



2026 NPSL Referee Handbook



National Premiere Soccer League

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Section 1:

Introduction

The National Premier Soccer League (NPSL) is the successor to the Men's Premier Soccer League which was formed in 2002. The NPSL is sanctioned by the United States Adult Soccer Association (USASA) as an affiliate of the United States Soccer Federation (US Soccer). The competition is organized in four distinct Regions: East, South, Midwest, and West.

The NPSL aspires to provide the highest level of men's soccer and strives to continuously raise the overall standard of play. The NPSL is registered as an amateur league of the USASA and the United States Soccer Federation (USSF). Teams operate with respect and adherence to NCAA and other college association eligibility requirements. The NPSL provides an excellent showcase opportunity for those players who aspire to move to the professional level.

Since the 2014 NPSL season, the NPSL Referee Program has been serviced by US Soccer (USSF). Officiating assignments are made through a network of US Soccer-supervised National Assignors (NAs), and the NPSL Director of Officials, Paul Scott.

Section 2:

Memo to the Game Day Officials

To: All Game Officials Selected to for NPSL Games
From: Paul Scott, NPSL Director of Officials & Health and Safety
Re: Congratulations and Welcome

Congratulations on having been selected to officiate in the National Premier Soccer League (NPSL) and welcome! Please use this Referee Handbook and pregame email as your guide to your pre-game preparation and post-match duties and responsibilities as you work NPSL games this season. Feel free to contact me by e-mail or by cell phone (pscott@npsl.com) and 918-230-3325 if situations arise that need clarification.

This season, the league has undergone several changes, including the addition of new teams and the election of a new Chairman of the Board. Steven Wagoner, owner of Virginia Beach City FC, was elected earlier this year. He has already proven to be an effective leader and, importantly for us, a strong supporter of referees.

U.S. Soccer has also implemented a major operational change by transitioning to Ref Insight for assigning. All payments and 1099s will now be issued through that platform. Please ensure your banking information is up-to-date in the platform so there are no delays.

As in previous seasons, you will continue to receive pregame emails from Tracy Duttikin with game-day details. However, you no longer need to submit travel requests to her. To better control costs and reduce the administrative burden upon you and the staff, the league has eliminated the travel request process and instead increased game fees by \$20. The league will still reimburse \$200 for anyone traveling 300 miles or more one-way.

Lastly, the IFAB has passed new Law changes which the league will adopt this season. Here is a summary of the changes:

Throw-in/GK

If the referee considers that a throw-in or goal kick is taking too long or being deliberately delayed, a five-second visual countdown will be initiated. If the ball is not in play at the end of the countdown, the throw-in will be awarded to the opposing team, while a delayed goal kick will result in a corner kick being awarded to the opponents.

Time-limited substitutions

To further streamline match flow, substituted players must leave the field of play within ten seconds of the substitution board being displayed or, where there is no substitution board, of the referee's signal. Should the player fail to leave within this time, they must still exit the field but the substitute will not be permitted to enter until the first stoppage after one minute (running clock) has elapsed following the restart.

Off-field treatment and assessment

When a player receives on-field assessment for an injury, or their injury causes play to be stopped, the player will be required to leave the field of play and remain off it for one minute (running clock) once play has restarted. Note the exception for when the opponent receives a caution for a foul that causes the injury.

Law 4 (The Player's Equipment): Non-dangerous items will be permitted if safely and securely covered.

Law 8 (The Start and Restart of Play): Clarification that the ball is dropped for the team that would have retained or gained possession had play not been stopped.



Additionally, if you wish to use the “Only the Captain” rule, before the game you must notify both coaches and captains. The signal and guidelines can be found [here](#). As always, please reach out with any questions. On behalf of the NPSL Board of Directors, I wish you every success in pursuing your officiating goals as we continue working together to deliver the highest standard of officiating in the NPSL

A handwritten signature in black ink that reads "Paul Scott". The signature is stylized and written in a cursive-like font.

