cash, \$1,500 credit)
- 3rd Place: \$3,000 Prize and Trophy (\$2,000 cash, \$1,000 credit)
- 4th Place: \$2,000 Prize (\$1,000 cash, \$1,000 credit)

- **Credit portion of all prizes are credit to the following season**

AWARDS

- National Top Scorer: \$750 Cash Prize and Golden Boot
- 4 Regional Top Scorers: \$250 Cash Prize and trophy

- National Golden Boot competition starts at the conference playoffs. Regional awards are based on regular season plus conference playoffs.

- Division 1 Awards

REGULAR SEASON & DIVISIONAL PLAYOFFS

- Regular Season Conference Winner: Trophy and \$500 credit for next season
- Regular Season Conference Winner: eligible for Promotion
- Conference/Division Playoff Winner: Trophy and Medals

STATE PLAYOFFS

- Playoff Winner: Trophy



B. REFEREE PROTOCOLS

Game Day Protocols for all UPSL match Officials to follow:

1. Arrival is to be no later than 1 hour prior to the start of the match.
2. Referees should have two sets of uniforms in different colors.
3. Referees are required to inspect the field at least 45 min. prior to the start of the match to ensure that it is in acceptable playing condition. This includes checking:
 - a. Playing Surface
 - b. Bench area
 - c. Goals
 - d. Corner Flags
 - e. Field lines and size
4. Equipment: The use of communication headsets is not currently mandatory in the UPSL. However, their use is allowed if a referee crew has their own equipment available, would like to use them, and so long as the CR has the qualification of Regional Referee or higher.
5. **Team Check In:** Teams are required to provide the officials with their game day roster at least 45 min. prior to kick off. Each roster must contain the following:
 - a. Color photos of each player
 - b. Player Registration ID #
 - c. Player Jersey Number

If a team does not provide the above proper roster the game is not allowed to be played and it will be considered a forfeit*.

*unless the opponent agrees to allow a digital roster, and the roster is complete in the opinion of the referee including shirt numbers and has been forwarded to the referee's phone device, and approval is obtained from the UPSL Conference Manager or member of the Executive Committee.



Only players named on the roster are eligible to play. Teams are allowed 20 players on the roster all must be checked in. Only 18 can play. **Referee must take a photo of the team rosters for inclusion with the Match Report.**

6. **Player Check In:**

- a. Referees are required to ask **each player** their name and uniform number to ensure that they match what is listed on the roster.
- b. Referees are required to check each **player's face** and ensure it matches the photo provided on the roster (no other photo allowed).
- c. Referee should ask for a second photo ID in the case where there is any doubt about a player's authenticity. *In the Regional Finals and the National Finals a photo ID is mandatory.*
- d. Handwritten player names on the roster are a minimum standard violation. If this occurs, the official can only allow the player to play if a photo ID is provided which matches the identity of the player.
- e. No player arriving late may start the game once the teams walk out has commenced. A late arriving player must be roster checked by the 4th official and can be subbed in after 10 mins. No late arrivals allowed once 2nd half kicks off.

7. **Substitutions:**

- a. Each team is allowed 7 substitutions per game. Once substituted, a player may not return to the game.
- b. Substitution Pass- the player entering the match must provide the official with a completed pass with the following information:
 - i. Game date
 - ii. Both players names
 - iii. Both players numbers
 - iv. Time of the substitution

If the team does not have the sub passes the official is to note it on the game day report.

8. **Team Officials:**

Names of team coaches and technical staff must be listed on the team roster sheet, and they must be displaying their UPSL issued IDs, in order to be present in the bench area. Maximum of 5 allowed. Any coach or club staff member wishing to enter the game as a player must already be listed and checked-in as a player on the roster, and to do so there must



be at least one other coach present to be in charge of the team from the bench.

