

**Referee Cheat Sheet 2026**  
**League Information Support Call: 631.617.1333**

**Long Island Junior / League Championship (LC)**

1. All players must be on the MATCH DAY GAME ROSTER for both teams, date and time of match.
2. Any player written on the MATCH DAY GAME ROSTER will be a forfeit and you will lose the game fee.
3. Approved coaches must be present at match with a Stamped & Laminated LIJSL/ENYYSA Coaches Pass.
4. Eastern NY Trainer may not be on the Sideline without an Approved LIJSL/ENYYSA Coach on the Roster.
5. Approved LIJSL/ENYYSA coaches and trainers can be handwritten on the roster after displaying their pass.
6. Unlimited subbing at all ages.
7. Coaches/Players/Trainers sent off, email game and supplemental report with copies of rosters to LIJ office.
8. Coaches/Trainers sent off, mail in the travel pass with game and supplemental report to LIJ office.

**LI CUP**

1. NO player name is allowed to be written on the roster.
2. A Coach is allowed to be written on the roster as long as they have their travel pass.
3. Golden Goal wins the match in overtime otherwise tie after OT goes to shoot outs.
4. Match Day Roster with LI CUP Logo in corner – only official roster for the match.

**ENY State Cup**

1. No player name is allowed to be written on the roster.
2. Substitutions limits are on the ENY State Cup Cheat Sheet
3. Game reports are sent to [diana@enysoccer.com](mailto:diana@enysoccer.com)
4. NO OVERTIME. Tied game goes to shoot outs.

**NYCS/EDP (Only Photo Rosters or Match Day Cards with Photos are Accepted)**

1. NO player name is allowed to be written on the photo roster.
2. Player numbers must be on the roster and could be hand written.
3. Coaches covering the game who are not on the photo roster, may be written in if they provide a laminated pass or a printed picture roster from another team in the same club.
4. If a player or coach is sent off, the referee is NOT to take the travel pass. A supplemental report must be submitted.
5. Unlimited subbing is allowed for all ages.

**USYS/EDP/NL**

1. NO player name is allowed to be written on the roster.
2. All matches must have a coach with a travel pass.
3. Players/Coaches sent off DO NOT take a travel pass. Submit a supplemental report.

\*National League Only (NL Team North Atlantic) not for regular EDP League

- 13U-14U - Unlimited over three (3) moments\* **per half** + halftime
- 15U-19U - Unlimited over four (4) moments\* **per match** + halftime

\*Substitutions may be made at any stoppage of play with the approval of the referee.

**Tri State Championship (Only Photo Rosters or Match Day Cards with Photos are Accepted)**

1. No player name is allowed to be written on the photo roster.
2. Player numbers must be on the roster and could be hand written.
3. Coaches covering the game who are not on the photo roster, may be written in if they provide a laminated pass or a printed picture roster from another team in the same club.
4. If a player or coach is sent off, the referee is NOT to take the travel pass. A supplemental report must be submitted.
5. Unlimited subbing is allowed at all ages.
6. U9-U14 requires a winner and U15-U19 can end in a tie until end of group stage.

**ECNL / ECRL / NPL / GA**

1. **Game fees and rules are located in [LongIslandSoccerOfficials.com](http://LongIslandSoccerOfficials.com) web site.**

Updated: Tuesday, March 10, 2026 All Information on [www.longislandsoccerofficials.com](http://www.longislandsoccerofficials.com)