Paul Scott, NPSL Director of Officials & Health and Safety



Section 3:

NPSL Contact List

National Premier Soccer League
NPSL.com

***Director of Officials & Health and Safety**

Paul Scott
pscott@npsl.com
918-230-3325

***Managing Director**

Cindy Spera
cspera@npsl.com
917-602-0939

***Director of Operations & Club Services**

Robin Shacket
rshacket@npsl.com
917-509-5729

***Director of Membership Development**

Dina Case
dcase@npsl.com
704-806-6529

Director of Media Operations

Gary Moody
gmoody@npsl.com
303-205-2446

Registration Manager/Operations Assistant

Tracy Duttkin
tduttkin@npsl.com

Chairman of the Board

Steven Wagoner
swagoner@npsl.com
703-980-6215

** indicates decision makers for game disputes or postponements/cancellations as referenced in this handbook*

Section 4:

NPSL Pre-Game

Assignments

All assignments will be made by US Soccer and National Assignors (NAs) which will appear in Ref Insight. Assignments are typically made one month in advance and should be checked and accepted or declined promptly. Officials must be aware of the possibility of back-to-back assignments (consecutive home, road, or chronological dates or assignments with the same team in different competitions made by different assignors) and avoid their acceptance. Officials should keep their availability up-to-date on the assignment web page.

Pre-Game Contact

Contact must be made between all officials days before the game. Whether by e-mail or by phone, the following items must be discussed: uniform color, mode of transportation (shared when possible), transportation to and from the stadium, arrival time (1 hour 45 minutes before the match), travel attire (dress slacks and polo, no warm-ups or shorts), and time and place of the pre-game meeting.

Game Day Necessities

The following officiating necessities must be brought to the game by the officials: Current IFAB Laws of the Game book, NPSL Referee Handbook, Assistant Referee (AR) flags (electronic preferred), uniforms of various colors, an electronic copy of the pre-game email, and radio communication devices if possible.

Certified Athletic Trainer

The referee must confirm the presence of a certified athletic trainer (ATC) or healthcare professional (HCP) such as a physician, at the match at least one-half hour before the match. It is the host team's responsibility to provide an athletic trainer for the match. The referee shall not start the match without this confirmation. The referee shall delay the start of the match for a maximum of one hour and shall abandon the match with the resultant forfeit score of 3-0 for the visiting team should the presence of a certified trainer or physician not be confirmed. The Managing Director, and/or the Director of Officials, must be notified during this process. It is also required that the name of the certified trainer and/or physician present be recorded on the Minimum Standards Report.

Teams may NOT agree amongst themselves to play the game without an athletic trainer. If there is no ATC available, and there is an opportunity to have a physician onsite, this is acceptable only if: 1) the physician/HCP has credentials and certifies in writing that he or she can make assessments on player safety and continued play based on injury, particularly concussion and head injury situations, AND 2) approval by either the Director of Officials, Managing Director, NPSL League Staff or an Executive Board Member (Chairman, Secretary or Treasurer), AND 3) this arrangement is in place before the one hour waiting period expires.

Home Team Referee Liaison (RL)

The Referee Liaison shall assist the officials with pre-match, halftime, and post-match duties, needs, and requests. They shall be in a position during the match that is easily accessible to the fourth official. The RL duties are to include the following: confirm inspection of the field and equipment meeting all standards, proper placement of the fourth official's table, availability and access to the substitution numbers or board, coordination of the teams' various forms, and other game-related items the referee crew may need for assistance. It is recommended that this person not be an owner or a member of the coaching staff.



Player Check-in

Each player must be listed on the team's game day roster in the Squadi app. There shall be at least 14 players listed and no more than 18 designated as players for the game. The players shall visually be confirmed that they are on the roster. (The face must match the photo.) You may ask to see identification if you are not certain. If there are fewer than 14 players, this will be noted in the NPSL Minimum Standards Report.

45 minutes before kick-off: Game Day Rosters are locked and the check-in and inspection of players shall take place. The roster may only be changed by the match officials at this point. The fourth official MUST update the Squadi app with this information.

Changes to the starting 11 players may be made by the coach or assistant coach up to 5 minutes prior to the start of the match. The opposing team must be notified of any changes. Note, that only rostered players and team officials may be within the technical area, other than the team athletic trainer. If an individual insists, politely suggest that they contact Robin Shacket or Paul Scott.

Team Uniforms

Each team must travel with two sets of identically-numbered uniforms, one uniform of predominantly light color (shirt and socks) and the other uniform predominantly dark. Numbers must be only 1 or 2 digits. In the case of conflicting uniform colors, the visiting team MUST change. The tape on the socks must match the predominant color of the sock. Undergarments must be the same color as the uniform. No jewelry is permitted. The NPSL logo is required to appear on every player's uniform on the left sleeve.

