



MOMENTUM SOCCER LEAGUE (MSL)

RULES AND PROCEDURES

Created 4 October 2025

The Momentum Soccer League is a limited liability company (LLC) whose mandate is to provide a venue for organized affiliated (through FIFA, US Soccer Federation, USASA, and NMSSA) soccer for adults in the Greater Albuquerque Area of New Mexico. The Rules and Procedures that govern MSL are set forth in this document.

The Rules as presented in this document pertain to ALL MSL competitions unless specifically identified in this document. Rules and Procedures that pertain only to 9v9 competitions are identified in Annex 1.

SECTION I: RULES

RULES: The FIFA Laws of the Game shall apply to all matches unless otherwise stipulated here.

1. **Substitutions:** Unlimited substitutions in each game. A team may substitute for a player at the following times:

- a) During a goal kick or at re-start after a goal by either team.
- b) At half time.
- c) During a throw-in (both teams may make a substitution during a throw-in).
- d) In the event of an injury.
- e) Unlimited substitutions are allowed at any stoppage of play, subject to referee approval. All substitutions must occur without delaying the restart. The referee retains authority to restrict substitutions that are unreasonable or used for time-wasting purposes.

In each case (except for half time) the team must obtain the referees' permission prior to substitution.

2. **Uniforms:** As a minimum, every team must have **numbered jerseys** which are "similar" color – numbers must be visible and be placed on the chest or center of the back of the jersey. Matching socks and shorts are encouraged but not required. The **home team** (i.e. team listed 1st on the schedule) shall be responsible for **changing uniform** in the event of a color conflict. **No tape or markers** shall be used to mark the number on the jersey. Teammates will not be permitted to exchange shirts during a match. If a "similarly colored" jersey is used in the case of a shortage, the opposing Team's Rep can appeal to the referee if he/she sees this as a conflict of color. The referee will then make the call if in his/her judgment there is a color conflict in which case the referee may disallow use of that shirt (thus the player must change shirt).
3. **Player Safety and Equipment:** Implementation of player safety regulations and enforcement of equipment guidelines are the responsibility of the referee. As per guidelines established:
 - A. All players **must** wear **shin guards** to play. Hard surfaces of shin guards are to be **covered with socks**. (**REFEREES HAVE BEEN INSTRUCTED TO GIVE A YELLOW CARD FOR PLAYERS WHO ARE FOUND PLAYING ON THE FIELD WITHOUT SHIN GUARDS POST CHECK-IN**)
 - b. No shoes with front-cleats may be worn (i.e., no baseball or football cleats). Shoes with soles containing aluminum, leather, rubber, nylon or plastic cleats, studs or bars, whether molded as part of the sole or detachable are allowed.
 - c. No jewelry, metal devices, or hazardous equipment may be worn. **Watches such as a fit bit or low-profile sports watch are allowed with referee's discretion.** Any items worn by players must be inspected and in accordance with the FIFA laws of the game and is each individual referee's discretion.
 - d. Casts can be allowed if they are padded & the Referee approves them before the game and that such protective devices pose no threat to other players.
4. **Grace Period:** Grace periods are afforded in both 11v11 and 9v9 competitions as follows:
 - a. **11v11 MEN'S:** (90-minute games) A grace period of 10 minutes is given to teams that have less than 7 players at the scheduled kick-off time. A team must have 7 players in order to start or end a game. If a team does not have a minimum of 7 fully dressed players on the field within this time the game shall be ruled a forfeit.
 - 1) Within the 10-minute grace period, once a team has 7 eligible/rostered players, at the field, the team manager is responsible for ensuring the players are ready and call them on to the field so the game can start immediately.
 - 2) The referee shall be aware of players delaying the start by taking an excessive amount of time to get ready and shall warn and/or penalize them accordingly.
 - 3) Furthermore, if a player is present at the game and purposefully does not step on the field (thus making it 7 players) to allow the game to start at any time during the 10-minute grace period, the game is then forfeited.
 - 4) Special circumstances, **if both Team Reps agree an additional 10-minute grace period can be given but understand the game will be shortened by 10-minutes each half.**
 - 5) If a game is delayed due to lack of the minimum number of players, the referee will shorten the game by the number of minutes delayed.

