



## TABLE OF CONTENTS

---

1.	General Information	11.	Failure to Play & Abandonment
2.	Format	12.	Failure to Appear
3.	Promotion & Regulation	13.	Team Misconduct
4.	Standings & Awards	14.	Match Regulations
5.	Rescheduled Matches	15.	Laws of the game
6.	Participating Team Entry & Obligation	16.	Match Suspension & Termination by Referee
7.	Rosters	17.	Protests
8.	Player Eligibility	18.	Sponsorship
9.	Player Transfers	19.	GFA Office Hours
10.	Player Ineligibility	20.	Matters Not Provided for

### PHILOSOPHY

*The GFA Mom's League is a soccer league for novices that emphasize fun and recreation. **Standings are not recorded**, the spirit of the game should be kept light, and referees are encouraged to call the game closely.*

#### 1. General Information

- a. By participating in this competition, all players, coaches, team officials, parents, and spectators agree to abide by these rules and any sanctions for violating these rules.
- b. The official name of the competition shall be **2026 Metgot Mom's League (hereafter referred as the "Mom's League".)**
- c. The competition shall be organized by the GFA Football Events Department.
- d. The Person of Contact shall be Ashley Besagar, GFA Competition Administrator, who can be reached at [gfafed@theguamfa.com](mailto:gfafed@theguamfa.com) or at (671) 637-4321 ext. 202.
- e. All matches shall be played at the GFA National Training Center in Harmon, Guam.

#### 2. Format

- a. Small-sided games: 8v8 playing on 60 meters in length and 40 meters in width fields.
- b. 4 – ten (10) minute quarters, and three (3) minute breaks between quarters and 1 – ten (10) minute half time.
- c. NO Offside, unlimited substitutions.
- d. In the event there are no referees are available one team would need one (1) representative to officiate the game. Furthermore, representatives would need to submit a W-9 as this is a paid position.
- e. Games are RECREATIONAL in nature and should be kept good in spirit and fun competition.



### 3. Promotion & Regulation

- a. Not applicable

### 4. Standings & Awards

- a. As this is a recreational league, standings are NOT recorded.

### 5. Reschedule Matches

- a. Clubs are to follow the Power Up Official schedule to ensure the competition may run as efficiently as possible.
- b. The Department will work with clubs for any rescheduled matches due to inclement weather, force majeure, public health restrictions, or any other unforeseen circumstances.
- c. There will be no requests for rescheduling of games for the 2026 season due to the following reasons:
  - i. Field closure
  - ii. Hosting of international competition.
  - iii. Limited availability of referees.

### 6. Participating Team Entry & Obligations

- a. Only GFA Member Club are eligible to participate in the GFA sanctioned adult league.
- b. Member Clubs shall submit the Participating Team Agreement (PTA) by **January 16, 2026 by 5:00 pm.**  
<https://www.jotform.com/build/242719300532853>
- c. Clubs with any outstanding financial and/or disciplinary financial obligations shall not be permitted entry into the competition. The league fee and any applicable additional fees must be paid in full or in accordance with the payment terms set forth on the invoice, within forty-five (45) days from the first week of competition matches. Where an invoice provides installment payments, the first installment must be paid on or before the scheduled due date. The subsequent installments are strictly enforced per the invoice schedule. Failure to remit payment within the prescribed timeframe shall result in forfeiture of the club's participation and may subject the club to additional sanctions, penalties, and fines.
- d. Coaches are required to be registered in Power Up and apply for the season. Club Member Zone >> Sign In >> Get Involved >>Team Official Application.
- e. Club's Power Up Administrator must enter a team into the Power Up Convenor >> Manage>> Manage Teams>>Submit Governing Body.
- f. Member club shall submit the team in PowerUp by **January 21, 2026, by 5:00 pm.**
- g. Should a member club decide to withdraw between **January 21, through February 4, 2026** there is no fine to the member club. Should a member club decide to withdraw from the competition beyond the **February 4, 2026**, the member club will be fined \$100.