Select Official Game Ball

Select has provided the NPSL Official Game Ball. The ball has the NPSL logo. This ball MUST be used in all games that NPSL teams host. Please report if the NPSL Official Game Ball is not available/used in the match on the NPSL Minimum Standards Report.

Just Before Kick Off

7 minutes before kick-off: Officials and starting teams' line-up for the international walkout (referees, take this time to inspect the players one last time.) The referee carries the game ball, AR flags are furled, player introductions are made, the National Anthem(s) is played, and the coin toss is conducted. ARs then proceed to check the goals and nets one last time before taking their position on the touchline.

Coaches, bench personnel, and substitute players walk directly to their benches from the locker room.

Immediately before kick-off, the fourth official will check the benches and technical areas for the proper personnel. The following persons are permitted in the technical area: Seven (7) substitute players listed on the roster, and up to seven (7) technical staff listed on the roster (coaches, managers, and medical staff). (This does not include the athletic trainer who may change from game to game.) All shall be professionally attired for the match.

The referee signals for the start of the game.

Section 5:

The NPSL Game

All games shall be conducted per the current IFAB Laws of the Game except for NPSL Rules of Competition modifications.

Substitutions

Each team is allowed a maximum of seven (7) substitutions which includes the goalkeeper. There shall be no re-entry. The exception falls under the concussion policy. The league does not use “moments.” A substitution may occur at any stoppage with the permission of the referee.

Send-off

NPSL Ejected Players & Coaches Removal Policy - Players and coaches sent off from the field of play shall be met on the sideline at midfield by a designated person from the home team and escorted to the locker room or other designated location that was **approved by the referee before the match**. The game shall not restart until the individual who was sent off has departed the technical area. They are not permitted to watch the game. The individual must remain within the designated area for the remainder of the match and have no communication with their team, staff, or players. During halftime, they may not remain in the same area as their team (i.e., the locker room). Failure to follow this procedure may result in additional sanctions.

Additionally, coaches who were removed from the game are not permitted to communicate with their team staff or players during the remainder of the game and are not allowed to remain in the locker room during halftime. The type of communication prohibited would include cellular, 2-way radios, electronic/digital, written, or verbal. Players or coaches returning to the field of play or stands during or directly following the match are subject to additional sanctions. Security personnel should only enter the field at the Referee’s request.

Overtime

Regular season NPSL games may end in a tie. Games that require a winner shall be played per the IFAB Laws of the Game – Kicks from the Penalty Mark after the completion of two 15-minute overtime periods which result in the teams still being tied. There is no golden or silver goal rule.

Game Day Emergency

If an emergency arises relating to referee crew availability, the referee must immediately contact the NA responsible for the assignment and possible emergency replacement as well as the NPSL Director of Officials. A listing of the NAs responsible for assignments by state and area may be obtained from the Learning Center.

Duties and Responsibilities of the Fourth Official

While the duties and responsibilities of the fourth official are delineated in the FIFA Laws of the Game, it is important to reiterate the fourth official’s responsibility for bench decorum and a familiarity with the Law in dealing with team officials. If an official warning is being given, the referee should give it so there is no misunderstanding that it occurred.

Occupancy of the NPSL technical area by fourteen (14) individuals per team (seven (7) substitutes and seven (7) technical staff) will test the fourth officials’ ability to assist the referee in control of the match. In addition, accurate record keeping of goal scorers and time as well as assists and the record of cautions, substitutions, and sendoffs is necessary.



Regarding substitutions, a substitute shall not enter the field of play until the player he is replacing has left the field. The substitute's equipment, number, substitution pass, and eligibility must be confirmed. The substitution paddles or electronic board shall be used to indicate the player coming off the field and the player entering as a substitute. The board or paddle should also be used to indicate the amount of added time in each half or overtime period as directed by the referee.

Head Injury & Concussion Temporary Substitution Protocol

The NPSL has implemented a rule change to allow a player who is suspected to have suffered a head injury to be substituted while being evaluated. The substitution for the evaluation of the concussion/head injury will not count against the team's total number of allowed substitutions.