- b. **11v11 COED:** (90-minute games) A grace period of 10 minutes is given to teams that have less than 7 players at the scheduled kick-off time. **A team must have 7 players in order to start or end a game, 1 which needs to be a female.** If a team does not have a minimum of 7 fully dressed players on the field within this time the game shall be ruled a forfeit.
 - 1) Within the 10-minute grace period, once a team has 7 eligible/rostered players, at the field, the team manager is responsible for ensuring the players are ready and call them on to the field so the game can start immediately.
 - 2) The referee shall be aware of players delaying the start by taking an excessive amount of time to get ready and shall warn and/or penalize them accordingly.
 - 3) Furthermore, if a player is present at the game and purposefully does not step on the field (thus making it 7 players) to allow the game to start at any time during the 10-minute grace period, the game is then forfeited.
 - 4) Special circumstances, if both Team Reps agree an additional 10-minute grace period can be given but understand the game will be shortened by 10-minutes each half.
 - 5) Any combination of 7 players can start the game. 1 of which is a goalkeeper and 6 field players. The goalkeeper can either be male or female. **The max number of men allowed on the field is 6 at any time, excluding the goal keeper. Coed teams must have at least 1 female out of the minimum 7 players to start the game.**
- c. **9v9 COED:** (80-minute games) All the same rules apply about the grace period in the 11v11 format. A game must start as soon as possible after the scheduled kick off time as long as a team has the required minimum of 5 players. Any combination of the 5 players can start the game. 1 of which is a goalkeeper and 4 field players. The goalkeeper can either be male or female. **The maximum number of men allowed on the field is 5 at any time, excluding the goal keeper. Coed teams must have at least 1 female out of the minimum 5 players to start the game.**
- d. **9v9 WOMEN'S:** (80-minute games) All the same rules apply about the grace period in the 11v11 format. A game must start as soon as possible after the scheduled kick off time as long as a team has the required minimum of 5 players. **A team must have a minimum of 5 players to start and end the game otherwise the game be ruled a forfeit.**

*Note that purposeful delay by players stepping on the field to allow time for other teammates to arrive shall be subject to the same sanctions as detailed above for 11v11 matches.

5. **Late Start:** The referee may only shorten a half (or halves) by 5 minutes to accommodate the 10-minute late start. The referee may not shorten the half-time break. The referee will advise the team captains as to time changes prior to the start of the game.
6. **Game Completion:** If a game is abandoned by the referee due to weather conditions the following shall apply:
 - a. During the "regular season" if abandonment occurs after the completion of the first half, the score at the time of abandonment shall stand as the final score.
 - b. During the "regular season" if abandonment occurs during the first half, the losing team can choose to accept the score without a reschedule. If the losing team chooses to reschedule the remainder of the game, the game shall be rescheduled with the remaining time played. The rescheduled game shall commence at the time when the game was abandoned (e.g. the 16th minute) with the score as it stood at the time of abandonment (e.g. 3-1).
 - c. **During the playoffs/finals**, the balance of the game shall not be rescheduled, despite the minute when abandonment occurs. The score at abandonment of the playoff game will stand.
 - d. **Standings/points:** (3) Three points are awarded for a win; (1) one point for a tie; (0) zero points for a loss.
 - e. *In the event of a two-way tie in points at the end of the season, standings will be determined based on the following tie break criteria:
 - i. Head-to-head result(s). In the event that one of those matches is a forfeit, the team who forfeited finishes lower in standings
 - ii. Overall goal differential.
 - iii. Forfeiture record
 - iv. Most goals scored
 - v. Least number of goals conceded (aka goals against)
7. **Championship Match:** In the event of a tie in the score at the end of a Championship Match (90 minutes) and the league needs to determine a winner, the game goes into overtime. Two (2) five minute halves (5 min) will be played to determine a winner. If both teams are still tied at the end of the extra ten minutes (10 min) of overtime, the winner will be determined by Penalty Kicks.

8. Extreme Heat & Lightning Rule

Purpose:

To ensure player safety during high-heat conditions by adjusting substitution rules and hydration opportunities.

- a. **Mandatory Water Breaks in High Heat** (Heat Index 80°F or Higher)
When the heat index reaches 80°F or higher, the following rules apply:
 - 1) One mandatory water break per half will be instituted, around the midpoint of each half.
 - 2) Water breaks will count **against match time**. Water breaks shall be no longer than 2 minutes in length each.
 - 3) Referees will signal the break has ended and restart play once players have returned to the field.
- b. **Monitoring & Enforcement**
 - 1) The referee assignor is responsible for monitoring the heat index and lightning using a reliable weather source or device during games.
 - 2) Heat index must be checked at game time.
 - 3) The Center Referee will check with both Team Reps if the heat index is over 85 degrees F or higher, asking for water breaks. If both teams deny or both teams agree, then the referee will follow the wishes of the agreed upon water break.

- 4) These policies are mandatory and supersede normal league rules during applicable conditions.

9. **Lightning Policy**

- a. If lightning is detected within a 10-mile radius of the fields, the referee will delay the match.
- b. In the event of a delay, play must be suspended for a minimum of 15 minutes before resuming.
- c. The referee assignor will be responsible for resuming games after lightning delays.
- d. Games will resume once the lightning is equal to or greater than a 10-mile radius of the fields.

SECTION II: REGISTRATION

Every team and every player participating in Momentum Soccer matches must be properly registered to be eligible to play. The registration process for 11v11 and 9v9 competition is similar, though costs, fees, roster lock dates, and roster sizes differ as specified.

Effective the start of the 2025/2026 seasonal year (beginning 1 December 2025), registration will be handled using League LINQ.

REGISTRATION: Registration procedures, including dates, costs, etc. are available through this document or the Momentum Soccer website (www.Momentum.Soccer).