## 7. Rosters

- a. Each team has a roster limit of 25 players and 2 non-playing officials.
- b. Managers can either submit a hard copy roster or digital copy through PowerUp to the Football Department prior to the match.
- c. Suspended players and Officials are NOT allowed in the technical area. NO EXCEPTIONS.

## 8. Player Eligibility

- a. **All players MUST be a natural parent or legal guardian and MUST be born on or before 2008.**
- b. A player may participate in the competition if she has a current Power Up Sports account and any outstanding balances and fines are “processed”.
- c. All players’ registration into the league, **ALL SALES FINAL. NO REFUNDS**
- d. **All players must be registered in Power UP complete with proof of birthdate via Driver’s License, Passport, Government ID, Birth Certificate or GFA Verification of Birth Document, Child Birth Certificate/Guardian Ship Document, Player Photo, and no outstanding disciplinary sanctions and/or fines.**
- e. GFA retains the right to its policy in regard to player registration. Failure to provide player’s proof of Date of Birth (or providing erroneous information, or unacceptable document) will cancel the player’s application for registration. The Guam Football Association reserves the right to modify or supplement the provisions of player registration at any time.
- f. Any suspension and fines imposed will need to be served and paid before being eligible to participate in a match.
- g. A player in the competitive division is prohibited from playing in the Moms League division.
- h. If you are registered to the 2026 Latte League, you CAN NOT play for the Mom’s League.
- i. Any player who does not meet the above requirements will be considered ineligible.
- j. Current and former GFA National Team Players are not eligible. A National Player is defined as any player who was selected to a traveling team in the last FIVE (5) years.
- k. It is the responsibility of each Team Manager/Coach to know who is not eligible on his/her team.

## 9. Player Transfers

- a. A player may only transfer her registration to another club during the season on the condition that she has not played any matches, in whole or in part, for her original club. Once a player plays for a club, she may NOT register to play for another club in the same competition. There will be NO refunds, if you qualify to switch clubs, you must be “PROCESSED” with the new club.



#### **10. Player Ineligibility (Per Article 58 of the GFA Disciplinary Code-Edition 2021)**

- a. If a player takes part in an official match despite being ineligible, her club will be sanctioned by forfeiting the match and paying a minimum fine of \$50.

#### **11. Failure to Play & Abandonment (Per Article 60 of the GFA Disciplinary Code-Edition 2021)**

- a. If a team refuses to play a match or to continue playing one which it has begun, it has committed an offence.

**PENALTY: Forfeit of the match and fine of at least \$200**

- b. The offence is aggravated in repeat offences

**PENALTY: Forfeit of the Match and fine of at least \$200 (plus \$50 for each repeated offence) possible disqualification from a competition in progress and/or exclusion from a future competition.**

#### **12. Failure to Appear**

- a. If a club fails to give proper notice and fails to produce the minimum of five registered players by the scheduled kickoff time, they will receive a forfeit.
- b. If both teams fail to meet the above requirement, both teams will receive a forfeit.
- c. Any fines must be paid prior to the forfeiting team's next scheduled match. Failure to pay will result in an additional forfeit.

#### **13. Team Misconduct**

- a. As this is a competition, teams must follow and set by example the level of good sportsmanship and fair-plays.
- b. GFA recognizes that participation in said activities is a source of strong emotional feelings, which with the desire to win will often during sporting matches lead to misunderstanding, disagreements, and other conflicts.
- c. However, GFA also believes that every participant has a duty to respect the right of competitors to hold conflicting views and accept the limits of amateur sports officiating.
- d. GFA expects its coaches, players, referees, and spectators, as well as their friends and families to deal with conflicts in a spirit of good sportsmanship and to cooperate in promoting the enjoyment of football to the greatest extent possible.
- e. Illegal, unfair, rowdy, violent, dangerous, and unsportsmanlike behavior will not be tolerated, whether on the field of play or on the GFA Facility.
- f. GFA expects all participants and spectators to show respect for opponents, officials, and participants of GFA competitions, activities, and promotions, regardless of their skill.
- g. All participants agree to abide by the Release of Liability, Zero Tolerance Policy, Code of Conduct, IFAB 2025/26, and the GFA Disciplinary and Ethics Code. Available via Power Up or the GFA website.



