Regulations Summary

Playing Duration

Competition(s)	Age Grade(s)	Match Duration	Half-Time Interval
NPLM, NPLW, NL1, ZFL	First Grade	2 x 45-minute halves + additional time	15 minutes (max.)
NPLM, NPLW, NL1	Reserve Grade	2 x 45-minute halves	10 minutes (max.)
ZFL, ZCL	Reserve Grade, Conference 1 / 2	2 x 40-minute halves	10 minutes (max.)
PYL (Boys / Girls)	13 - 18 Years	2 x 40-minute halves	10 minutes (max.)
JDL (Boys / Girls)	9 - 12 Years	2 x 30-minute halves	5 minutes (max.)

Ball Sizes

Competition	Age Grade	Match Ball Size	Match Ball Min. Quality
NPLM, NPLW, NL1	First Grade, Reserve Grade	Size 5	Mitre

ZFL, ZCL	First Grade, Reserve Grade, Conference	Size 5	Deploy
PYL (Boys / Girls)	14 – 18 Years	Size 5	Mitre
PYL (Boys / Girls)	13 Years	Size 4	Mitre
JDL (Boys / Girls)	10 – 12 Years	Size 4	Mitre
JDL (Boys / Girls)	9 Years	Size 3	Mitre

Substitutes and Team Officials

Competition	Age Grade	Max, Substitutes / Interchange Players	Max. Team Officials in Technical Area	Substitution or Interchange
NPLM, NPLW, NL1	First Grade	7	6	Substitution
NPLM, NPLW, NL1	Reserve Grade	5	6	Substitution
Australia Cup	N/A	5 + 1 Nominated Goalkeeper	6	Substitution
ZFL	First Grade, Reserve Grade	5	3	Substitution

ZCL	Conference 1 / 2	5	3	Interchange
PYL (Boys / Girls)	13 – 18 Years	5	6	Interchange
JDL (Boys / Girls)	9 – 12 Years	5	4	Interchange

Substitution Procedure - To reduce disruption to the match, each team will have a maximum of 3 opportunities to make substitutions during the game; substitutions may also be made at half-time, which does not count towards the maximum of 3 opportunities. If both teams make a substitution at the same time, this will count as 1 of the 3 opportunities for each team.

For matches where extra time is required, each team will have 1 additional opportunity to make a substitution.

Interchange Procedure - A team is permitted to name a maximum of 5 interchange players on the team sheet. A team will be permitted to make unlimited interchanges during stoppages in the match, and during the half-time interval.