1. Mandatory Removal for Evaluation

If a player suffers a blow to the head, shows signs of a possible concussion, or is otherwise suspected of having sustained a head injury, the referee must require the player to leave the field for medical evaluation. Evaluation must be conducted by an ATC or physician/HCP with appropriate training in emergency care, sports medicine, and concussion assessment.

The home team is responsible for providing this medical professional at every match, and they must be made available to both teams. The medical professional has final authority regarding a player's ability to return to play.

2. Temporary Substitution

A team may make a temporary substitution for the player being evaluated. This temporary substitution:

- Does not count against the team's total number of allowed substitutions.
- Is permitted solely for the duration of the head-injury evaluation.

3. Outcomes of the Evaluation

a. Player Cleared to Return

If the medical professional determines the player **did not** suffer a concussion:

- The player may re-enter at the next stoppage.
- The player must replace the temporary substitute.
- The temporary substitute may re-enter later under normal substitution rules.
- The temporary substitution does not count as a used substitution.

b. Player Not Cleared to Return

If the player is **not cleared** to return:

- The temporary substitution becomes **permanent**.
- The team is charged with a substitution under normal rules.

4. Disciplinary Considerations

Any misconduct committed by the temporary substitute is fully enforceable and remains in effect for the remainder of the match. Any cautions assessed to that player while in the game as a temporary substitute will carry with the player for the remainder of the game. If the player receives a red card while in the game as a temporary substitute, the player must exit the game and the team must play a man down. Following the send-off, if the player being evaluated for a head injury is cleared to return, the player may re-enter the game but the team will have to utilize a substitution.

If the game ends before the evaluated player is cleared to return, the temporary substitute will be marked on the game report as a standard substitute.

If the player being evaluated for a head injury is not cleared to return, the temporary substitute will remain in the game and the team will be assessed for a substitution.

When making the temporary substitution, a substitution pass for the substitute shall be presented to the 4th official. If the temporary substitute does not remain in the game, that pass will be returned to the team.

Possible Scenarios

If there is only one substitution remaining and a temporary substitute enters the game, can the teams make any other substitutions while the injured player is being evaluated?

- No, while the temporary substitute is on the field, they have technically used all of their substitutions. If the injured player is cleared to play, then the team regains their remaining substitute.

A temporary substitute receives a head injury while in the game

- If a temporary substitute receives a head injury while in the game as a temporary substitute, that player may be replaced by an additional temporary substitute, but only if that team has substitutes remaining.
- If there is not another substitution remaining, the team must play a man down until either the original player or the temporary substitute being evaluated has been cleared to return
- If a second temporary substitute is utilized and both the original player and the first temporary substitute are not cleared to continue, the second temporary sub can remain in the game.

Two players on the same team receive head injuries at the same time

- To replace both players with temporary substitutes, the team must have two substitutions. • If both players being evaluated are not cleared to return, the temporary substitutes become formal substitutes retroactively, at the time of the injury stoppage.

What if the player being evaluated receives a red card?

- The temporary substitute must come off the field
- The team plays a man down
- The temporary substitute that was in the game for that player returns to the technical area and is available throughout the rest of the game as a regular substitute.

What if the temporary substitute receives a red card?

- The temporary substitute must leave the field of play
- The team must play a man down the rest of the game
- If the player being evaluated is clear to return to the game, he may come back in the game in place of another player, but the team will have to utilize one substitution.

A goalkeeper receives a head injury

- A head injury to a goalkeeper is treated exactly the same as any other head injury. There are no special circumstances for this situation

Does a neck injury count as a head injury?

- No, neck injuries are not considered head injuries

Section 6:

Authority to Delay or Postpone a Match

The referee has the authority to delay the start of a match or suspend play once the match is in progress when the delay is caused by adverse weather, field conditions, or conditions beyond the control of the teams which would make the playing of the match impractical or dangerous. Although the referee has complete authority in this regard, it is important to immediately contact the Director of Officials (Paul Scott) or Managing Director (Cindy Spera) if the match is to be postponed. If neither of these people can be reached, then contact the Director of Operations (Robin Shacket). It is recommended that the referee contact local TV, radio, or US Weather Bureau to receive accurate information from the meteorologist.

Exception: In a case where a third party (stadium owner) closes a stadium, a game may be canceled more than two (2) hours before kickoff, provided the league and both teams are notified in writing by the stadium owner / managing authority.