Please direct any questions on either Team or Player Registration to audrey.momentumsoccer@gmail.com

Team and Player Registration is detailed below:

1. Players must be 18 or older to play in Momentum Soccer. 17-year-olds may participate when the following criteria's met:
 - a. Every player under the age of 18 must also have the "Parental Waiver Form" signed and every adult player, manager, coach, team representative, or other team-specified official of a team with players under the age of 18 must comply with current U.S. Soccer Federation guidelines pertaining to SafeSport policies and certification. As of June 14, 2019, the U.S. Soccer guideline is that: ***"Every adult player, manager, coach, team representative, or other team-specified official of a team with players under the age of 18 must take the online SafeSport certification and provide proof of taking such training to the League Director upon completion of the training."*** *Only after this requirement is met will the player be added to the team roster that contains a player under the age of 18. No player 16 or under will be allowed to play in the league.
 - b. For information on obtaining a Safe Sport Certificate, please go to nmssa.net under Safe Sport or email nmssasecretary0@gmail.com for more information.
2. As of September 1, 2017, any age-delineated league requires proof of age at registration by uploading a copy of a government-issued ID to the League LINQ registration.
3. **Refunds:**
 - a. If any rostered player is dropped from a team, a refund shall be made in the amount of a prorated amount based on the number of games left in the season. (For e.g. a player could have 3 games left in a season and would be issued a partial refund.) A formal request must be made to the League Director.
 - b. If a player drops out of the league prior to the first game, the NMSSA Annual Pass is non-refundable. This is for field and player insurance.
4. **Player Requests a new Team:**
 - a. If a player changes teams during the season, the player must pay a \$15 fee to move teams, but does not need to sit out any games.
 - b. To change teams, the player must notify the League Director for details on how to enact such a change. An invoice will be sent to the player to collect the \$15 fee.

For 8-game Regular Season Competition Roster "Lock Dates" are as follows:

- a. Rosters are closed at 8:00 PM the day before each scheduled game. (Saturdays at 8pm prior to each game for Sunday game days. Tuesdays at 8pm prior to each game for Wednesday game days.)
- b. Rosters are completely locked by 5:00PM the day before the 7th scheduled game. NO new players may be added to the team or transferred from another team. Teams cannot have guest players in the Semi-Finals, Finals, or Championship match.

For 10-game Regular Season Competition Roster "Lock Dates" are as follows:

- a. Rosters are closed at 8:00PM the day before each scheduled game. (Saturdays at 8pm prior to each game.)
- b. Rosters are completely locked by 5:00PM the day before the 8th scheduled game. NO new players may be added to the team or transferred from another team. Teams cannot have guest players in the Semi-Finals, Finals, or Championship match.

5. **DUAL REGISTRATION/GENDER/AGE:**

- a. **DUAL REGISTRATIONS** (i.e. a single player playing on more than one team in any given division) are not permitted in the Momentum Soccer League except for the following exceptions that apply to the 11v11 and 9v9 competitions:
 - i. Men and women can roster on one Men's Team or one Women's team in conjunction with one Coed team.
 - ii. No player can dually roster on a second Men's, second Women's or second Coed team in any division or at any level. Players must choose only 1 team in each category.

- b. Players who identify as **TRANSGENDER** or **NON-BINARY**:
 - i. In **February 2025**, President Trump issued **Executive Order 14201**, titled “**Keeping Men Out of Women’s Sports.**”
 - ii. The National Collegiate Athletic Association (NCAA) amended its participation policy so that women’s sports were limited to those **assigned female at birth**, citing the executive order as a national expectation.
 - iii. The USOPC (US Olympic and Paralympic Committee) updated its policies in November 2025 to bar transgender women from competing in women’s sports in line with the executive order. “A player may register with the gender team with which the player identifies, and confirmation sufficient for guaranteeing access shall be satisfied by documentation or evidence that shows the stated gender is sincerely held.”
 - iv. The US Soccer Federation (USSF) and US Adult Soccer Association (USASA) have identical policies matching the USOPC policy, requiring proof of gender.
 - v. ***Momentum Soccer will abide by all policies set forth by these governing organizations and executive order regarding transgender athletes in women’s divisions.***
 - vi. Players who identify as **transgender or non-binary** will need to show proof of gender via a **birth certificate** during registration to designate their identity for registration purposes.
 - vii. Rosters will need to reflect the gender designation to properly follow all male to female ratios in all coed leagues.
- c. To meet the minimum **AGE REQUIREMENT**, Momentum Soccer will follow USASA guidelines, (i.e. the player must have his/her birthday **within the calendar year** of the season in question). Thus, any player who turns 18 by the season start date shall be eligible to play in the Momentum Soccer League.

6. **PAYMENTS**: Payments to the league are to be made as follows:

- a. **Team Registration**: Registration may be made online through League LINQ. There is no team fee to register for the Momentum Soccer League. However, a team bond may be placed on a team in future seasons if a team registers and drops out of the season after the schedule is made for that season.
- b. **Player Registration**: Fees are set on a season-by-season basis. These fees must be paid at the time a player is registered.
- c. Note that fees (credit card processing fees, tax, etc.) do apply per transaction. Momentum Soccer may elect to change the form of payment accepted at any time. Fees depend on the referee, fields, equipment, and other miscellaneous costs. (i.e. painting fields, storage containers, maintenance fees, etc.)
- d. **Forfeit Fees**: Any team that forfeits a game with less than 48-hour notice, will need to pay a **\$50 forfeit fee** to Momentum Soccer. That fee will be collected via invoice to the team representative through the Stripe account. The team may not play in any scheduled matches until that forfeit fee is paid.

