



The Newfoundland and Labrador

SOCCER ASSOCIATION

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2026 Under 12 & Under 13 League Plan The Lighthouse & Compass Leagues

Overview

The 2026 league season for the Under 12 and Under 13 age groups will feature a two-tiered structure designed to promote player development through flexible team rosters and appropriately competitive environments. Both the higher-tier **Lighthouse League** and the lower-tier **Compass League** will focus on player development, with the Lighthouse League being for players who are currently at a higher level of player development. A unique monthly roster reset system will allow clubs to move players between teams to ensure each player is challenged at the right level for their individual development.

League Structure

The leagues will be divided into eight distinct divisions to ensure appropriate competition and organization:

- U12 Boys Lighthouse League
- U12 Girls Lighthouse League
- U12 Boys Compass League
- U12 Girls Compass League
- U13 Boys Lighthouse League
- U13 Girls Lighthouse League
- U13 Boys Compass League
- U13 Girls Compass League

A club may register one team in the Lighthouse League and is permitted to register multiple teams in the Compass League.

Game Format and Rules

All games across all eight divisions will be played in a **9v9 format** (9 players per side, including a goalkeeper).

- **The Under 13 Leagues:** This league will follow the standard Laws of the Game as established by FIFA, with the only modification being the number of players on the field and goal size.
- **The Under 12 Leagues:** This league will use the current Under 12 small-sided rules that were in effect during the 2025 season.

League Guidelines

- **Game Length:** Games will be 60 minutes in length, with a maximum of 2 games per day per team.
- **Substitutions:** Substitutions will be unlimited and can be made at any stoppage in play.
- **Playing Time:** Fair Playing Time for All Players. Coaches should target a minimum of 50% playing time for each player during the season.
- **Player Development:** Players should get the opportunity to try all positions on the field, including goalkeeper, over the course of the season.

Roster Management

Each team roster (per game) can consist of **12 to 18 players**, with an ideal roster size of **14**.

Unlike in previous seasons, clubs are no longer required to submit their rosters in the fall for Under 12 and Under 13. For these leagues, the initial round of rosters does not need to be entered into RAMP until seven (7) days prior to the first scheduled league game.

- **Player Movement:**
 - Players on a Compass League roster can be called up to a Lighthouse League roster an unlimited number of times.
 - Players on a Lighthouse League roster cannot be called down to a Compass League roster.
- **Monthly Roster Reset:**
 - To support player development, clubs have the ability to reset (completely change) their team rosters once per month.
 - The roster reset window is from the **20th to the 25th day of each month (May, June, July)**.
 - Roster changes submitted during this window will take effect on the **1st of the following month**.
 - Clubs have the ability to reset (completely change) their team rosters between the end of the leagues and the roster submission deadline for the Rising Star Tournament.
 - Once the roster submission deadline for the Rising Star Tournament has passed, that is the roster the player is on for the duration of the tournament. There is no player movement between rosters during the tournament.

- All roster resets must be completed by the clubs within the RAMP roster system.

Season & Tournament Play

The regular season will run from May to mid-August. While scores will be kept during league play, they will not be published publicly. These scores will be used to create the most competitive groupings for the Rising Star Tournament. This will also provide an opportunity for younger or new referees to learn and understand the administrative side of match submission, allowing them to get comfortable with the processes and technology.

- **Rising Stars Tournament:**
 - The season will culminate in the **Rising Stars Tournament**, held in late-August.
 - This tournament will have public standings and results.
 - Medals and trophies will be awarded to the championship teams.
 - The tournament will name **2026 championship teams** across multiple competition levels, allowing for a broader celebration of success and development.
 - The tournament will be open to club teams that have not entered either league this season but have a team at this age group.

League & Tournament Name Meaning

The Compass League: A "Compass" provides direction. This name represents a tier where players are learning the fundamental skills to orient themselves on the field and in the game.

The Lighthouse League: A "Lighthouse" guides ships to safety and shows the way. This name is perfect for a development league where players are learning to navigate the game and find their path.

The Rising Star Tournament: This is the ultimate proving ground where the direction learned in the Compass League and the guidance mastered in the Lighthouse League culminate. It's the moment when every player's hard work and honed skills light up the field, proving their potential to become a true star of the game.