9. In certain situations, the game cannot start: (i) either team has less than 9 players, (ii) Unauthorized personnel in bench area, (iii) when UPSL requested security is not present*, (iv) either team fails to provide a roster. (v) either team not ready to kick off within 15 minutes of scheduled kick off time unless a legitimate reason to delay kick off exists, (vi) no registered club coach present (see Rule 3.4) **Match officials would have been informed prior to such a requirement.*
10. Prior to the walk out of a Premier Division match, a match official must ask the home team to identify the attending medical/athletic trainer and include this in the match report.
11. Prior to the walk out a match official must ensure there are no spectators present in the vicinity of the team benches.
12. Referees should lead the team walk out to center field for the pre-game announcements and national anthem 10 minutes before the scheduled kick-off time.
13. If the on-field temperature is >90F the referee should insert a 2-minute water break into the middle of each half with the time to be added at the end of the half. The break should commence at a dead ball situation and restart with possession at the same spot to the same team.
14. Incidents of concussion and injuries requiring players to leave the playing field must be reported on the referee report including the player name, club and number.
15. If the head coach is red-carded and no assistants are present, he, or the team captain, must appoint a bench player to act as head coach for the remainder of the game.
16. In the event of a weather delay before kick-off the referee and both teams are obliged to wait at least 60 minutes to see if the weather clears, before a game is called off. For a weather delay during a game, all parties must wait at least 30 minutes. This is subject to the availability of the facility booking. For a lighting failure, please wait at least 30 minutes.

Reports and Contact Information:

- 1) **Match Reports, Supplemental Reports** and a pdf or photo of the rosters are to be emailed the same day or the following day at the latest. Send to the email address by region and cc your assignor:



upslmatchreportswest@upsl.com SoCal North, SoCal South, Arizona, Pacific North West, Mountain West, NorCal North, NorCal South.

upslmatchreportscentral@upsl.com Midwest West, Midwest South, OK/AR, Texas North, Texas Central, and Texas South, West Texas/ New Mexico and Colorado.

upslmatchreportsse@upsl.com Mid Atlantic, Georgia, KY-TN, Florida Central, FL South and FL West.

upslmatchreportsne@upsl.com Midwest East, Midwest Central, Ohio, Western NY, New England, American, and DMV North and South.

- 2) **Injury Reports**, namely injuries occurring during the game and incidents of suspected concussion, are to be included in the match report or supplemental report and should indicate the name and club of any injured player.
- 3) **Standards:** a reporting link will be provided to record any violations observed of the following UPSL minimum standards-
 - Field condition, lines and goal nets
 - Corner flags
 - Use of UPSL match balls
 - Timely presentation of rosters and start of player check-in
 - Handwritten player names on roster
 - Substitutes on bench in pinnies
 - Unauthorized personnel needing to be removed from bench area
 - Coaches & Club staff on bench displaying UPSL credentials
 - Spectators needing to be removed from vicinity of team benches
 - Presence or not of a medical/athletic trainer
 - Table and chair provided for 4th official



C. UPSL SAFETY REQUIREMENTS & GUIDELINES

UPSL Concussion Protocol

Summary

A concussion is an injury to the brain. While injury to the brain can be fatal, most concussions recover completely with correct management. All concussions should be regarded as potentially serious and should be managed in accordance with the appropriate guidelines. Incorrect management of concussion can lead to further injury.

Anyone with any concussion symptoms following a head injury **must** be removed from playing or training.

PART 1

What is a Concussion?

Concussion is an injury to the brain resulting in a disturbance of brain function. There are many symptoms of concussion, common ones being headache, dizziness, memory disturbance or balance problems.

What causes a Concussion?

Concussion can be caused by a direct blow to the head, but can also occur when a blow to another part of the body results in rapid movement of the head e.g. whiplash type injuries.

The symptoms of concussion typically appear immediately, but their onset may be delayed and can appear at any time after the initial injury

Loss of consciousness does not always occur in a concussion (in fact it occurs in less than 10% of concussions). A concussed player may still be standing up and may not have fallen to the ground after the injury.