h. Unacceptable conduct shall include, but not be limited to:

- All coaches and players are not allowed to use the locker rooms or gym during league games.
- Consumption of alcohol by players and coaches is strictly prohibited immediately before the match and during the match. Furthermore, alcoholic beverages are prohibited in the technical area.
- Vulgarity by coaches, players, or spectators directed toward anyone;
- Harassment of referees, coaches, or players by anyone;
- Debasement or degradation of referees, coaches, or players by anyone;
- Physical violence or threat of violence directed toward anyone or encouraged by anyone;
- Verbal or physical assault on a referee. Physical assault is defined as any physical contact initiated by a player, coach, team official, spectator, elected officer, or appointed official.
- Use of illegal drugs/doping and smoking (all forms).

i. Global Stand Against Racism:

Our league adopts FIFA's zero-tolerance policy towards all forms of racism and discrimination. This includes any verbal, physical, or symbolic acts of racism during matches, training sessions, or related events. In line with FIFA's Global Stand Against Racism, players, coaches, and officials are empowered to use the "No Racism" gesture—crossing their wrists—to signal incidents of racial abuse. This action prompts the referee to initiate the three-step procedure:

- 1) Stop the match.
- 2) Suspend the match.
- 3) Abandon the match if the abuse persists.

This protocol is mandatory and applies to all league activities. For reporting any incidents, please complete the GFA Incident Form on the GFA website.



j. Concussion: Suspect and Protect

Player safety is paramount. Any individual exhibiting signs or symptoms of a concussion must immediately leave the field and seek medical attention. Symptoms may not be immediately apparent and can develop up to 72 hours post-impact. In accordance with FIFA's "Concussion: Suspect and Protect" campaign, players are prohibited from returning to play on the same day of a suspected concussion. Additionally, permanent concussion substitutes are permitted under the Laws of the Game to ensure player safety.

For additional references, please check out FIFA Concussion document on GFA Website: [Guam Football Association | Education](#)

k. Safeguarding: Protecting All Participants

Our league is committed to creating a safe environment free from harassment, abuse, exploitation, or neglect. This commitment aligns with FIFA's Guardians program, which provides a framework to prevent harm and respond appropriately to safeguarding concerns. All individuals involved in the league—players, coaches, officials, and volunteers—are expected to adhere to these safeguarding principles.

Youth players are entitled to a safe playing environment where their physical, emotional, and mental well-being is prioritized at all times.

Referees are protected from intimidation, abuse, or threats during matches, ensuring they can perform their duties fairly and safely.

Any safeguarding concerns must be reported promptly using the GFA Incident Form - Safeguarding available on the GFA Website or contact Mr. Walter Benavente, GFA Safeguarding Officer ([eventadmin1@theguamfa.com](mailto:eventadmin1@theguamfa.com)).

#### 14. Match Regulations

- a. Minimum number of players to play a game is 5.
- b. Substitution is on the fly. Entry and exit point for substitution will be at the halfway line. Players must exit the pitch before substitute player can enter.



c. MERCY RULE

- i. The “Mercy Rule” will apply once a team is up by 5 goals (or has a goal differential of 5). Once a team is ahead by 5 goals, the leading team must remove a player. If the leading team scores again, the team must remove another player but no less than five players. If the losing team scores, the leading team can put back a player and so on. Once a team is at five players, no further players will be removed.
- d. Charging the goal keeper will not be permitted.
- e. The goalkeeper may dropkick/throw/roll/ place the ball down and dribble instead of a punt.
- f. Sliding tackling a player to dispossess her of the ball is NOT permitted. Slide tackling will be determined at the referee’s discretion.