Should a match be terminated before the completion of the first half, if possible, it shall be rescheduled. A match terminated after the completion of the first half is considered to be an official match.

Grace Period Before the Suspension of Play or Postponement of a Match

When there is a delay due to weather or other conditions, the home team, in the presence of the referee, must immediately notify the League Director via phone, of any postponement issues.

When there is lightning within a 6-mile radius, the field must be cleared and everyone seeks shelter. The game is suspended for 30 minutes after both the last sound of thunder and the last flash of lightning is at least six miles away, and moving away from the venue. If there is another lightning strike during the 30-minute delay, the clock is reset. The game may be suspended for a maximum of three (3) hours from when the match is delayed if there is a likelihood of resuming the match that day.

If the venue has a lightning detector, that device shall be used. Otherwise, it is recommended to use a lightning app on the phone. An alternative method is to divide the number of seconds from the lightning strike to hearing thunder by five to obtain the distance in miles. Example: If you see lightning and it takes 10 seconds before you hear the thunder, then the lightning is 2 miles away.

Given the difficulty and cost of rescheduling, every attempt should be made to continue the game. The NPSL Managing Director or appointed league staff has the final say on the length of the extended grace period due to weather (It is a minimum standard violation if the game is abandoned before the Managing Director is contacted). If the Managing Director or other NPSL designated decision maker is unavailable (see contact list), the referee shall be the final authority. No match will be continued after any continuous 3-hour waiting period without the approval of the Managing Director. If the first game of a doubleheader has been delayed, the feasibility of completing the second game will be taken into account when determining an extended grace period.



Section 7:

Referee Team Post-Game Reporting Duties and Responsibilities

Use of Squadi Mobile App

The NPSL uses the Squadi mobile app to check in the players, coaches, and managers before the match. The Squadi app is also used to report on the match after its conclusion. The NPSL does not use individual player passes. Prior to the match, each team submits their 11 starters, up to 7 substitutes, and coaches/managers present on the touchline for the game via the Squadi app. The Squadi app shows each individual's photo to ensure they are validated. Documentation on how to complete this task is provided in the league's pregame email.

Game Reports

After the match, the referee crew uses the Squadi app to report all goals, substitutions, and yellow/red cards issued in the match, along with what time those events happened. The Squadi app also allows for the capturing of assists to goals, but this portion is not mandatory to report upon. Documentation on how to complete this task is provided in the league's pregame email.

Supplemental Reports for Red Cards

Upon completion and verification, the referee crew should submit any supplemental reports pertaining to red cards issued in the match, via the Squadi app. Documentation on how to complete this task is provided in the league's pregame email.

Supplemental Reports for Other Incidents (non-red cards)

If additional supplemental reports need to be filed, please utilize the form at npsl.com/supplemental-referee-report.

If there is an instance of referee abuse or assault, every member of the referee crew must file a report to document what they witnessed. They must also email Paul Scott (NPSL) at pscott@npsl.com, Mat Cheeseman (US Soccer) at mcheeseman@ussoccer.org, and their National Assignor.

In the event of an emergency, contact Paul Scott, NPSL Director of Officials & Health and Safety, at pscott@npsl.com or [918-230-3325](tel:918-230-3325).



Section 8:

Additional NPSL Policies

After the Match

Approaching Game Officials - No player, coach, or team staff member shall threaten game officials either verbally or physically or make contact in any manner either before, during, or after the match. Coaches and team staff shall not approach game officials before the game, at the end of the half, on the way to or from the locker room to lobby for a certain call, discuss the approach to the game, or criticize a game official's performance. No one may enter the referees' dressing room without permission. It is strongly recommended that the RL or stadium security be posted outside the officials' dressing room. The referee shall report all such incidents in the NPSL Supplemental Report, and offending individuals shall be subject to a league fine and/or suspension. The Officiating Crew Evaluation Form is the proper vehicle to express opinions on a game official's performance.

Entering the Field - A player, coach, or other team staff member entering the playing field during an NPSL game when not authorized to do so shall be fined and/or suspended by the league.