PART 2

How to Recognize a Concussion?

If any of the following signs or symptoms are present following an injury the player should be suspected of having a concussion.

Visible clues (signs) of concussion

What you may see:

Any one or more of the following visual clues can indicate a concussion:



- Dazed, blank or vacant look
- Lying motionless on ground / slow to get up
- Unsteady on feet / balance problems or falling over / poor coordination
- Loss of consciousness or responsiveness
- Confused / not aware of play or events
- Grabbing / clutching of head
- Seizure (fits)
- More emotional / irritable than normal for that person

Symptoms of concussion

What you may be told by the injured player:

Presence of any one or more of the following symptoms may suggest a concussion:

- Headache
- Dizziness
- Mental clouding, confusion, or feeling slowed down
- Visual problems
- Nausea or vomiting
- Fatigue
- Drowsiness / feeling like “in a fog“ /difficulty concentrating
- “Pressure in head”
- Sensitivity to light or noise

PART 3

What to do next

Anyone with a suspected concussion **must be immediately removed from play and may not return to play, training or any other team activities until cleared by a medical doctor.**

Teammates, coaches, match officials, team managers, administrators or parents who **suspect** someone may have concussion **MUST** do their best to ensure that they are removed from play in a safe manner.

If ANY of the following are reported then the player should be transported for urgent medical assessment at the nearest hospital emergency department:

- Severe neck pain
- Deteriorating consciousness (more drowsy)
- Increasing confusion or irritability
- Severe or increasing headache



- Repeated vomiting
- Unusual behavior change
- Seizure (fit)
- Double vision
- Weakness or tingling/ burning in arms or legs

In **all** cases of a **suspected concussion** it is recommended that the player is referred to a medical or healthcare professional for diagnosis and advice, even if the symptoms resolve.

Where a player is removed from a UPSL match for a suspected concussion the referee will make a note of the player involved on the referee report.

PART 4

Returning to Play

Rest is the cornerstone of concussion treatment. This involves resting the body, ‘physical rest’, and resting the brain, known as ‘cognitive rest’. The period of rest allows symptoms to recover prior to resuming training and playing.

Rest means avoiding:

- **Physical activities** such as running, cycling, swimming, physical work activities etc.
- **Cognitive activities (thinking activities)**, such as school work, homework, reading, television, video games.

Medical Clearance

In order for a player with suspected concussion to return to team activities, he or she **must provide** the UPSL league office with a **signed letter from an authorized physician** granting the player clearance. Any restrictions or timelines outlined in the lettered must strictly be adhered to.



UNITED PREMIER SOCCER LEAGUE COVID-19 PROTOCOL

The health and safety of our coaches, players, referees and fans is of utmost concern during this time. As a result, we are maintaining some League mandated changes for each UPSL team to follow. These items are designed to help minimize the spread of COVID-19 during UPSL matches.

LEAGUE MANDATED CHANGES

1. Symptoms - Do not play or travel if: a. You are exhibiting any symptoms of the coronavirus: mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC, b. You are a vulnerable individual: A vulnerable individual is an individual with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma and those whose immune system is compromised such as by chemotherapy for cancer and other conditions requiring such therapy.

2. Positive Covid Tests – Do not play if you have tested positive within the last 7 days.

3. Coughing, Sneezing and Spitting: Do not cough, sneeze or spit if you are within 6 feet of another person.

PARTICIPATION IN UPSL MATCHES IS VOLUNTARY AND REQUIRES THE SIGNING OF A WAIVER.

For additional information on COVID-19 please visit www.cdc.gov Please note that these guidelines are subject to change if COVID-19 developments and restrictions warrant.



