



# SPRING 2026 ROSTER MANAGEMENT



# HOW DOES ROSTERING WORK?

NHSL requires every team to have a formalized roster that has been approved by their home State Association. The Roster has a pre-season deadline for completion and can be adjusted early in the season up to the roster freeze deadline that occurs mid-season every year.

GotSport allows for the construction of rosters in the rostering event, which in NH is titled: 'NHSA Rosters & Passes 2025/2026 State Fee'. Once constructed the rosters will import to the league. Out of State Teams need their State Association to approve rosters first.



# ROSTERING KEY DATES

**1**

**4/8**

**Roster Completion  
Deadline**

Rosters must be completed and approved by this date or teams may not be allowed to play per rules.

**2**

**5/13**

**Roster Freeze Date**

After this date, rosters are locked and cannot be adjusted. The only exception is for coaches.

# ROSTERING TIPS / RULES

- **COACHES** - All coaches must complete SafeSport and background check requirements prior to being added.
- **PHOTOS** - All players and coaches must have a current headshot photo on the roster.
- **UNIFORM NUMBERS** - All players must have a uniform number on the roster.
- **AGE APPROPRIATE** - Players should be rostered by proper birth year.
- **PRIMARY AND SECONDARY** - Designate players on a roster for their primary team and secondary team (players can never play down a division or age group from their primary roster).
- **SAME DIVISION** - A player cannot play for two teams in the same division.

## PLAYER CARDS



- **PLAYER CARDS ARE NOT CURRENTLY REQUIRED FOR PARTICIPATION IN THE NHSL. PROPER ROSTERS ARE SUFFICIENT FOR MATCH PLAY.**



# ROSTER SIZES

7v7

**U8-U10\***

Maximum Game Day Roster = 16  
Maximum Club Pass Player<sup>^</sup> = 3

9v9

**U11-U12**

Maximum Roster = 22  
Maximum Game Day Roster = 18  
Maximum Club Pass Player<sup>^</sup> = 4

11v11

**U13+**

Maximum Roster = 22  
Maximum Game Day Roster = 18  
Maximum Club Pass Player<sup>^</sup> = 5

\*U8 plays 7v7 within NHSL

<sup>^</sup>Players can only play up in division or age, not down (i.e. a Division 2 player can play in Division 1, but not the other way around).

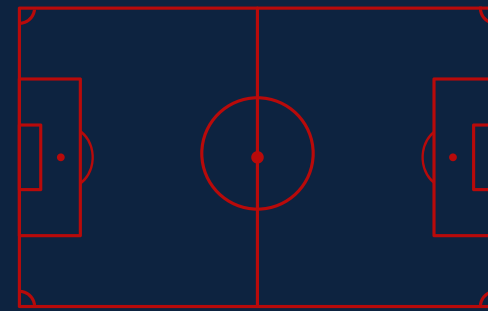
# COACHES / MANAGERS

- Anyone that will be around the youth players must complete SafeSport certifications and a background check annually.
- **Safe Sport Requirements** expire and are due every year – make sure to complete these in advance as current SafeSport Certifications must be completed to be added to a roster. The requirement is found in the Coach’s account profile in GotSport.
- **Background Checks** are required for all coaches and adults around youth players. The requirement submission form is found in the Coach’s account profile in GotSport.
- Background checks take time to process, so do not wait to the last minute or you may not be allowed to coach.
- Additional resources can be located on the NHSL website: <https://soccernh.com/nh-soccer-league/club-resources/>



# RULES

**FAMILIARIZE**



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[NEW HAMPSHIRE SOCCER LEAGUE RULES & POLICIES](#)

# IMPORTANCE OF ROSTER COMPLIANCE

Please pay strict attention to rostering rules and policies and ensure your compliance. These slides only contain some key rules and policies, please familiarize yourself with all rules to ensure compliance.

**Non-compliant rosters and procedures related thereto can result in forfeits or players or coaches being unable to participate.**

If you have any questions or if you need any assistance, please ask.



# NEED ASSISTANCE?

LEAGUE RULES:

<https://soccernh.com/nh-soccer-league/rules-policies/>

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