Ejected Players & Coaches Removal Policy - Players and coaches sent off from the field of play shall be met at the sideline at midfield by the referee liaison or the individual designated to provide security and escorted to the locker room, and are not permitted to watch the game. They must remain in the locker room for the remainder of the match. Additionally, coaches who are removed from the game are not permitted to communicate with their team staff or players during the remainder of the game and are not allowed to remain in the locker room during halftime. The type of communication prohibited would include cellular, 2-way radios, electronic/digital, written, or verbal. Players or coaches returning to the field of play or stands during or directly following the match are subject to additional sanctions. Security personnel should only enter the field at the referee's request.

Host Team Responsibilities and Requirements

Complimentary tickets - The home team must provide two (2) complimentary tickets per referee crew member including the assessor if assigned.

Stadium parking - The home team must provide a complimentary parking pass on the day of the game for each crew member including the assessor if assigned. This pass must be provided through the use of a physical pass or by including the name of the official(s) on a parking list at the parking lot entry gate.

Locker rooms - The home team must provide a locker room for the officials, separate from each of the teams. The locker room shall contain at the minimum towels and water. Absolutely no one is permitted in the official's locker room outside of the officiating crew, the assigned US Soccer official assessor, NPSL Staff, and the Director of Officials. Outside member contact with officials on the field or in the areas adjacent to the field shall not be permitted unless specifically approved by the NPSL.

Reporters and media requests - Referee team members are not to comment on any matters related to the game. All inquiries should be referred to the NPSL Media Director or Director of Officials.

Social Media - The use of Social Media by game officials relative to the discussion of NPSL assignments, game day facts, NPSL teams, and players is expressly prohibited.



Section 9:

Game Official Fees and Travel Policy

Senior competition:

Regular Season and Early Playoff Game Fees: \$160 Center Referee, \$120 ARs, \$95 Fourth Official Regional
Semi-Finals AND Regional Finals: 160/120/120/100
National Semi-Finals: 180/135/135/120
Championship Match: 260/175/175/150

Travel Expenses: Travel support will only be provided for trips of 300 miles or more. This must have preauthorization from Paul Scott. In this circumstance, the league will provide \$200 as a per diem.

In cases of a game being canceled due to any reason, including weather conditions:

- Cancellation within 24 hours and referees are en route or arrive at the venue: full game fees and travel fees apply if applicable.
- Cancellation within 24 hours and referees have not yet traveled: full-game fees apply, no travel fees
- Cancellation within 48 hours: half-game fees apply, no travel fees
- If a game is canceled 48 hours in advance then no fees are paid

Addendums:

Minimum Standards Reports

The league and teams strive for a level of excellence. To that end, we have instituted minimum standards. In the pre-game email, there is a link and instructions for completing a minimum standards checklist. Before the match, confirm each item in conjunction with the Referee Liaison. Visually confirm that the individual standards are met. Do not guess post-match as there are fines associated with each minimum standards violation. Please ensure that the minimum standards report is submitted for each game.

Supplemental Reports

The supplemental match report is an important part of the referee crew's job. Without a complete description of send-offs, the relevant governing committee cannot make informed decisions when it comes to suspensions and fines. To aid officials in the construction of the report, US Soccer has a summary of the important elements in their Advice to Referees. Section 5.13, which is included below, outlines items to address.

In the description of the event, it is vital to provide details so that the reader has a clear understanding of what transpired. As part of this then, it should describe the distances traveled, how long the action took place, what was said, visual actions of a player or bench personnel, and preventative actions taken by the officials. Additionally, information is needed about the person who suffered the action leading to the opponent's misconduct. This includes: Who was the player? Where on their body was the impact? Did they suffer an injury? Did they receive treatment? Were they able to continue playing or did they leave the game then or later in the match due to the injury suffered?

For example:

In the 78th minute, John Smith, #99 of the Falcons was sent-off for serious foul play. While attempting to challenge for the ball in front of his team's bench, he struck the Spirit's #8, Dave Davies with his cleats. Mr. Smith lunged from a distance of about three yards with a straight leg, catching Mr. Davies in the left thigh with his studs. A foul was immediately whistled and the referee and fourth official intervened to prevent mass confrontation by the players. A red card was shown and Mr. Smith left the field without incident. Mr. Davies received treatment from the trainer and continued playing. Approximately eight minutes later, Mr. Davies was substituted from the game due to this injury.

With a description containing such details, the NPSL disciplinary committee can contact the Spirit's team to inquire as to Mr. Davies' health and then come to an informed decision upon the length of suspension for Mr. Smith.