D. UPSL COSTS & PAYMENTS POLICY

Annual Membership Fees *(non-refundable)*

\$500 per Club (multiple teams allowed)

Includes:

- Team General Liability Insurance
- Certificates of Insurance (COI) for facility rental
- 5 UPSL match balls
- Official UPSL shirt patches for home and away kits
- Access to Hawk ID Player Registration System
- Sanctioned UPSL Referee scheduling
- Team & Player press and social media marketing

Single Season Dues*

Premier Division: \$2500 per team

Division I: \$1500 per team

A League: \$750 per team

****Season dues are non-refundable once a schedule is released unless the entire season is cancelled.***

For new teams season dues are non-refundable unless the applied for season is cancelled.

Performance Bond

Premier Division: \$500 per club

Division I & A: \$500 per club

Discounts & Referral Credit

Clubs entering a 2nd or 3rd Team in the same season will receive a \$500 discount. *The 2nd or 3rd team discount does not apply in the A league, nor across to UPSL Women, nor Academy.*

The UPSL appreciates all referrals which contribute to improving the quality of clubs in the league. Any Club referring a new Club which goes on to participate in the UPSL will receive a one-time \$500 credit toward future UPSL payments. In order to be eligible for this credit the referral must be documented in writing at the time of the referral, must be acknowledged



by the UPSL Executive Committee, and the new Club must first complete one season of play in the UPSL Premier or Division 1.

Deadlines

The UPSL will put in place a payment deadline prior to each season. If the required payment is not made then the team will not be included in the schedule and will not be allowed to participate. Going forward this rule will be strictly enforced. In trying to provide certainty over the make-up of your divisions, to publish schedules in a timely manner, and to keep costs low, we ask for your understanding and cooperation with this policy.

Payment Plans

For teams preferring a payment plan which spreads season dues over several payments, these are available for future seasons but must be completed before the deadline for inclusion in the schedule.

Methods of Payment

The methods of payment will be provided on your UPSL invoice.

Player Registrations, Coach and Team Officials Registration

\$37 per player.

-Provides secondary medical insurance coverage.

-Maximum coverage of \$25,000 with \$1000 deductible. *(Subject to change)*

See page that follows with additional insurance info.

\$20 per coach, manager or team official (required to occupy bench area).

Home Stadium Field Payments

These are the responsibility of the home team, including when hosting playoff games. At agreed neutral venues both participating teams will share the cost.

Referee Payments

These are the responsibility of the teams and the payment process depends on the conference referee set-up.



E. FACILITY CERTIFICATE OF INSURANCE

Most facilities require a certificate of insurance ('COI') to allow use. USPL membership includes this coverage and you can request a COI to provide to the facility for both home games and practice. The COI is only valid for sanctioned USPL matches and for practice by a USPL current member club.

Clubs are required to complete the USPL Member Club COI Request Form which can be found at this URL:

<https://landing.playershealth.com/ups-l-coi-1/>

Complete the form with all the required wording requested by the facility, including a full name and address of the facility with zip code. Some facilities require naming a second party as 'additionally insured'. Please state this clearly on your request.

If you play in more than one location, please complete a different form for each location.

Allow a 48-hour turnaround time. Forms cannot be turned around in less than 48 hours. If you require a form for a weekend game, you cannot expect it to be processed on Friday.

Certificates are valid for one year running from February through the following January.

The COI will be emailed to you to the email address that you enter on the form. It comes from Players Health so you may need to check your junk mail.

You will also be provided with a 'Blanket Additional Insured Certificate' which you should provide to the facility along with the COI.

Please email any Certificate of Insurance questions to gary@upsoccer.com



F: UPSL INSURANCE COVERAGES

This section is subject to updates upon annual policy renewal.

The combination of General Liability and Participant Accident Coverage gives comprehensive protection to participants and entities.

The General Liability coverage becomes active for a member club upon payment of the UPSL annual membership fee and the coverage period extends until the completion of the UPSL Fall season for that year, so long as the club maintains membership, is actively competing in UPSL, and is in good standing. The coverage is subject to the policy terms and limitations and is valid for UPSL sanctioned activities.

