

SPANISH FORK PARKS & RECREATION

2026 WOMEN'S Fall SOCCER LEAGUE

LEAGUE INFORMATION SHEET · UPPER DIVISION & LOWER DIVISION

SEASON AT A GLANCE

Season Start	Saturday, August 8, 2026
Match Times	8:00 AM, 9:00 AM, 10:00 AM, 11:00 AM every Saturday
Venue	Sierra Park: 94 N 1800 E Spanish Fork, UT 84660
No Games	Labor Day Weekend (Saturday, September 5, 2026)
Season Length	7 matchdays (each team plays every other team in its division once)
Divisions	Upper Division and Lower Division, 8 teams each. Divisions do NOT play each other at any point in the season.

LEAGUE FORMAT

Each division is an 8-team single round robin: every team plays every other team in its own division exactly one time, for 7 matches total per team across 7 matchdays.

Upper Division and Lower Division run in parallel on separate fields at Sierra Park every Saturday and do not play one another under any circumstance. Standings, schedules, and results are kept separate between the two divisions.

Full match rules (cards, fouls, roster requirements, substitutions, etc.) are covered below

Result	Points
Win	3 points
Draw	1 point
Loss	0 points

STANDINGS TIEBREAKERS

If two or more teams are level on points, the tiebreakers below are applied in order until the tie is broken:

1. Total points
2. Head-to-head result between tied teams
3. Goal difference
4. Goals scored (for)
5. Coin toss

WEATHER & RAIN-OUTS

IF YOU HAVE GAMES RAINED-OUT WE WILL TRY AND MAKE THEM UP IF POSSIBLE. There is NO guarantee! Schedules, rain-outs, standings, and tournament brackets will be posted at <https://spanishfork.gov/departments/parkrec/sports/index.php>

TEAM CAPTAINS — CONTACT LIST

TEAM	CAPTAIN NAME	PHONE NUMBER
Ballers	Gracie Sorensen	801-372-8746
Benchwarmers	Megan Bench	801-691-9353
Cutie Kickers	Camryn Marshall	801-635-4181
Don't get MESSI with us!	Johanna Alas	801-471-4421
Grass Kickers	MaKell Petersen	801-717-5323
Just 4 Kicks	Tasha Eagar	801-901-3610
Midlife Strikers	Nikya Connelly	385-248-2531
MISSfits	Gabriella Jensen	801-712-9644
Muddy Mamas	Jill Marshall	801-635-9554
Red Hot Mommas	Missy Beutler	801-319-7174
Soccer Gals	Jackie Karlberg	520-227-7720
Soccer Moms	Ashley Nielson	801-960-0614
SoccerShots	Terrika Turner	208-240-1163
Trouble Shooters	Christi Nebeker	801-420-2172
United	Mirce Armeta	385-208-8311
We're Not Gonna Shank It	Lindsey Christofferson	801-787-1417





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League governed by United States Soccer Federation (USSF) Laws of the Game, with the local modifications noted below.

Cautions & Send-Offs (Cards): A **yellow card** is a caution. The carded player must leave the field for a two-minute temporary suspension and her team plays short a player during that time (this temporary-suspension / "sin bin" format is a Spanish Fork Parks & Rec modification, not standard USSF law, since USSF has no timed suspension for a caution). A **red card** is a send-off (ejection). The team plays short a player for the rest of the match. A player who is sent off is also suspended for her team's next match. Two send-offs in a season and the player is suspended for the remainder of the season.

1. Seven players make up a team on the field, one of whom is the goalkeeper. **Any fewer than four players results in a forfeit.** The goalkeeper may play anywhere on the field but may only handle the ball within her own penalty area (not "goalie box" — see note).

2. FORFEIT RULE: More than two (2) forfeits in a season will result in the team being left off the tournament schedule.

3. Fouls and restarts: Handling the ball, illegal goalkeeper handling outside the penalty area, tackling, tripping, and fighting are all fouls. A foul committed by the defending team inside its own penalty area is restarted with a **penalty kick** — taken from the penalty spot, one v. one with the goalkeeper, no wall. The same foul committed anywhere else on the field is restarted with a **direct free kick** from the spot of the foul, and defenders may form a wall at the required distance. Any foul involving serious bodily contact will be carded per the section above.

4. There is no offside in this league; players may roam the entire field. The referee will cover as much ground as possible. Players are asked to be honest when the ball goes out of play — integrity matters more than a missed call.

5. Free, unlimited substitutions are allowed at any stoppage. A substitute may not enter the field until the player she is replacing has fully left it, at the nearest touchline. Playing with too many players on the field will be penalized with a direct free kick to the opposing team from the spot of the ball at the time of the infraction.

6. Matches consist of two twenty-five minute halves with a three-minute halftime. Each team gets one timeout per game. Regular-season games may end in a tie. In tournament play, if the score is level after regulation, the match will be decided by kicks from the mark (a penalty shootout): each team takes an initial round of three kicks. The goalkeeper on the field at the final whistle must remain in goal for the shootout. If still tied, the shootout continues in sudden-death, one kick per team, until a winner is decided. No player may take a second kick until every eligible player on the field at the end of the match has taken one. **Only players who were on the field at the end of the match may take shootout kicks.**

7. Only players on a team's official roster may participate. **The deadline to make roster changes is Thursday, September 3rd;** rosters are frozen after that date. Spanish Fork Parks and Recreation will not conduct weekly roster checks during the regular season, but I.D. checks will be conducted at the end-of-season tournament. An opposing team may request a roster check during any match, provided the

request is made before the end of the first half. A team fielding a player not on its official roster forfeits that match. All players should bring I.D. to every match.

8. A team may carry a maximum of two high-school-aged players (16 or older) on its roster. **Maximum roster size is 14 players.**

9. Matches are played with a size 5 ball, provided by the city. The field of play is 40/50 x 80 yards (120/150 x 240 feet), with corner flags marking each corner.

10. Slide tackling is not permitted. Any slide tackle will be called as a foul. A player's second slide-tackle offense is cautioned (yellow card); a third is sent off (red card). Fouls and cards are tracked on an individual-player basis. Sliding to play a 50/50 ball (a loose ball with no opponent in a tackling position) is not considered a slide tackle.