The referee's match report should be reviewed by all members of the referee team. By submitting the reports via the Squadi app, the referees state that the information is correct. It is vital to confirm the accuracy of this document.



Addendums:

NPSL Air Quality Policy

Various areas of the country could possibly be at risk for poor air quality due to wildfires or other factors. The air quality policy is described below:

NPSL Air Quality Policy

With player safety a primary concern, the NPSL policy is to follow the EPA guidelines to determine if a match should be postponed. The EPA has determined that an Air Quality Index (AQI) that exceeds 151 is considered unhealthy for everyone. It is recommended that teams should also follow the EPA's AQI guidelines when scheduling practices or other outdoor activities. To assist in decision-making, please refer to www.airnow.gov or download the airnow.gov app.

Process for Determining Game Postponements Due to Air Quality

When the AQI forecast in a venue's zip code exceeds 151 on game day or the day prior to game day, the league authorizes teams to either find an indoor field or seek a postponement. To request a postponement the HOME TEAM shall:

1. Contact the league via email cc'ing the opposing team with documentation of the AQI to request a postponement or change of venue.
2. If the venue has mandated the closure of a venue due to the AQI, that documentation shall be provided to the league.
3. Once the league has approved the postponement in writing, teams may post the
4. updated information on social media. The league will also announce the postponement. The league will contact the referees.
5. Inform the league of the reschedule date within 3 days of the original game.



Addendums: U.S. Soccer Heat Guidelines

This is a guide for coaches, referees and players for training in warmer climates. Additionally, it serves as a guide for match play, hydration breaks and participant safety during extreme temperature conditions. The information provided is not a substitute for medical or professional care, and you should not use the information in place of a visit, consultation or the advice of your physician or other health care provider. For specific questions and concerns, please consult your health care provider or physician.

STEP 1 FIND THE WET BULB GLOBE TEMPERATURE (WBGT)
Measure the temperature and humidity at your site. Find the estimated WBGT corresponding below.

		WET BULB GLOBE TEMPERATURE (WBGT) FROM TEMPERATURE AND RELATIVE HUMIDITY																																
		TEMPERATURE IN DEGREES FAHRENHEIT																																
		68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2	104.0	105.8	107.6	109.4	111.2	113.0	114.8	116.6	118.4	120.2	122.0		
RELATIVE HUMIDITY (%)	0	58.0	60.8	60.8	62.6	64.4	64.4	66.2	66.2	68.0	68.0	69.8	71.6	71.6	73.4	73.4	75.2	75.2	77.0	77.0	78.8	80.6	80.6	82.4	82.4	84.2	84.2	86.0	87.8	87.8	89.6	89.6		
	5	60.8	60.8	62.6	64.4	64.4	66.2	66.2	68.0	69.8	69.8	71.6	71.6	73.4	73.4	75.2	75.2	77.0	78.8	78.8	80.6	80.6	82.4	82.4	84.2	84.2	86.0	87.8	87.8	89.6	91.4	91.4	93.2	95.0
	10	60.8	62.6	62.6	64.4	66.2	66.2	68.0	69.8	69.8	71.6	73.4	73.4	75.2	77.0	77.0	78.8	80.6	80.6	82.4	84.2	84.2	86.0	86.0	87.8	89.6	89.6	91.4	93.2	95.0	96.8	96.8	98.6	98.6
	15	62.6	62.6	64.4	66.2	66.2	68.0	69.8	69.8	71.6	73.4	73.4	75.2	77.0	78.8	78.8	80.6	82.4	82.4	84.2	84.2	86.0	87.8	89.6	89.6	91.4	91.4	93.2	95.0	96.8	98.6	100.4	102.2	102.2
	20	62.6	64.4	64.4	66.2	68.0	68.0	69.8	69.8	71.6	73.4	75.2	75.2	77.0	78.8	80.6	80.6	82.4	84.2	86.0	87.8	89.6	89.6	91.4	93.2	95.0	96.8	96.8	98.6	100.4	102.2	102.2	102.2	
	25	64.4	64.4	66.2	68.0	68.0	69.8	71.6	73.4	75.2	75.2	77.0	78.8	80.6	82.4	82.4	84.2	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	98.6	100.4	102.2	102.2	102.2	102.2	102.2	
	30	64.4	66.2	68.0	68.0	69.8	71.6	73.4	73.4	75.2	77.0	78.8	80.6	82.4	84.2	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	98.6	100.4	102.2	102.2	102.2	102.2	102.2	102.2	102.2	
	35	64.4	66.2	68.0	69.8	71.6	73.4	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	
	40	66.2	68.0	69.8	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	
	45	66.2	68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	
	50	68.0	69.8	71.6	73.4	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	
	55	68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	
	60	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	
	65	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	
	70	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	100.4	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	
	75	71.6	73.4	75.2	77.0	78.8	80.6	84.2	86.0	87.8	89.6	91.4	95.0	96.8	98.6	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	
80	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	89.6	91.4	93.2	96.8	98.6	100.4	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2		
85	73.4	75.2	77.0	78.8	82.4	84.2	86.0	87.8	89.6	93.2	95.0	98.6	100.4	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2		
90	75.2	77.0	78.8	80.6	82.4	84.2	87.8	89.6	91.4	95.0	96.8	98.6	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2		
95	75.2	77.0	78.8	80.6	84.2	86.0	87.8	91.4	93.2	95.0	98.6	100.4	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2		
100	75.2	78.8	80.6	82.4	84.2	87.8	89.6	91.4	95.0	96.8	100.4	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2		

