



2026

Regional Super League

Northern NSW

Competition Rules





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1. SCOPE & DEFINITONS

1.1. The Regional Super League Northern NSW 2025 Competition Rules are to be read in conjunction with Northern NSW Football 2026 Premier Competition Regulations.

(a) With the exception of the following clauses:

(i) 2.1

(ii) 12.2(b)

(iii) 14.1

(iv) 16.1 – Instead, clubs must submit their Home and Away kit to Northern NSW Football and abide by all NNSWF kit allocations.

(v) 16.7

(vi) 17

(vii) 20 – NNSWF reserves the right to determine kick-off times for all Competition Fixtures.

(viii) 26

(ix) 27 (Field inspection for wet weather, photos submitted, etc)

(x) 28.3(a) – All abandoned fixtures in the Regional Super League will adhere to Regulation 28.3(b)

(xi) 29

(xii) 41 - Clubs may be required to erect 3 RSL sponsorship banners on the outside perimeter of their field.

(xiii) 42

(xiv) 43

(xv) Appendix F – Match Official Fees per match for Regional Super League fixtures will be \$140 (Centre Referee) and \$70 (Each Assistant Referee). Match Official Fees will be covered in their entirety by NNSWF.

1.2. All definitions as outlined in the Northern NSW Football 2026 Premier Competition Regulations will apply in this document.

2. FEES

2.1. Participation Fee

(a) The total Participation Fee is \$500 per team.

3. COMPETITION STRUCTURE

3.1. The Regional Super League will be comprised of the following Competitions:

(a) Regional Super League:

(i) Men's.

(ii) Women's.

3.2. Each Competition is comprised of 2 groups of 4 clubs, with each team playing one another once over the 3 group stage rounds.

3.3. Points will be awarded in accordance with the 2026 Premier Competition Regulations with the exception of:



(a) If a winner of each fixture in the group stage can not be determined at the conclusion of normal time, then the following will occur immediately after the conclusion of the match:

- (i)** Penalty kicks will be taken in accordance with FIFA Laws of the Game to determine a winner.
- (ii)** For the avoidance of doubt, no extra time will be played in Regional Super League Group Stage Fixtures.
- (iii)** Both teams will receive 1 competition point each & the winning team, determined by penalty kicks, will receive 1 extra competition point, for a total of 2 competition points.

3.4. Points will be awarded in accordance with the 2026 Premier Competition Regulations with the exception of clause 3.3 above.

4. FINAL SERIES

4.1. The Regional Super League Men’s Finals Series will be conducted under the following format:

(a) Finals Series Fixtures:

| Semi-Finals - July 18th | | | | |
|--------------------------------|------------|------------------|---|------------------|
| SF1 | Semi-Final | 1st Place Pool A | V | 2nd Place Pool B |
| SF2 | Semi-Final | 1st Place Pool B | V | 2nd Place Pool A |
| Final - August 8th | | | | |
| F | Final | Winner SF1 | V | Winner SF2 |

(b) NNSWF will determine the Venue, kick-off time and playing date of all Final Series Fixtures at its sole discretion.

(c) NNSWF reserves the right to schedule Regional Super League Finals Series at their sole discretion, taking into account all other Matches in Premier Competitions.

(d) If winners for the Regional Super League Final Series fixtures outlined in Rule 4.1 (a), cannot be determined at the conclusion of normal time, then the following will occur immediately after the conclusion of the match:

- (i)** Extra time periods will be 2 equal periods of 15 minutes.
- (ii)** If at the conclusion of both periods of extra time, a winner has not been determined, penalty kicks will be taken in accordance with FIFA Laws of the Game to determine a winner



(e) NNSWF reserves the right to allocate changerooms for all Regional Super League Finals Series matches at its sole discretion.

5. FINALS ELIGIBILITY

(a) Players must have been named on a minimum of 1 team sheet in the group stage fixtures to participate in the Final Series

(b) Subject to any suspension a Player is eligible to participate in the Final Series if they have met the criteria in section 5.2(a).

(c) Club may seek special dispensation for players who have not met the criteria in section 5.2(a). All requests will be considered on an individual basis by NNSWF, and the player must have been registered and made active for the club by June 30th.

6. AGE RESTRICTIONS

6.1. The minimum age to play in the Regional Super League is 15 years old (must already be 15 years of age).

7. MATCH DURATION

7.1. Each Competition Fixture shall consist of the following:

| Competition | Match Duration | Half-Time Interval |
|-----------------------|----------------------|--------------------|
| Regional Super League | 2 x 45-minute halves | 15 minutes (max.) |

7.2. Additional time for injuries and stoppages may be added at the discretion of the referee.

8. MATCH BALLS

8.1. Approved match balls must be used in all Regional Super League Competition Fixtures.

8.2. Mitre is the approved match ball for season 2026.

8.3. Each team will be provided 3 Match Balls for the competition.

8.4. The following match balls must be used:

| Competition | Match Ball Size | Match Ball Min. Quality |
|-----------------------|-----------------|-------------------------|
| Regional Super League | 5 | Mitre Ultimax Football |



9. TEAM OFFICIALS & TECHNICAL AREA

9.1. Clubs will be permitted to the following number of Team Officials, substitute Players within in the Technical Area during a fixture:

| Competition | Maximum Officials Permitted | Maximum Players Permitted |
|-------------|-----------------------------|---------------------------|
| RSL | 6 Registered Team Officials | 7 Substitute Players |

(a) All Team Officials & Players must be eligible to participate in the Match and named accordingly on the Official Team Sheet on Squadi.

9.2. A Player or Team Official who has been expelled or is serving a suspension is not permitted to be in the Technical Area during a fixture in accordance with Regulation 37 of 2026 Premier Competition Regulations.

9.3. Anyone in the Technical Area who should not be in the Technical Area is still subject to the same sanctions as if they were allowed to be in the Technical Area.

9.4. Regional Super League

(a) Each competing Team may name a maximum of 7 substitute Players on the Official Team Sheet and at its discretion use 5 substitutes during a Match, 1 of whom may be a Goalkeeper.

(b) 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.

(i) For Matches where Extra Time is required (Rule 4.1) each Team will have 1 additional opportunity to make a substitution.

10. WET WEATHER

10.1. Rescheduled Fixtures

(a) NNSWF will endeavour to reschedule all weather affected fixtures with clubs and Member Zones with minimal impact on local competitions; however, this may result in a double header weekend.

11. PRIZE MONEY

11.1. Prize money shall be awarded in accordance with the following table:

| | |
|--|------------|
| Men's Regional Super League Premiers | \$5,000.00 |
| Women's Regional Super League Premiers | \$5,000.00 |