



2022-2023 SEASON TECHNICAL STANDARDS

Performance & Development Environment

Refer to Frameworks for more details.



General



CATEGORY	STANDARD
Ages	U-13, U-14, U-15, U-16, U-17, U-19
Play-Off Ages	U-13,U-14,U-15, U-16, U-17, U-19
High School Participation	High School Competition is permitted
Girls Academy Competition	GA League & Showcase Events are the required priority for club scheduling purposes
Outside Competition	<ul style="list-style-type: none">GA teams cannot play in outside league Cup competitions, however, up to four (4) designated Primary (P) players may play in outside league Cup competitions on non-GA teams in your club (U13-U19)Other League Play: GA 1st teams must have league approval to play in other leagues. (U13-U19)



Rosters



CATEGORY	STANDARD
Roster Minimum	A minimum of 10 approved primary (P) players per roster must be registered in the GA
Roster Maximum	<ul style="list-style-type: none">• 30 approved players per age group registered at one time• 18 approved players per age group on game day roster
Primary Player (P)	<ul style="list-style-type: none">• Player from your club on a Girls Academy team who only participates in the Girls Academy• A minimum of 10 approved Primary (P) players per roster
Secondary Player (S)	<ul style="list-style-type: none">• Part time/development player within your club, but not on a GA team as a P• Part time/development player from another club
Primary Adds	After 14 games, all GA competitions including league and event matches, the player moves to a Primary (P) player in the GA or returns to original club



Rosters



CATEGORY	STANDARD
Remote Player	<p>Remote/R</p> <ul style="list-style-type: none">• Player(s) from the 17 non-GA states: Alabama, Alaska, Arkansas, Hawaii, Idaho, Maine, Mississippi, Montana, Nebraska, North Dakota, Oklahoma, Rhode Island, South Dakota, Tennessee, Vermont, West Virginia and Wyoming.• and/or players from a geographical area not in the GA. Players who live within driving distance of another club possibly in another state i.e., Reno, NV to play with a N. CA club.
Club Pass	<ul style="list-style-type: none">• NO WRITE-INS ALLOWED (a jersey number may be written in, if necessary, but not a player)
Guest Player	<ul style="list-style-type: none">• U15-U17: Only available for summer showcase events when approved by the GA Commissioner.• U-19: Available for all showcases. Guest must be a current GA player and age group eligible. *This does not include Champions Cup and Summer Playoffs.• GK Guest Player Amendment for Playoffs: ADDED FOR 22/23
Late Developer	<ul style="list-style-type: none">• Club requests parameters and metric data information from the league to submit• Approval/denial will come from the league office• Requests Restricted to U13 & U14 Age Groups



Staff



CATEGORY	STANDARD
Staff Requirements	<ul style="list-style-type: none">• Academy Director must have proof of an A License , Academy Directors License or Equivalent (23-24 GotSport Requirement)• Academy Age Group Head Coaches must have a B License or Equivalent• Any club not meeting these standards must submit a plan to meet requirements within 18 months
Game Day Staff	Maximum of 5 staff members. The bench and technical area is reserved for players and a maximum of five (5) registered club staff members, not including a registered Health Care Professional (HCP) or Certified Athletic Trainer (ATC). Staff should have GA Member Pass available as GotSport only allows for 4 on the Match Card



Competition



CATEGORY	STANDARD
Games/Day	Any GA Registered Player may only play on one (1) GA Team per day, and may only play in one (1) GA competition per day or scheduled GA match. Any exceptions to this require written request and league approval.
Game Ball	Officially designated adidas balls must be used for all matches
Hydration	Home club must provide adequate hydration for both teams
Technical Area	Home team provide adequate seating for both teams
Athletic Trainer	Home club must provide ATC for all matches. Must arrive minimum of 30 minutes prior to kick off.
Game Video	Home club must upload game footage for all age groups to Hudl within 48 hours of the last match of weekend fixtures
Spectators	<ul style="list-style-type: none">• Home Club must ensure parents/spectators do not enter the team sideline area• Spectators/Families should sit directly across from their team bench where practical



Competition



CATEGORY	STANDARD
Match Length	<ul style="list-style-type: none">• U13 - U15 = 80 minutes - 10 minute half-time• U16 - U19 = 90 minutes -10 minute half-time
Warm-Up Periods	<ul style="list-style-type: none">• Maximum effort to provide space near competition field for 30-minute warm-up• Ideal to provide minimum 20 minutes on the competition field
Age Group Order	Mutually agreed upon between clubs prior to the fixture
Multiple Matches at Once	No more than 2 games played simultaneously between two clubs
Time between Matches	Minimum of 18 hours between games if playing on consecutive days
Match Day Roster	Only 18 players from the roster will be eligible to participate in each game, and these players must be placed on the Match Day Roster and are the only players to be in the technical area. Injured/Red Carded players (approved) are an exception



Competition



CATEGORY

STANDARD

Substitutions (General)

See frameworks for more detail

- The Girls Academy Substitution Sheet must be used for substitutions during all Girls Academy games
- All games will have a maximum of seven (7) substitutes per half with no re-entry per half across five (5) moments, no more than three (3) moments per half
- Halftime does not count as an opportunity
- Substitutes are allowed at any stoppage

Game Changes

The league Competitions Manager must approve any request for schedule changes. It's expected both clubs involved will first discuss and come to mutual agreement.



Discipline



CATEGORY	STANDARD
Red Cards (Players) Refer to frameworks for more detail and for coach red cards	<p>Regular Season</p> <ul style="list-style-type: none">• Any player receiving a red card in a Non-Event GA Competition will be suspended for the remainder of that match. The player will also be suspended for the next day on which a Non-Event GA match is played by their club for their specific age group and/or any other age group.• Note: Additional suspensions or sanctions may be imposed by the GA Commissioner <p>Events</p> <ul style="list-style-type: none">• Any player receiving a red card in a GA Event Competition (Regional, Champions League, Showcase, Playoffs) will be suspended for the remainder of that match. The player will also be suspended for the next match played by their club for their specific age group and/or any other age group in a GA Event Competition. <p>Note: Additional suspensions or sanctions may be imposed by the GA Commissioner.</p>
Yellow Cards (All)	There shall be no yellow card accumulation policy for players or coaches in the GA.



Training



CATEGORY	STANDARD
Training	<ul style="list-style-type: none">• Recommended that U13 players train a minimum of 3 x per week• Recommended that U14 players and above train 4 x per week; a minimum of 3 x per week
Rest Day	Individual players must be given at least one day off per week



Facilities



CATEGORY	STANDARD
Field Standards (Matches)	<ul style="list-style-type: none">• The match field provided for matches must be of the highest quality in the geographic area.• Turf or natural surface are both acceptable.• A minimum match field size of 70 yards (W) x 110 yards (L) is expected. Natural grass surfaces should be mowed to a length that allows for high quality ball movement; 1.5-2.5", depending on grass species, is the typical height range for mowing.
Match Locations	<ul style="list-style-type: none">• Clubs should attempt to use one location for league fixtures• Home clubs should attempt to use 2-field venues for convenience of away traveling teams to avoid late kick-off times• League approval is required to use multiple locations for league fixtures• League highly encourages neutral sites to prevent overnight stays where possible