NOTE: This table is compiled from an approximate formula which only depends on temperature and humidity. The formula is valid for full sunshine and a light wind. Table adapted from Bureau of Meteorology

Living organisms can survive only within a certain temperature range. When the ambient temperature is excessive, humans and many animals cool themselves below ambient by evaporative cooling of sweat to help prevent potentially fatal hyperthermia due to heat stress. Cooling of the human body through perspiration is inhibited as the temperature and absolute humidity of the surrounding air increases in summer.

The Wet Bulb Globe Temperature (WBGT) provides a useful indication of the degree of heat stress, and is used by several agencies as the basis for heat stress prevention guidelines. A sustained wet-bulb temperature exceeding 95 °F is likely to be fatal even to fit and healthy people. At this temperature, our bodies switch from shedding heat to the environment, to gaining heat from it. Thus 95 °F is the threshold beyond which the body is no longer able to adequately cool itself.

STEP 2 FIND YOUR REGIONAL CATEGORY
Determine which region category you are in based on the map.



TRAINING & MATCH PLAY LIMITS

CANCELLATION OF TRAINING

Depending on your region category, recommend cancellation of training or delay until cooler when WBGT for

Cat 1 >86.2°F

Cat 2 >89.9°F

Cat 3 >92.0°F

MATCH PLAY HYDRATION BREAKS: WBGT OF 89.6 °F

Provide hydration breaks of 4 minutes for each 30 minutes of continuous play (i.e., minute 30 and 75 of 90 minute match)

STEP 3 FIND YOUR ALERT LEVEL AND WORK TO REST RECOMMENDATIONS

Based on your WBGT and Regional Category determine your Alert Level and Work to Rest Recommendations using the table below.

ALERT LEVEL	WBGT BY REGION (°F)			EVENT CONDITIONS	RECOMMENDED WORK TO REST RATIOS (ACTIONS & BREAKS)
	CAT 1	CAT 2	CAT 3		
BLACK	>86.2°	>89.8°	>92.0°	Extreme Conditions	No outdoor training, delay training until cooler, or cancel training.
RED	84.2-86.1°	87.8-89.7°	90.1-91.9°	High Risk for Heat Related Illness	Maximum of 1 hour of training with four separate 4-minute breaks within the hour. No additional conditioning allowed.
ORANGE	81.1-84.1°	84.7-87.7°	87.1-90.0°	Moderate Risk for Heat Related Illness	Maximum of 2 hours of training with four separate 4-minute breaks each hour, OR a 10-minute break every 30 minutes of training.
YELLOW	76.3-81.0°	79.9-84.6°	82.2-87.0°	Less than Ideal Conditions	Three separate 4-minute breaks each hour, OR a 12-minute break every 40 minutes of training.
GREEN	<76.1°	<79.8°	<82.1°	Good Conditions	Normal activities. Three separate 3-minute breaks each hour of training, OR a 10-minute break every 40 minutes.

This guideline was developed by U.S. Soccer's Sports Medicine Department in collaboration with the Korey Stringer Institute