7. **BONDS**: In the event that a large number of teams are present in the Momentum Soccer League and space is limited, bonds will apply as follows:

Every team in the Momentum Soccer League, shall be required to post a bond as follows:

- a. **11v11**: \$100 bond.
- b. **9v9**: \$90 bond.

Bonds shall be held by Momentum Soccer for the purpose of ensuring that the team is in compliance with the game day requirements of these Rules and Procedures, does not forfeit any game, or otherwise violates any rule. In the event that the team violates any rule that has a monetary fine, the bond shall immediately be forfeited to the League and applied towards the fine. Upon the forfeit of the Bond, the team shall be suspended from further League play until the Bond is renewed by paying an additional amount (equal to the bond amount) to replace the forfeited bond. Teams that were registered for play and were in good standing with the Momentum Soccer at the end of previous seasons shall be exempt from the Bond requirement provided they remain in Good Standing with the League. Therefore, the bond can be carried over from season to season if teams renew their registration with Momentum Soccer and are in good standing at the completion of the last season.

For this section only (“Section II #7: – Bonds”), A team’s Good Standing status left to the discretion of the Momentum Soccer board, considering the nature and number of any game forfeitures, outstanding monetary fines, or other pending disciplinary action. Should a team, which is exempt from posting a bond under this section, violate any rule, then that team shall lose their Good Standing status and will be required to post the required bond in addition to the forfeit penalty.

SECTION III: PLAYER PASSES (CARDS)

Players must present at their scheduled game with a visual ID to validate their name and identity that is listed on the roster. ****The league will not issue physical player pass cards.***

Effective the start of the 2025/26 seasonal year (beginning 7 December 2025) Momentum Soccer will use printed rosters. At the discretion of the League these may be used in conjunction with digital rosters to verify players. ****The future use of printed rosters might change as the league develops new technology and upgrades to digital rosters. Please continue to bring physical IDs for check in.***

SECTION IV: GAME SCHEDULING

1. **SCHEDULING OF GAMES:** The 11v11 and 9v9 competitions will be played predominantly on the days that they are planned for (e.g. Sundays). Though the majority of games will be scheduled at dedicated times/days as indicated on the schedule, rescheduled games may also be scheduled in addition to another league scheduled game to accommodate for rainouts, light conditions during the late fall and winter months, or other events that necessitate games being held at alternate times. More than one game may therefore be scheduled on any given Sunday to accommodate reschedules. Momentum Soccer will make every attempt to avoid scheduling back-to-back games/time slots.
2. **VERIFICATION OF GAME TIMES/VENUES:** Due to the fact that games times and/or venues may have to be changed at times to accommodate for field conditions, weather, or other factors, teams are required to check their game times on the league website 12 hours before scheduled kick off in the event of changes (www.MomentumSoccer.com) **Under special conditions (see number 4 below) changes may also be made at the field.*
3. **SCHEDULE CHANGES:** Schedule changes shall not be permitted, unless under extraordinary circumstances and must be approved by the league. For schedule requests or changes, please email the League Director 7 days in advance of the game in question.
4. **SPECIAL SCHEDULING CONSIDERATIONS:** The league shall make reasonable efforts to accommodate special scheduling requests, but this may not be possible. Under certain circumstances (e.g. due to field conditions, other events, or weather) changes to the venue and/or game start time may have to be made with relatively short notice. Thus, the league reserves the right to move a match to a different venue and/or timeslot within a reasonable time as a result of weather cancellations at any one field. This may be used in very limited situations, and all efforts will be made to accommodate the teams involved.
5. **GAME TIME DECISION:** Player safety is of paramount importance so if the field is deemed unsafe by the referee or referee assignor, he/she may cancel a game prior to its start or abandon it during the game if conditions are deemed unsafe.

SECTION V: GAME DAY PROCEDURES

1. **GAME DAY CHECK-IN:** The following are the game-day check-in procedures that will apply to all games:
 - a. Show up at the field at least 15 minutes before game time (to make sure games start on time).
 - b. The check-in procedure will consist of the following steps:
 - 1) Guest players will need to check in with the designated Momentum Soccer Staff member. **Please see Guest Player rules for specifics.*
 - 2) The league provides the referee the rosters and game reports for each game. **Digital rosters will only be used to verify guest players.*
 - 3) Referees check in players against the printed roster. Players must present a valid ID to check in with the referee. (League Directors can verify discrepancies in the roster if applicable.) *Non-rostered players are not allowed to play. This includes guest players.*
 - 4) Referees will have players remove jewelry and equipment that poses a hazard prior to game play. (Fit bits and streamlined fitness watches are allowed at the referee's discretion only.)
 - 5) Referees are instructed to start games on time and will follow the Grace Period rules set forth in section 1 item d.
2. **GUEST PLAYERS:**
 - a. Guest players will need to report 15 min before game time to the league staff member with the **wagon**.
 - b. Players can guest play on another team if they are currently registered in the Momentum Soccer League. Their registration will be verified at the league staff.
 - c. Guest players will be provided with a **numbered pinnie** to indicate that they are in fact a guest. These pinnies need to be returned to the league at the end of the game.
 - d. Guest players will be added to the team's printed roster by league staff prior to giving the roster to the referee.
 - e. If teams/players are caught adding guest players illegally, switching pinnies with non-registered players, or violating these guest player rules at any time, their right to use guest players will be revoked for the remainder of the season.
 - f. **Guest players who come from other teams need to be submitted by midnight the night before the game.**
 - g. Guest players are NOT allowed during any FINAL Championship Match. This includes Guest Passes and players currently registered in the league.
3. **GAME DAY PROCEDURES:**
 - a. No player may play without being registered with Momentum Soccer and on their specific team.
 - b. If a player is ejected during the game the Referee will mark that in his/her game report. Players ejected during a game must leave the fields entirely.
 - c. If a coach is ejected during a game, he/she must leave the premises.
 - d. The referees may also request that disorderly spectators leave the premises. In this event, the Team Representatives/Managers shall be asked to cooperate with the referee to ensure that disorderly spectators leave the premises.
 - e. Players and coaches ejected may not play again until they fulfill the suspension and pay any associated fines imposed by a Disciplinary Committee ruling.