The Participant/Player Accident coverage is a secondary policy and becomes active upon payment of the player registration fee and the coverage period extends until completion of the UPSL Fall season for that year.

You will be provided with a copy of the instructions and claim form for player accident medical claims and they should be submitted to claims@upsl.com (see below for timing and other requirements to make a claim)

General Liability:

- Protects Clubs and club officials for lawsuits filed by players, fields and members of public.
 - e.g. Public - Spectator falls from bleacher. Soccer Ball hits parked car and breaks windshield
- Coverage included in general liability policy:
 - \$5,000,000 General Aggregate
 - \$2,000,000 Products – Completed Operations Aggregate Limit
 - \$1,000,000 Personal and Advertising Injury Limit
 - \$2,000,000 Each Occurrence
 - \$1,000,000 Participant Legal Liability
 - \$2,000,000 Limited Sexual Abuse Aggregate
 - \$1,000,000 Limited Sexual Abuse Each Incident
 - \$300,000 Damage to Premises Rented to You
 - \$10,000 Medical Payments for Spectators
 - Blanket Additional Insured's (Owners and/or Lessors of Premises, Sponsors or Co-Promoters)



Participant Accident/Medical Insurance Policy

Any intention or expectation to make a claim as a result of injury in a UPSL game requires notification to be given to claims@upsl.com within one month of the incident. An actual claim with invoices can follow afterwards but the reporting of the incident must be made promptly. Incidents of concussion, or injuries requiring the player to leave the game, must be reported on the referee supplemental report. Claims can be filed on the claims portal and the instructions are provided upon request.

Any intention or expectation to make a claim as a result of injury in a designated club practice requires notification to be given to UPSL within 7 days of the incident and must be accompanied by confirmation from the head coach of the facility rental for the designated practice.

This benefit summary is intended as a general description of the excess accident medical expense and accidental death and dismemberment benefits available under the insurance policy issued to the United Premier Soccer League.

Covered Persons are those players, coaches and officials who are registered with the United Premier Soccer League.

Covered activities, subject to the terms, conditions, limitations and exclusions of the policy, are for injuries resulting from accidents which occur whilst the Covered Person is participating as a member of a UPSL member club in a UPSL sanctioned event (scheduled game, tournament or club practice).

The policy is a secondary policy meaning that a participant must rely on their primary medical insurance policy first before any claims.

Accidental Death and Dismemberment Benefit: \$10,000 per

claimant Benefit Amount Accidental Death and Dismemberment

Benefit Aggregate Amount: \$1,000,000 - 365 days

Accident Medical Benefit - \$25,000 per claimant Maximum Benefit



ACCIDENT MEDICAL EXPENSE BENEFITS	
Accident Medical Benefit Maximum	\$25,000 per injury
Secondary insurance coverage, 100% of Usual, Reasonable & Customary Charges unless indicated.	
Hospital Room & Board Daily Maximum Benefit	100% URC
Intensive Care Room & Board	100% URC
Hospital Miscellaneous Benefit	\$1,000 maximum
Pre-Admission Testing Benefit	100% URC
In/Out-Patient Surgery Benefits:	\$5,000 maximum
Outpatient Primary Surgeon, Outpatient Assistant Surgeon, Outpatient Surgical Facility, Anesthesia	
Emergency Room Benefit	\$1,000 maximum
Physician's Visits In and Out of Hospital	100% URC
X-Ray Benefit	\$1,000 maximum
Laboratory Benefit	100% URC
Nursing Benefit Amount	100% URC
Outpatient Physiotherapy Benefit	\$75 per visit, \$750 max.
Ambulance Benefit Amount	\$500 maximum
Dental Treatment For Injury Only	100% URC
Outpatient Prescription Drugs	100% URC
Durable Medical Equipment	100% URC

Accident Medical Expense benefits are only payable in excess of any benefits provided by a Covered Person's primary health insurance and above the policy deductible of \$1000.