**15. Laws of the Game**

a. *Law 3 The Number of Players (Substitutions)*

- i. An unlimited number of substitutions may be made and players may re- enter the match after being substituted.

b. *Law 4 The Players Equipment*

- i. With the exception of the goalkeeper, all players on a team must wear similar color jerseys, similar color shorts and similar color socks. A variation in color shades for shorts and socks is acceptable. Shorts must be worn over leggings and compression shorts. No pockets in shorts allowed.
- ii. All players should wear a unique jersey number listed on the official roster.
- iii. A field player substituting a goalkeeper must wear a number different than the goalkeeper she is replacing. It may be a different number than her field player jersey as long as no other player on the roster has the same number.
- iv. A goalkeeper substituting a field player must wear a number different than the field player she is replacing. It may be a different number than her goalkeeper jersey as long as no other player on the roster has the same number.
- v. If – in the opinion of the referee – there is a uniform conflict, the home team must use a different-colored jersey. A uniform set of bibs may be used as an alternative.
- vi. With the exception of a Medical Alert necklace/bracelet, players may not wear jewelry of any kind. This includes watches, fashion bracelets, rubber bands, necklaces, etc.
- vii. Players may not participate in a match if they are wearing a hard, unyielding cast, splint, or brace – even if padded.
- viii. Players may wear undergarments (e.g. compression shorts) of a different color than the sleeve or shorts as long as it is a solid color.
- ix. The match commissioner will be the authority to determine whether
  1. Players are in compliance with the above rules.
  2. If no match commissioner is present, the referee will make the determination.
- x. Any player found in violation of Section 16b will be considered an ineligible player.



c. *Law 12 Fouls & Misconduct*

- i. Caution Accumulation: A player who receives a caution in three separate matches will be suspended for the match that immediately follows the third caution. A player sent off for two cautions in the same match will not count as two cautions (it is a red card). However, a player who received a caution and then a straight red card in the same match will have the caution counted in the accumulated caution tally.
- ii. A player who is sent off – after receiving two cautions in the same match or shown a straight red card – shall not play in the next match of the competition.
- iii. Ejection – Team officials in the technical area who, at the discretion of the referee, are guilty of committing a sending-off offence will be asked to leave the field of play.
- iv. Players sent-off and team officials ejected must leave immediately and may come no closer than 30 yards from the perimeter of the field of play.
- v. Any player or team official that is sent off or ejected will be referred to the GFA Disciplinary Committee and may receive additional sanctions.

**16. Match Suspension & Termination by the Referee**

- a. If a referee stops a match for reasons of- but not limited to- safety (e.g. bad weather), serious infringement of the Laws of the Game (e.g. broken leg), and interference by spectators, the following procedures must be followed:
  - i. The match is stopped and suspended for up to 15 minutes to allow conditions to improve. If conditions do not improve sufficiently to restart the match after the 15 minutes, the referee shall terminate the match.
  - ii. If a match is terminated after the halftime whistle, the result shall be considered final.
  - iii. If a match is terminated before the halftime whistle, the GFA Competitions Committee shall determine if the result is final, if the match should be replayed, or if an alternate solution is needed.
  - iv. No appeals may be made against decisions stated in this section.

**17. Protests**

- a. As this is a recreational league, no protests shall be heard. Constructive comments are welcome. Please email concerns to [gafed@theguamfa.com](mailto:gafed@theguamfa.com).



**18. Sponsorship**

- a. The Mom's League is sponsored by TBA

**19. GFA Office Hours**

- a. The GFA Main Office is open Monday to Friday from 10:00am-5:00pm.
  - a. Phone: (671) 637-4321; Email: [info@guamfa.com](mailto:info@guamfa.com); Website: [www.guamfa.com](http://www.guamfa.com).

**20. Matters Not Provided For**

- a. The GFA Women's Committee shall rule on any matters not provided for in this document.