- f. If a team uses/plays a non-registered, non-rostered player, or a player currently under suspension:
 - 1) Then the game will be **awarded as a forfeit to the opposing team**.
 - 2) The offending team will not be allowed to win the season, nor can they participate in playoffs.
 - 3) The non-registered or non-rostered player (if registered on any NMSSA-affiliated team) will also **serve a 2-game suspension**, which would be in addition to any current suspension in effect.
 - 4) In addition, the offending non-registered or non-rostered player will incur a \$50 bond, where \$25 of the bond is non-refundable.
 - 5) The referee, assistant referee, league official, or opposing team player may at any time during or after the game determine if a player who currently played in a game is not registered for that team or played under suspension. A challenge of a player's status at the game must be made to the referee, who will note any such rule violation in his ref game report.
 - 6) If a team uses a player who is registered for the team but not listed on the printed roster or added by the League Director, then the game will be awarded as a forfeit to the opposing team, and the team manager will be **fined \$25**.
 - 7) In the event that a team uses or attempts to use a non-registered or non-rostered player or a player under suspension for a second time then the Team Representative will be removed from their role in addition to previously stated suspensions and financial penalties.
- g. **If the team manager is going out of town, it is their responsibility to put a person in charge of the team during their absence. The team rep must ensure the temporary team rep is aware that if they allow a non-roster to play, they will be held accountable and subject to penalties and suspensions listed above.**
- h. Supporters, fans and spectators at all Momentum Soccer games must remain four feet from the sideline at all times. Referees will enforce this policy and have the ability to abandon a game if fans do not abide by and respect the four-foot buffer.

Player registrations WILL BE CHECKED at every game.

These game-day procedures may be modified during the season to streamline game-day and to prevent problems from occurring.

SECTION V: OTHER

(Revised: 22 February 2026)

1. RED CARDS/SUSPENSIONS/APPEALS:

- a. A player issued a red card (either a straight red or two yellows in the same game) will serve a **minimum 1 game suspension**, unless it is for denying an obvious goal scoring opportunity by handball, which is a 2-game suspension. Suspensions (based on degree/nature of the offense) will range from 1 game upwards (note that all long-term suspensions or violations of the Referee Abuse Prevention Policy (RAP) are reported to the USSF, USASA, and NMSSA; these may be enforced by all leagues and states).
- b. Please refer to the **Momentum Soccer Disciplinary Penalties and Procedures** document for details on suspensions.
- c. Anyone ejected from a match must immediately leave the field area entirely and shall have no further communication with players, coaches, or officials for the remainder of the match. The individual must remain out of **sight and sound** of the fields for the duration of the day. The Director and/or Referee may choose to have the player leave the facility if he/she feels it is necessary to keep control of the league. The Team Rep must ensure that this happens, or the game will not be allowed to continue.
- d. If a player is ejected during the game, the Referee will note this in the match report to the League Director and Referee Assignor.
- e. Suspended players will be eligible to return to play after the player has served his/her suspension and after the fine (if applicable) has been received by the league. Outstanding fines associated with ejections must be paid before the player can play again in any game. **Guidelines for fines and suspensions are detailed in Annex 2.**
- f. Fines should be paid by check (made out to Momentum Soccer) and mailed to the address below ASAP, or online through a direct invoice sent from Momentum Soccer (Stripe account) so as not to cause delays in re-instating the player's eligibility. Fines must be **received** by the League no later than 48 hours prior to the next match (i.e. the first game day for that team after the suspension is served) so that the player can be re-instated on the roster by the League Director.
- g. **The Momentum Soccer Disciplinary Committee (DC)** will review the reports, make a ruling on the suspension, and will notify the Team Rep of the length of the suspension.
- h. The player receiving the red card has the right to appeal (note that: for suspensions issued by the Momentum Soccer Disciplinary Committee (DC), appeals must be made to NMSSA). The appeal must be made in writing and sent by e-mail to nmssasecretary0@gmail.com within 48 hours of the incident after which time the Rules and Discipline Committee must hold a review. **A \$50 fee shall be given for every appeal** made to the Momentum Soccer Disciplinary Committee. Should the DC rule in favor of the appeal, the \$50 shall be returned.
- i. The League will re-instate the player to the active team roster once the fine has been paid and the suspension has been served.
- j. Any dually registered player ejected from a game (either double-yellow or straight red) may not play again that day. The sentence received by the ejected player shall be served only on the team that he/she received the ejection on, except if the sentence passed by the DC specifies otherwise due the severity of the infraction that resulted in the ejection. The fine associated with ejections must be paid before the player can play again in any game.
- k. Any player receiving two straight red cards will be suspended for the rest of the season.
- l. For disciplinary matters handled by NMSSA (for example referee assault or abuse or extreme cases), the NMSSA Disciplinary Committee will review the reports, hold a hearing if dictated by federation policy, make a ruling on the suspension, and will notify the Player and Team Rep on the length of the suspension. As always, the player receiving the red card has the right to appeal (note that: for suspensions issued by the NMSSA DC, appeals must be made directly to USASA, and a \$500 appeal fee must accompany the appeal). All NMSSA DC fines for appeals and hearings do apply in accordance with the NMSSA bylaws.

- m. Acceptance of the rules and procedures outlined in the **Momentum Soccer Disciplinary Penalties and Procedures** document (attached as Annex 2 Disciplinary penalties and Annex 3 Disciplinary procedures) issued by the Discipline Committee of the Momentum Soccer League is a condition for participation in Momentum Soccer. **All Team Reps on behalf of their team accept the rules and procedures outlined in this document as a condition of participation in the league. Team Reps are responsible for relaying this information to their players.**

MISCONDUCT TOWARDS LEAGUE OFFICIALS, LEAGUE DIRECTOR, AND GAME OFFICIALS: Misconduct by players, coaches, and spectators towards League Officials, including League Board members and Officers, the League Director, and Game Officials (i.e. referees) shall not be tolerated.

Refer to the attached **Momentum Soccer Disciplinary Penalties and Procedures** in Annex 2 and 3 for details on suspensions.

2. **INJURIES:** In the event of an injury during a game the Team Captain, Team Representative, or the injured player must ensure that the referee records such an injury. This will facilitate potential insurance claims. *For information about our insurance policy, please go to nmssa.net under the Insurance tab to learn more. You can also contact the NMSSA Verification Officer Audrey Wilson at nmssapresident@gmail.com for specific information and assistance with filing a claim.
- a. Players registered in Momentum Soccer will have a membership with NMSSA, which includes access to the **Wave on Health** online platform. This connects them to an athletic trainer 24/7 provided by **The Sport Guy LLC** for the calendar year of registration.
- b. All players that register with Momentum Soccer will be added to the Wave on Health platform and be given login access to the system via email. This system can be used for the following, but is not limited to strengthening and stretching exercises, sport specific exercises/training, injury prevention, injury assessments/evaluations, and assistance with further medical treatment in the event the injury is serious. This platform can assist with things outside of soccer, excluding car accidents and injuries that fall within workers comp. Please see the NMSSA policy on what qualifies for services within the Wave on Health platform.
3. **FORFEITS:**
- a. A team that forfeits 2 games on regularly scheduled game days (11v11 = Sunday; 9v9 = Sunday) during the season could be removed from the schedule for the balance of the season and will not be eligible for the playoffs. The team shall also forfeit its bond (if applicable) as well as all team and player dues paid. In the event that this occurs, the league shall issue a revised schedule so that the remaining teams that may be affected by a forfeiture of a given team will have an amended schedule.
- b. A forfeit prior to a match or at game-time shall be recorded as a 0-3 loss.
- c. Any game abandoned **after the start of play** will have a minimum 3-goal differential victory to the non-forfeiting team, regardless of score at the time of abandonment.
- d. If a team knows they will not be able to make a game and they advise the League Director at least 48 hours before the scheduled kick-off, they will not be subject to a fine for the forfeit. **Any team that forfeits with less than 48 hours notice before game time, will incur a \$50 fine** via invoice from Momentum Soccer, as referees still need to be paid for that non-played game.
4. **GAME CANCELLATIONS:** In the event the League cancels a game due to poor field conditions, teams and players are expected to respect this decision and not play or practice on those fields.

LEAGUE DIRECTOR CONTACT

League Director:

Audrey Wilson
Cell: 505-908-6006
E-mail: audrey.momentumsoccer@gmail.com
Website: www.momentum.soccer and app.leaguelling.com/momentum

ANNEX 1

Momentum Soccer REFEREE PAYMENT PROCEDURE (Revised: 22 January 2026)

Effective December 4, 2025 for any Momentum Soccer seasons, referees will be paid and scheduled via Arbiter.

Procedure:

1. Referees will be paid every 2 weeks electronically via Arbiter.
2. Referees will get paid for a match forfeited less than 24 hours prior to match start time.
3. Referees will not get paid for a match that is forfeited with adequate time of notice of forfeit.
4. All referees will need to onboard with Arbiter, which includes an independent contract agreement for Momentum Soccer and their subsequent W-9 form to be eligible.
5. Only currently licensed USSF referees can referee for the Momentum Soccer League.

Additional Referee Payment Details:

1. If one or more of the referees are not present, the league shall pay ONLY the referee(s) that are present. For example, if only a center referee and one AR are there, pay only the two referees that are present.
2. If one of the three referees are not present and the assignor is unable to provide a 3rd referee for a match, the league shall pay the 2 referees an extra \$10 per assignment. (Ex: \$70 for a CR and \$50 for an AR)
3. In the event that the league assigns a 4th official, the fee will be \$25 for that assignment.
4. In the event that the league needs stand-by referees, the fee for the stand-by referee will be \$25. If the stand-by referee is chosen to fill in for a vacancy on a game, the referee will get paid for the assigned game but not in addition to the stand-by amount. If the stand-by referee is not chosen to fill a vacancy and does not ref, they will get paid the \$25.
5. In the event a referee shows up late then payment shall be as follows:
 - a. Less than 15 minutes (from the scheduled start of the game) late – gets paid the full amount.
 - b. More than 15 (from the scheduled start of the game) minutes late but before the start of the second half – gets half the amount.
 - c. During the second half – does not get paid.

Note there are situations that during tournaments or other large events, that referees may be late to a game since their previous game may run late. On game days when this is anticipated, advise the referee assignor so the league and the teams can be notified of the delay.

6. Team Reps – please report ALL cases that one or more referees are late to the League Director.

ANNEX 2

Momentum Soccer Disciplinary Penalties (Revised: 22 January 2026)

The Momentum Soccer League Director, as by the league's Bylaws, appoints at least three individuals to the Discipline Committee (DC). For other than a minimum red card penalty, the DC will assess an incident and notify the Team Rep and player of the penalty.

Guidelines for league penalties

The following are the general guidelines for suspension and penalties for players from game incidents:

2 yellow cards for dissent in a season:	minimum 1 game suspension, + \$20 fine
2 yellow cards in one game:	minimum 1 game suspension, + \$25 fine
1 straight red card for misconduct:	minimum 1 game suspension, + \$25 fine
1 straight red card for denying goal scoring opportunity by handball:	minimum 1 game suspension, + \$50 fine
1 straight red card for denying goal scoring opportunity by foul or misconduct:	minimum 1 game suspension, + \$50 fine
1 straight red card for violent conduct:	minimum 3 games suspension, + \$100 fine and \$150 bond maybe issued if the discipline committee sees fit to issue one. If there is a bond, there are no other violent issues after 6 months the bond will be returned to you.
Foul or abusive language directed at a person	minimum 2 games suspension + \$75 fine
2 red cards in one season:	Disciplinary Committee may review which could result in suspension for remainder of season, or 3 games, whichever is longer
Fighting:	minimum 3 games suspension, + \$100 fine and \$150 bond, if there are no other fighting issues after 1 year, the bond will be returned to you.
Referee abuse/gross mistreatment*:	minimum 2 games suspension, + \$50 fine, also the abuse will be sent straight to the NMSSA Disciplinary Committee for a Hearing.
Referee assault*:	minimum 3 games suspension, + \$100 fine, also the abuse will be sent straight to the NMSSA Disciplinary Committee for a Hearing.

Note that these are only guidelines. Based on particular circumstances associated with any incident, the DC has the discretion to modify suspension lengths and penalties as appropriate. If the red card offense isn't written down, there will be a minimum of 1 game suspension and a minimum of \$50 fine.

Long-term suspensions that are reported to the USSF and USASA must be enforced by all state soccer associations at the direction of the federation.

- * Referee Abuse and Referee Assault are defined in Policy 531-9 of USSF, which mandates minimum suspensions in addition to the Momentum Soccer suspensions. Such cases are handled by the State Association (NMSSA), and all suspensions must be recognized by all Momentum Soccer players. Please refer to the policy 531-9 for more details and reach out to the NMSSA Disciplinary Committee Chair at nmssapresident@gmail.com. **Note that violations of this policy can happen with or without a card during a game.**

ANNEX 3

Momentum Soccer Disciplinary Procedures (Revised: 22 January 2026)

Misconduct Toward League Officials, League Director, and Game Officials

Misconduct by players and spectators towards League Officials, including League Board Members and Officers, the League Director, and Game Officials (i.e. referees) shall not be tolerated. Misconduct is defined here as:

Persistent statements or physical acts toward the League Officials during or after a game, that do not constitute referee assault or referee abuse as provided under US Soccer Federation Policy 531-9, but mistreat the League Officials or are inappropriate or unacceptable statements or acts, and may include the following:

1. Excessive incidences of foul or abusive language at the League Officials/staff.
2. Statements that diminish the authority of the League Officials/staff.
3. Statements or acts that serve to intimidate without threatening physical harm to the League Officials/staff.

Examples of misconduct that arise under the description above include the following:

- I. Confronting the League Officials/Staff in an abusive manner without physical threats.
- II. Spitting on the ground or in the air but not at the League Officials/staff.
- III. Throwing or kicking an item as a sign of dissent but without the chance of hitting the League Officials/staff.
- IV. Refusing to leave the playing area and premises as requested by the League Officials/staff.
- V. Re-entering the field to confront the League Officials/staff.

These are only some examples of possible misconduct and are not all-inclusive.

Penalties for misconduct will range based on the severity of the misconduct and prior history (if applicable) of the individual or team but shall NOT be less than a **three (3) game suspension**. This suspension is in addition to any other suspension and/or fine that may be imposed on the individual by Momentum Soccer and/or NMSSA. Penalties may be imposed on the individual, and/or the Team Rep, and/or the entire team and may range from the minimum mandated 3 game suspension to long-term suspension, to indefinite suspension, to disbanding of the team.

Furthermore, if it is deemed that the Team Rep did not intervene to get the guilty player and or spectator under control, or stood passively while such misconduct took place, then additional sanctions may be imposed upon the Team Rep. A formal hearing will not be held unless it is requested by the accused party.

Serving Penalties and Suspensions:

Any fine imposed must be paid before the player may play again in ANY Momentum Soccer sanctioned League game.

All suspensions issued, unless otherwise specifically stated in writing by the DC, shall be served through the next specified number of scheduled game(s) for the player's team. For a suspension to be considered as "served" the game must take place. In the event of cancellations (due to weather or other factors) or a forfeit (i.e. the next scheduled match is not played because one or both teams do not have enough players) the suspension shall not be considered as "served" and the suspended player will continue his/her suspension until the next scheduled game(s) is (are) played.

For players with Dual Registration (i.e. playing on more than one team), serving of a suspension shall be assessed as follows:

- A suspension resulting from a red card that did not involve fighting, striking an opponent, referee verbal abuse, or referee physical abuse, and that is 1 or 2 games in length shall be served by the player on the next game of the team that the player was playing on at the time of the incident.
- A multi-game suspension (defined here as 2 or more) that did involve fighting, striking an opponent, referee verbal abuse, or referee physical abuse shall be served by the player on games of the team that the player was playing on at the time of the incident. Furthermore, during the term of the suspension, the player MAY NOT play in matches for another team. In these cases, the DC shall specify if the suspended player will be allowed to play in other affiliated leagues during the period-of the suspension.
- For all "time suspensions" (i.e. 1 month, balance of season, lifetime, etc.) the suspension shall apply to ALL teams and ALL (affiliated) leagues that the player plays on. This includes tournaments of NMSSA.

Procedures

A player ejected from a match must leave the field and area. The Referee will keep the ejected player's name and send it with a game report to Momentum Soccer, who will notify the player and the team rep of the penalty.

The Referee or any League Official (Board Member, Officer, or Field Marshal) may also ask abusive fans to leave the fields. If the fan does not comply and the team affiliation of the fan can be determined, the Team Rep must assist in removing the fan from the field area. Each Team Rep and all players are **responsible** for the conduct of their supporters. Referees have the authority to forfeit a team in the case of unsportsmanlike behavior on the part of anyone associated with a given team. Momentum Soccer has the authority to disqualify teams and award forfeits for inappropriate behavior by supporters even after the game has been completed if circumstances warrant such action.

Enforcement of suspensions of players, coaches, volunteers, fans, spectators, etc. issued by Momentum Soccer are the responsibility of Team Reps and all players. Non-compliance with Momentum Soccer rulings may result in forfeit of game(s) and additional sanctions.

Fines should be paid by check made out to Momentum Soccer and mailed to Momentum Soccer, or via an Invoice sent by Momentum Soccer (Stripe) ASAP so as not to cause delays in re-instating the player's eligibility.

Once the suspension has been served and any fine has been paid to the league, Momentum Soccer will re-instate the player on the active roster. It is the responsibility of the Team Rep to ensure that the player pays the associated fines in time for the next scheduled match they are eligible to play in.

Appeals

All appeals to the Momentum Soccer DC must be made through the Team Rep, who may on behalf of a player appeal a disciplinary penalty in writing by email or certified mail to Momentum Soccer within 48 hours of the incident. If by email, the sender may not assume the email was received until getting a return confirmation. (Please request an appeal form from the League Director for all written testimony.)

A \$50 fee shall be assessed for every appeal made. Should the DC rule in favor of the appeal, the \$50 shall be returned.

The DC will consider the appeal, including, if it is necessary, receiving further clarification of the incident's circumstances from the player, the referee, or other witnesses. The DC will normally send its decision in writing by email or mail before the affected team's next game. Note that only members of the league (defined as registered players, registered coaches, registered volunteers, registered referees, or board members) have the right to appeal.

For disciplinary matters handled by the NMSSA, please contact NMSSA Jennah Thompson at nmssasecretary0@gmail.com.

The DC normally concerns itself with judging the severity of an offense and deciding on the appropriate penalty. Without very strong, clear evidence from independent eyewitnesses, the DC is not able to tell whether the ref made a mistake with a call. For this reason, the DC does not as a general rule overturn a ref's decision made on the field. Players and Team Reps should bear this in mind before making an appeal.

ANNEX 4 Momentum Soccer 24-HOUR COMPLAINT POLICY (Instituted: 22 January 2026)

Team managers, players, fans, nor supporters should contact the League Director, Board Member, or a referee about a match, until 24 hours after completion of said match. All comments, complaints, criticisms and questions should be shelved for 24 hours before any contact is made with any league official or referee. The League Director, Board Members, nor referees will entertain any calls, visits, e-mails or communication of any kind about a match until 24 hours after completion.